

2009 arts therapy symposium

EMBODIED SENSATION
SUSTAINING OURSELVES,
OUR CLIENTS
AND THE PROFESSION

28 - 29 March 2009

9:00am - 5:00pm

Whitecliffe College of Arts & Design
24 Balfour Road, Parnell, Auckland



Registration

Important – This Symposium will have limited spaces for participants and will only provide refreshments. You are welcome to bring your lunch or visit a nearby cafe. We wish to complete the registration process by e-mail and will not accept any registrations on the day*. Please e-mail maureenwoodcock@xtra.co.nz with your workshop preference e.g. Day One, Session One – first choice B and second choice A. Day Two, Session One – first choice A and second choice C etc. Please also advise Maureen of your payment option.

*On-the-day registrations will be accepted for Day Two workshops only.

Early Registration

2 days	\$150 for CTAA and ANZATA members and students \$175 for non members
1 day	\$100 each day

Late Registration (after 1st March)

2 days	\$175 for CTAA and ANZATA members and students \$200 for non members
1 day	\$125 each day

Payment Options

1. Internet Banking – Direct Deposit to ANZATA account # 03 0195 0608090 000
If you choose this option, please put your name in the identifier/reference space and identify your payment as 'workshop', then e-mail a confirmation to maureenwoodcock@xtra.co.nz
2. By cheque made out to ANZATA and mailed to
Maureen Woodcock
Whitecliffe College of Arts and Design
P O Box 8192, Symonds St, Auckland 1150

Please ensure that your payment by one of the above methods reaches us by Wednesday, 25th March.

KEY CONTACTS

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E mail: maureenwoodcock@xtra.co.nz

Day One

28 March

Schedule

9:00am – 9:30am Welcome and opening

9:30am – 10:45am Session 1

10:45am – 11:15am Refreshments break

11:15am – 12:30pm Session 2

12:30pm – 2:00pm Lunch break

2:00pm – 5:00pm Session 3 (includes break)

<p>Session 1 9.30 – 10.45 a.m.</p>	<p>1A Exhibition: Sustenance</p> <p>Panel Discussion Sally Legg</p>	<p>1B A safe space... why safety is a basic necessity in nurturing ourselves, our clients and the profession</p> <p>Elizabeth Coss</p>	<p>1C Spirit cards : the art of finding inner guidance</p> <p>Kayra Moloney</p>	<p>1D The benefits of art therapy in the treatment and management of chronic pain due to illness, trauma, disorders and somatoforms</p> <p>Diana Hickey</p>
Refreshments break				
<p>Session 2 11.15–12.30 p.m.</p>	<p>2A From self harm to creation – a client's healing journey through art therapy</p> <p>Suraya Langston</p>	<p>"A safe space" workshop continues</p>	<p>"Spirit cards" workshop continues</p>	<p>2D Home: using art therapy in community settings, extending the boundaries of our practice</p> <p>Bronwen Gray</p>
<p>Session 3 2.00-5.00 p.m. (includes break)</p>	<p>3A Movement from the inside out and life art process</p> <p>G.Hoffman Soto</p>	<p>3B Totem workshop: sustaining symbols for the arts therapy profession</p> <p>Mary Brownlow</p>	<p>3C Integration of art with symbol and sandplay in supervision: an experiential workshop</p> <p>Jean Parkinson</p>	<p>3D Inside out –cultural sensitivity in drama therapy</p> <p>Joanna Jaaniste</p>

1 A. Sustenance

Presenters: Amanda Levey, Lynnette Beekwilder-Reid, Marion Gordon-Flower, Jill Smith, Sally Legg (Coordinator).

Modality: Exhibition and panel discussion.

This year the theme of the symposium has a focus on the way we, as practitioners, sustain ourselves in our practice. With this in mind, ANZATA and Whitecliffe would like to host an exhibition that demonstrates how personal arts practice is essential to informing and maintaining our professional life. 'Sustenance' will feature diverse works by Amanda Levey, Lynn Beekwilder-Reid, Marion Gordon-Flower and Jill Smith. The show will run throughout the weekend, and will feature presentations by the artists and a panel discussion facilitated by Sally Legg, AThR.

Amanda Levey, Registered Psychologist, MAAT, AThR, specialises in movement therapy and works with movement and video as an art practice. She trained extensively with Anna and Daria Halprin in the USA. Amanda recently collaborated in the multi-media show 'Golden Doors' for the first Auckland Fringe Festival and will be presenting this work.

