

# Creative landscape

Arts Therapies by the Bay

## The 21st ANZATA Conference

31 October to 1 November  
(with pre-conference workshops from 27 to 30 Oct)

Deakin University Waterfront  
Campus, Geelong



# ð Creative Landscape

Arts Therapies by the Bay

## welcome

Art Therapists in the Geelong Region: Joy Schmidt, Cornelia Elbrecht, Lauren Leviston, Elizabeth Kinnane, Jody Gall and Merrin Wood, and ANZATA Committee representative Tarquam McKenna, form the 2009 ANZATA Conference sub-Committee, and this management team takes pleasure in hosting the 21st Anniversary Conference. We welcome you to our city by Corio Bay. This year our Conference will be held at the Deakin Waterfront Campus, an historical Woolstore building in the Central Business District of Geelong, and within walking distance of the foreshore food precinct, CBD shops, the Geelong Station and the Geelong Gallery.

### **this conference offers you**

An opportunity to network and share knowledge and experiences with other professionals of the benefits of Art Therapy as a sustainable tool for supporting well-being in our society. It offers an opportunity to celebrate and reflect on the foundations and practice of Art Therapy in Australia and New Zealand.

### **conference theme**

In a changing global environment, the Arts Therapies offer a landscape of creative ways to promote well-being in people. The arts therapies are flexible, and can be adapted to different theories, and to the healing of different conditions, from the recovery after trauma, to managing PTSD, anxiety and depression, or rebuilding relationships.

### **the conference program**

The program presents a range of arts therapists, papers and workshops suitable for clinical practitioners and others interested in using the arts in health care, in schools or in the wider community, or for self-care.

We look forward to seeing you at the Conference.



Joy Schmidt  
*Conference Convenor*



The President of the Australian and New Zealand Art Therapy Association Megan Shiell and ANZATA Committee welcome therapists, counsellors, social workers, teachers and education workers, medical practitioners, community artists and others who have an interest in using the arts and art-making in working towards the well-being of people, to join us on 31 October and 1 November 2009 to celebrate the arts therapies.

# highlights



## **saturday keynote address by dr nancy slater**

ANZATA welcomes keynote speaker Dr Nancy Slater to Geelong and Australia. Nancy Slater, PhD, ATR-BC, is Director of the Master of Arts in Counseling Psychology: Art Therapy Program at the Adler School of Professional Psychology, Chicago, Illinois. She has taught Art Therapy in the US, Australia and Israel and lectured internationally on Art Therapy practice, education and program development. Practising art psychotherapy for over 25 years, her main interests are international and multicultural approaches in Art Therapy and the effects of interpersonal and political violence.

### **The Art of Healing: Addressing the Effects of Trauma. Percy Baxter Theatre. Saturday 31 October, 9.00-10.00**

Through the perspectives of an Art Therapist, the many ways that art-making addresses the effects of trauma are presented and examined. Drawing on contemporary and international resources and experience, Dr Nancy Slater offers an overview of the uses of art and art-making to provide psychological healing and recovery from the effects of various types of trauma. Recent developments in the understanding of the psychological effects of trauma are presented utilising examples from the field of Art Therapy.

## **friday evening conference art and poster exhibition**

**30 Oct Pre-Conference Art and Poster Exhibition at 6.00pm – Deakin Waterfront Campus.**  
(Open invitation, and free to all Conference participants).

An evening after the Masters Class Day, for you to relax and enjoy the Opening of the 'Conference Art and Poster Exhibition'. This features the art of Art Therapists, and the occasion offers the opportunity to catch up with others in our field. There will be background music and light refreshments.

## **art therapy association celebrates 21st birthday**

Twenty one years ago a small group of Art Therapists with qualifications gained in the UK or the USA, joined to form the Australian Art Therapy Association (ANATA). Although New Zealand Art Therapists had some connection with this group, the formal joining and name change to The Australian and New Zealand Art Therapy Association, ANZATA occurred in 2003.

The Australian and New Zealand Art Therapy Association invites you to be part of our 21st Conference that offers you a comprehensive program, with "hands on" skill development workshops and educative papers delivered by accomplished practitioners and experts in their fields.

"Art therapy is an interdisciplinary form of psychotherapy. Generally based on psychoanalytic or psychodynamic principles, Art Therapists are able to utilise varied theoretical frameworks in which they feel comfortable to work. Other modes of working include Jungian, humanistic, behavioural, systemic, and integrative approach" (ANZATA).

## **thank you to the conference sponsors:**



# pre-conference workshops

tuesday 27 to thursday 29 october



## Initiatic Art Therapy Workshop Work at the Clay Field®

Presenter: Cornelia Elbrecht

**Claerwen Retreat, 480 Tuxion Road, Apollo Bay VIC 3233**

The Clay Field is a flat rectangular wooden box that holds 10 – 20 kg of clay. A bowl of water is supplied. This simple setting offers a symbolic “world” for the hands to explore. There will be no art work to be taken home. The hands enter the Clay Field and move in it; in their ability or inability to “handle” the material they tell the client’s life story. The hands then can be encouraged to find ways to deal with situations and events, to complete actions that previously could not be coped with.

This unique Art Therapy approach is recognised in Europe as a discipline in its own right. It is practised by over 500 Clay Field Therapists in numerous institutions. It is part of the curriculum in schools for disabled and disadvantaged children, it is widely used in women’s shelters and to facilitate trauma healing.

The two and a half day workshop will look at the application of Clay Field Therapy experientially, via videoed case histories and through understanding core aspects of its theoretical basis.

Seminars will cover:

- The structure and dynamics of the field
- The haptic language of the hands
- Senso-motoric perception as opposed to visual perception
- The brain-hands-language connection
- The brain-hands-trauma connection and in this context aspects of the psycho-physiology of trauma
- Understanding of the psycho-dynamic processes as they occur in the Clay Field and how these processes can be supported in therapeutic sessions
- Pathological indicators and their particular expression in the Clay Field
- Therapeutic dialogue, intervention and crisis intervention with the Clay Field
- Working with children in the clay field
- Developmental stages and the reflection of these stages in the Work at the