Lynnette Beekwilder-Reid, BAVis, MAATH, AThR, of 'Multicultural Expression for Kids Inc' uses a variety of arts therapy approaches in her practice, such as Haiku, Noh Theatre and ancient mask making, and has worked with diverse client groups from Cambodia to Joondalup. She

tutored kiln formed glass at Edith Cowan University and has successfully employed this media in programmes to develop self-esteem. She's had many exhibitions and commissions for portraiture, artworks and ceramics, and will be presenting on her process of creating the 175-piece glass sculptural work, 'The Second Door.'

Marion Gordon-Flower, BMA, DipT, MAAT (Clinical) Hons, has bicultural community background of Tuho-European. Her career has included secondary school art teaching, and mental health. She currently provides arts therapy programmes through private practice and continues to be an exhibiting artist. Marion will present a range of pieces including works from her Creative Studio research.

Jill Smith, B.Ed., BTh, MAAT (Hons), is a credentialed minister and counsellor specialising in the process of Refocusing. She explored this area in her Creative Studio elective and established a place for God within Arts Therapy practice. Her personal journey through art provided a rich source of insight, strength and healing, and Jill will be sharing some of these works.

1 B. A safe space, why safety is a basic necessity in nurturing ourselves, our clients and the profession

Presenter: Elizabeth Coss. **Modality:** Art Therapy.

An experiential group centered around the theme of what makes the therapeutic space and relationship safe and why. The experiential group will provide an opportunity for discussion and modelling safe practices that are conducive to a safe environment and interventions that build trusting relationships that encourage cohesiveness and disclosure at a safe pace.

Elizabeth Coss, ATR-BC, AThR, LCAT. Programme

Leader MA Art Therapy. LASALLE College of the Arts. First MA Art Therapy Programme in Asia. Previously a faculty member at New York University's Department of Art Therapy and former faculty of New York College of Osteopathic Medicine, Elizabeth has co-authored a chapter on art therapy in a book on alternative therapies with Associate Director of Clinical Research for Complementary and Integrative Medical Therapies at Harvard Medical School.

1C. Spirit cards: the art of finding inner guidance

Presenter: Kayra Moloney. **Modality:** Archetypal Exploration.

The opening discussion will address some of the challenges and stresses natural to the archetypes of the healer. The discussion will include investigations of the wounded healer, the guide, and the shaman. Participants will be asked to focus on a personal challenge or stress that is currently impacting their practice, lives, or client relationships. The participants will put something down on paper to honor their experience of this challenge. Following a brief discussion, participants will follow a guided imagery experience to tap into their "life energy" and then select a "spirit card". Art explorations and dynamic discussions will follow. The final section of the presentation will include participants creating personalized 'spirit cards' with affirmations to honor the step currently

being taken on the journey of their lives, art therapy practices, and/or client relationships.

Kayra Joy Moloney is an artist, art therapist, and educator. She has eight years experience as an art therapist working in a hospice, mental health facility, and private practice. Kayra has facilitated workshops on grief, bereavement, body image, emotional intelligence and spiritual development. She has recently published her first set of spirit cards; an affirmation deck designed to enhance your spiritual practice with LEC Publishing. Kayra has relocated from the United States to New Zealand in November 2008.

1D. The benefits of art therapy in the treatment and management of chronic pain due to illness, trauma, disorders and somatoforms

Presenter: Diana Hickey. **Modality:** Art Therapy.

Diana Hickey will present art therapy approaches to working with groups and individuals dealing with chronic pain. She will outline a six-session process for groups, offering experiential opportunities of interventions used within the session series. She will also discuss her experiences of working within the medical setting with patients who have been diagnosed with chronic pain due to illness, trauma, disorders and somatoforms.

Art therapy assists patients experiencing chronic pain and aids them in adjusting to the limitations they encounter as a result. Through group art therapy, patients can identify their individual supportive networks; increase awareness of their current coping strategies; define the areas that trigger stress both physically and emotionally; exploring and expressing their feelings of loss, frustration and success on their road to pain management and recovery. Group

art therapy sessions also provide a safe environment where patients can investigate new ways of accepting and confronting their situations alongside others who experience similar issues. It can provide a positive setting for creating new goals and re-establishing identity as the patient adjusts to life post-trauma or illness.

Diana Hickey recently worked for three years fulltime at Christchurch Hospital Paediatrics with children and families dealing with child cancer, cystic fibrosis and other chronic illnesses. She also worked with young patients dealing with post-traumatic stress, burns and chronic pain. She is currently working in private practice, is an accredited Victim Support counsellor with homicide victims and their families. She continues to do workshops with the Child Cancer Foundation and teach.

2A.From self harm to creation – a client's healing journey through art therapy

Presenter: Suraya Langston. **Modality:** Art Therapy.

Suraya will introduce her work as an art therapist working in relative isolation within the deep south of southern New Zealand/ Aotearoa. She will then describe the healing journey of a 19 year old woman recovering from sexual abuse experience, from the disembodied to the embodied creative flow for both client and therapist, as they join together on a sometimes hazardous but ultimately uplifting journey. Transferential issues are explored through the multiple layers of meaning within the imagery. Slides of the images will be shown (with permission from the client) with time for questions and discussion.

Suraya Langston has 20 years experience as an art therapist in the mental health field in both London and Aotearoa/New Zealand. She graduated with a post-graduate diploma in art therapy in 1990 from St Albans, UK and then returned to New Zealand to work in both hospital and community settings.

She also did further training in child/adolescent work and family therapy before completing the dissertation year at Whitecliffe College, Auckland to gain a masters degree in arts therapy in 2004. Suraya is a member of ANZATA and NZAC.



2D.Home: using art therapy in community settings, extending the boundaries of our practice

Presenter: Bronwen Gray. **Modality:** Mixed.

Atherton gardens housing estate is home to more than 3000 residents, many of whom struggle with addictions, mental health issues, poverty, isolation and dislocation. more than thirty-eight languages are spoken on the estate and it is more often than not the place that many newly arrived refugees will call home. This presentation will cover the work undertaken by Bronwen as an artist working on the housing estate over a three-year period, showing how symbols were used to create both personal and collective meaning of lived experiences, and also how they were used to locate residents and the estate in the wider community.

Bronwen Gray graduated from the Masters in Art Therapy Course at Edith Cowan University in 1997. Coupled with her professional training as an actor, public artist, lawyer and mediator, it is fair to say that she brings an eclectic skill range to any workplace! Bronwen's work has been showcased around the world, most recently in Mexico, where she spoke about her work using oral history processes with homeless communities. Bronwen is currently employed as a senior lecturer in Art Therapy at Whitecliffe College of Art and Design and also works on a housing estate with newly-arrived migrants for the office of Housing.

3A.Movement from the inside out and life art process.

Presenter: G. Hoffman Soto. Modality: Dance/Movement Therapy.

Movement, in many cultures and societies, has been, and is, used as a rich and powerful tool in developing awareness and understanding of who we are, and as a way to express and create who we are in our relationships, in nature, and events in our day-to-day existence. This workshop includes exercises to create and nurture our awareness and personal development. There will be practices and exercises to focus, ground and center the body, mind and spirit, as well as the relationship between one's kinesthetic and feeling body, and how that shapes and forms our movement. From the ground of awareness we will move into the expressive and creative aspects of our dance. To know, in and through the body, is an embodied knowledge. The work is presented in a safe

and accessible way that is appropriate for both beginners and more experienced participants.

G. Hoffman Soto MA, RMT. Soto has been associated with Anna and Daria Halprins's Tamalpa Institute and the San Francisco Dancers' Workshop since 1973 and was part of the original faculty that contributed to the founding of the Institute. Soto has taught internationally since 1979 in Lebanon, Japan, Canada, Australia, New Zealand, and throughout Europe. He has been blessed by having great teachers and influenced tremendously by Anna Halprin and the Life/Art Process, Ruth Zaporah, Min Tanaka and the many students he has shared and learned from over the years.

3B.Totem workshop: sustaining symbols for the arts therapy profession.

Presenter: Mary Brownlow. Modality: Art Therapy.

Arts therapy encourages a search for meaning by symbolic reflection through the arts. As professionals, we need to reflect on the meaning of our work, to welcome new members, guard our identity and strengthen our community to be able to sustain our profession. In this workshop, participants will reflect on their individual stories, real and mythic that relate to our professional lives. Pacific Northwest Native Indian Totem Poles provide inspiration and an Interactive Drawing Therapy approach will be used to develop a 3D Totem using art material.

Mary will present clients' stories constructing Totems in art therapy as a healing activity following the death of a family member. The selection of animals to represent family members and then painting these on a cardboard pole supports the grieving process while strengthening bonds with the deceased.

A member of ANZATA, CTAA and NZAC, Mary Brownlow, BFA, MFA, AThR, has worked as an art therapist in Wellington since 1991 in both private and public health organizations.

Mary started the first art therapy children's bereavement service in New Zealand in 1992 at Te Omanga Hospice, Lower Hutt and was a founding member of CTAA. Currently she practices art therapy in hospice palliative care and maintains a private practice. She runs AT groups for the Cancer Society and provides counselling to youth aged 13-25 at EVOLVE, a youth focused health centre.

Mary received her BFA majoring in printmaking in Canada and received an MFA in Art Therapy in North America. She has developed her practice with IDT, play therapy and sand tray work.

3C. Integration of art with symbol and sandplay in supervision: an experiential workshop.

Presenter: Jean Parkinson. **Modality:** Mixed.

This experiential workshop will be based on the premise of Joy Schaverien that enchantment can be a factor in unconscious counter-transference and consequently in the supervision of the art psychotherapist. 'It is as if the art psychotherapist is spellbound and is literally in need of the vision of another in order to break that spell. It takes supervision to extract both therapist and patient from the spell that has woven them together.' The work will be amplified by the perspective of Lenore Steinhardt that sandplay supervision supports the facilitation of unconscious processes, 'observing and reverberating with the imagery as it fills the room with its symbolic potential'. This experiential workshop is intended to present an opportunity for in-depth reflection on an aspect of clinical work with a client, which participants might bring to supervision. The workshop will require participants to work in pairs in the alternate roles of 'supervisee' and

'reflector'. Participants will be asked to bring a client image or sandplay slide which has impacted or resonated strongly with them. Client names and identifying details must be protected.

Jean Parkinson, MAAT; B Soc Sci (HS); H Dip Teaching; Dip STN. AThR (ANZ), trained at UWS and is a New Zealand Art Therapist who has a special interest in Art Therapy integrated into Play and Sandplay Therapy with children and young people. Previously a specialist teacher working with 5-18 year olds with challenging behavioural and learning needs, Jean currently works as a therapist in a child protection agency as well as in private practice. She continues to train in Sandplay Therapy with teaching supervisors from the International Society of Sandplay Therapists and has contract work with Whitecliffe College's MAAT (Clinical) programme.

3D. Inside out – cultural sensitivity in drama therapy.

Presenter: Joanna Jaaniste. **Modality:** Drama Therapy.

One of the powers of drama therapy is that it has an important contribution to make in the re-establishment of ritualistic structures wherein change and transformation are possible. A further strength is that it draws extensively on a variety of cultural tools as forms of intervention. Joanna has found in her work that sensitivity to cultural diversity, be it in a detention centre, a juvenile justice institution or mental health setting, has been an essential component in her work. Psychosis and PTSD for example, are often exacerbated by a failure to take past and present environments into account. Through a brief examination of drama therapy with mental health clients in a culturally diverse area of Sydney, Joanna discusses the investment of meaning by client and therapist and their

interpretations of symbol and metaphor using case studies and photographs. The workshop that follows will address cultural differences using warm-ups and improvisation.

Joanna Jaaniste B.A. (Hons.), Dip.Ed., Dip.Dramatherapy, AthR (Drama) has practised drama therapy in mental health, adolescent and substance abuse areas since 1993. She teaches at post-graduate level and has lectured and presented in the UK, USA and South Africa. She co-runs Introductory and Advanced Courses in Drama therapy in Sydney and her interests are in dual diagnosis (co-occurring mental illness and substance abuse), cultural and language diversity and dementia.

Day Two

29 March

Schedule

8.30am - 9.00am Welcome & Day Registrations

9.00am - 10.30am Session One

10.30am - 11.00am Refreshments break

11.00am - 12.30pm Session Two

12.30pm - 1.15pm Lunch break

1.15pm - 2.00pm Annual General Meeting (CTAA)

2.00pm - 3.30pm Session Three

3.30pm Closing

<p>Session 1 9.00-10.30 a.m</p>	<p>1A "Dream a little dream"...</p> <p>Nat Warren-White</p>	<p>1B Deepening the lived body experience</p> <p>E. Connor Kelly</p>	<p>1C Playing with sound – an insight into the profession of music therapy</p> <p>Marie Bagley, Alison Cooper, Claire Molyneux</p>	
Refreshments break				
<p>Session 2 11.00-12.30 p.m.</p>	<p>"Dream a little dream" workshop continues</p>	<p>"Deepening the lived body experience" workshop continues</p>	<p>"Playing with sound" workshop continues</p>	
<p>Session 3 2.00-3.30 p.m.</p>	<p>3A Belonging – the blessings and the boundaries</p> <p>Beth St.Claire</p>	<p>3B The rhythm of life</p> <p>Josie Scott</p>	<p>3C Creative strategies for understanding relationship dynamics</p> <p>Vivien Young</p>	<p>3D Self knowledge is the key to sustaining ourselves and enriching our practice</p> <p>Maree Brogden</p>

1A. "Dream a little dream..."

Presenter: Nat Warren-White. Modality: Drama Therapy.

Through the enactment of our dreams, using techniques from Fritz Perls' Gestalt training, "embodied imagination", Playback Theatre, and other drama therapy modalities, we will explore the connection between the subconscious and the "shadow" in Jungian terms. Participants will be asked to share their dreams and then support each other in the enactment of one or more dreams chosen by the group as collectively resonant.

We will approach the enactment process using "embodied imagination" defined as: "a therapeutic and creative form of working with dreams and memories pioneered by Robert Bosnak and based on principles first developed by Carl Jung, especially in his work on alchemy, and on the work of James Hillman, who focused on soul as a simultaneous multiplicity of autonomous states."

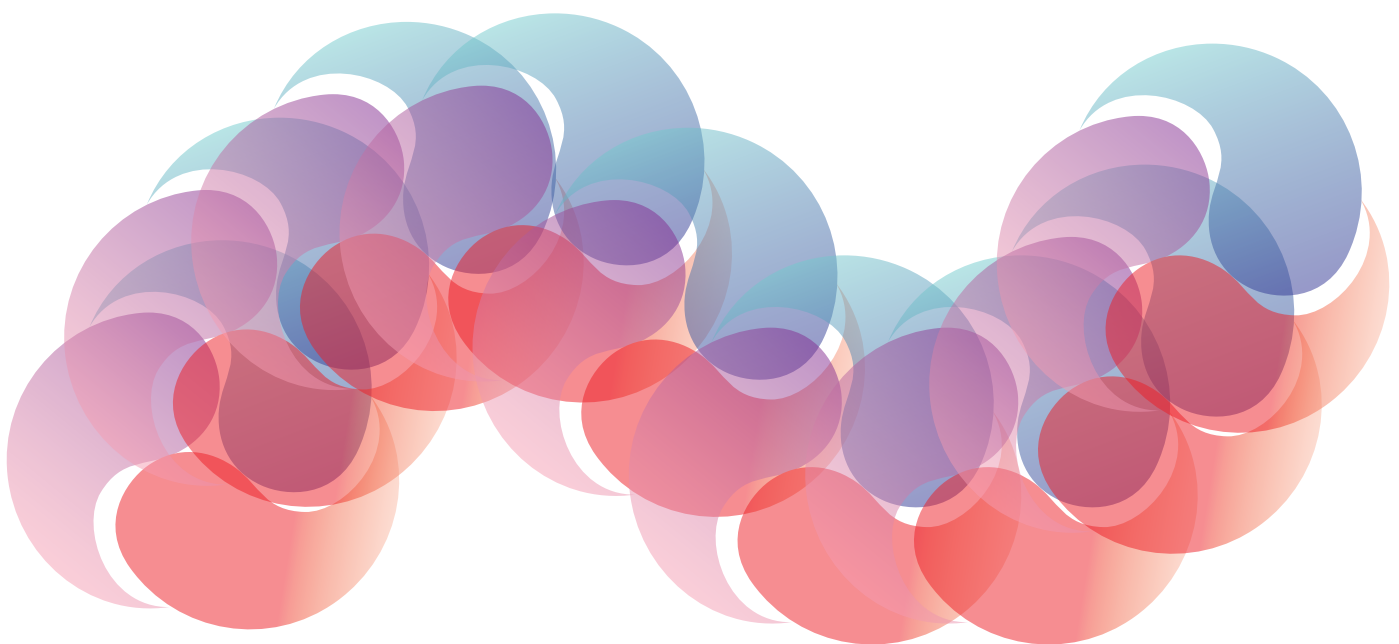
Participants are encouraged to read Bosnak's book "A Little Course in Dreams" and Robert Bly's "A Little Book on the Human Shadow" prior to joining the workshop. Also, watching the video documentary, Matter of Heart, based on the life and work of Carl Jung, and beginning the process of journaling one's own dreams during the weeks before we meet, will offer a good grounding for the work we will explore together.

Nat Warren-White, MA, RDT, is an actor, teacher, director, and drama therapist. He designs and facilitates management training programs serving corporate and non-profit clients globally (www.arielgroup.com). He has taught with the Senior Executive Programs at Columbia, Harvard, Duke, and Northwestern Universities.

He helped the Ariel Group develop and direct their non-profit wing, Ariel Outreach, where he initiated a theater-based process supporting prison inmates in their transition back to mainstream society. He co-founded And Still We Rise Productions, an acting company of ex-prisoners and their family members.

As an actor, Nat is an eight-year veteran with Boston's long-running comedy hit, Shear Madness. He was a company member with the McCarter Theater and the Actors' Theatre of Louisville and served as artistic director of the Poets' Theater in Cambridge, MA, where he spearheaded an era of political theater producing new plays by Arab, Israeli, and So African writers.

Nat is a member of Actors Equity, SAG and AFTRA and is a Registered Drama Therapist.



1B. Deepening the lived body experience.

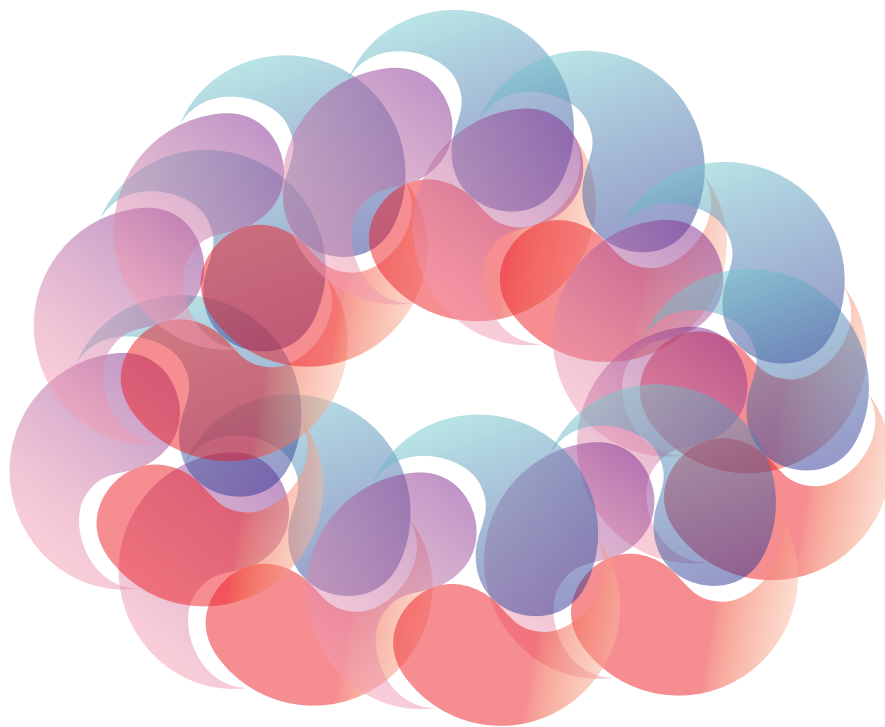
Presenter: E.Connor Kelly. Modality: Dance/Movement Therapy.

This workshop will utilize various dance/movement therapy approaches to explore our own body as our home, with comfort, reverence and respect. These will include principles from Laban Movement Analysis/ Bartenieff Fundamentals, Authentic Movement and dance improvisation along with other core dance movement therapy tools. We will explore our body parts as they relate to the whole, basic core connectivity patterns, our three-dimensionality, our inner imaginings and our outer expressivity.

Participants will first draw a body tracing and use this to create a visual map of their workshop journey. A body scan will follow to check in for areas of openness as well as discomfort. These will then be noted on the art work. Playing with simple pedestrian movement such as walking and standing will physically warm-up the participants. These simple warm-ups will offer ample material about our movement preferences and dynamics as we begin moving through space. This will lead into other Dance/ Movement experiential work which will include individual, dyadic as well as group work. Particular attention will be paid to movement preferences, habits, challenges,

blind or shadowy aspects as well as core belief patterns. Participants will explore how individual responses to the workshop material can be grounded and integrated more fully into everyday life. Practical application for both the practitioner and patients/clients will also be discussed.

E. Connor Kelly, MA, ADTR, LPC. Connor currently resides in New Plymouth where she has a small contract DMT practice. She is the former Day Stay Coordinator for Te Rangi Marie Hospice. She trained at NYU with Marcia Leventhal & Virginia Reed among others and interned with Dr. Judith Kestenberg and in Lilian Espenak's Flower Hospital programme. She worked for a decade in Boston with developmentally disabled adults and the Frail Elderly. She began studying authentic movement at this time. After marrying Steve Harvey, PhD, ADTR, RDT, RPT/S she moved to Colorado where she worked with children and families and facilitated authentic movement. Together Steve and Connor began exploring and developing Physical Storytelling which they have taught both within the Playback Theatre and Dance Therapy community in USA, Europe, Australia and NZ.



1C. Playing with sound – an insight into the profession of music therapy.

Presenter: Marie Bagley, Alison Cooper, Claire Molyneux.

Modality: Music Therapy.

The profession of music therapy has grown significantly in New Zealand in the last five years with the Masters course at NZSM (Wellington) and the development of the Raukatauri Music Therapy Centre (Auckland). We will outline the development and influences of the Raukatauri Music Therapy Centre including the clinical approach and theoretical frameworks implemented. We will also discuss how the medium of music and the elements of sound are used to form a creative therapeutic relationship within which growth and change are facilitated, and how individualised music therapy goals can address a client's psychological, emotional, social, communicative and physical needs.

Introductory whole-group/partner-work activities

Together we will investigate the elements of sound promoting creativity, active listening, and possibilities for engagement and connection through sound.

Case Study: a presentation with DVD footage/powerpoint

This case study charts the process of transformation of a young autistic boy illustrating the changes within his family dynamics as the members learned to be playful together. The focus of the paper is the course that the client steered for himself: that of teaching his parents to develop their play skills with him.

Experiential group

A group improvisation will be facilitated and time allowed for group feedback and questions.

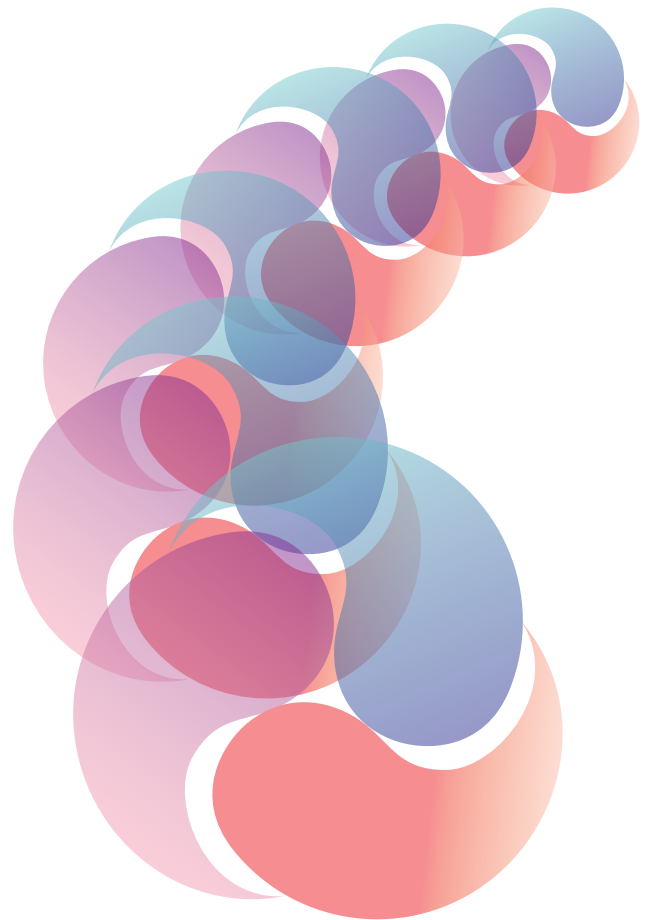
Marie, Alison and Claire all work at the Raukatauri Music Therapy Centre (RMTC), New Zealand's first Music Therapy Centre (established in 2004). The Centre delivers music therapy to children and young people with special needs.

Marie Bagley P.G.Dip.Mus.Ther., Cert. in Dalcroze Eurhythmics, B.Mus. (Hons.) Marie is a registered music therapist who trained at the Guildhall School, London

(2004-2005) and joined the RMTC in 2007. She previously worked as a music therapist and performing arts specialist in the UK.

Alison Cooper M.Mus.Ther., M.Ed., P.G.Cert. in Education (Music), B.A. (Hons.) Alison is a registered music therapist who trained at the New Zealand School of Music (2004-2006) and joined RMTC in 2007. She previously worked as a teacher in the UK and NZ.

Claire Molyneux M.A. (Music Therapy), P.G.Cert. in Health Science (Advanced Psychotherapy Practice, B.A. (Hons.) Claire is a registered music therapist who trained at Anglia Ruskin University, Cambridge (1995-1996) and joined the RMTC, where she is Head of Clinical Services, in 2005. She previously worked in Child and Adolescent Mental Health and special education in the UK.



3A. Belonging – the blessings and the boundaries.

Presenter: Beth St. Claire. Modality: Mixed.

Our very earliest experiences involve attachment and connection, and these infant and childhood experiences often flavour our approach to connection and belonging throughout our lives. If connection has been disrupted, the idea of belonging can be a very frightening thing, even regarding feeling 'present' and 'right' in themselves. As practitioners we seek to assist clients to feel a positive sense of belonging and acceptance, yet may struggle with our own comfort with aspects of this. The recent registration discussions have increased awareness of the need or expectations to belong to a professional group, and consider how such an entity serves, supports or even threatens us. In this workshop we will look at various aspects of belonging and how we experience, understand

and work with this. The structure will be interactive using a range of creative approaches including sand-tray objects, drawing, movement and writing.

Beth is an experienced psychotherapist and group facilitator who also has experience in mental health, supervision, teaching and training. In her private practice she works with adolescents and adults based at Youthline in Ponsonby. She specialises in trauma recovery, life transitions, relationship issues, gender identity / transgender issues and survivors of cults and fundamentalist groups. She has a particular interest in the human experience of 'belonging' – within ourselves, with friends, family, partners and our communities.



3B. The rhythm of life.

Presenter: Josie Scott. Modality: Creative Arts Therapy (Drumming).

“The percussive sound seems to satisfy a basic need, perhaps because of the awesome influence of the human heart beat in our development” Feder and Feder (1981)

Drumming can be used to communicate, to relax, to explore emotions, to connect with others, to shift energy – and so much more! In this workshop participants will learn a traditional West African drum rhythm and have

the opportunity to discuss how drumming can be used as part of a sustaining practice tool. Drums provided.

Josie Scott works (and plays) as a Creative Arts Therapist, Counsellor and Trainer at Bayleys Beach. Her interest in drumming started after attending a workshop facilitated by Jaqui Barrett in 2000. Whilst living in Melbourne (2004–2008) Josie attended weekly African drum classes and in January 2008 spent four weeks drumming in Ghana. For more information please see www.josiescott.org

3C. Creative strategies for understanding relationship dynamics.

Presenter: Vivien Young. **Modality:** Art Therapy.

A studio arts and gestalt approach, within a mandala and mandorla framework, assists in exploring relationship dynamics in any area of life, by illuminating the interface between professional and personal, 'self' and 'other'. It is particularly recommended for those working in the social services, health and business sectors as a framework for enhancing holistic work / life balance and self care, for problem solving, and to deepen self awareness.

As founder of Wellspring NZ Ltd. Personal Professional Development, Viv enjoys a varied professional life, as psychotherapist, supervisor and Gestalt group facilitator.

From a background of 25 years in community and palliative care nursing, her interest in emotional and spiritual wellbeing has led into the field of creative therapies, completing her MA in Arts Therapy in 2007, with 1st Class Hons.

Viv has presented and facilitated workshops at the New Zealand Hospice Conference, The Australian College of Holistic Nurses 5th International Conference in Adelaide, and at a National Counsellors Conference in NZ. Her passion is to live fully right now, to have fun with colour and to be creative.

3D. Self-knowledge is the key to sustaining ourselves and enriching our practice . . .

Presenter: Maree Brogden. **Modality:** Intermodal.

In this workshop we will explore a primary therapeutic process. Working from the premise that self-regulating form emerges during conscious creative engagement, we will explore the interplay of sensation, perception and psyche between our Self and other. Participants will engage in a creative movement and drawing intermodal expression that may provide self-supervision and a practice development opportunity.

Maree completed an MA in Arts Therapy Clinical degree at the Whitecliffe College of Arts & Design in Auckland in 2007. She currently works for the Waikato DHB, Forensic Psychiatric Acute & Rehabilitation services as a Registered Art Therapist (AThR) and in the community for Gracelands Group of Services, using creative movement and visual art modalities.

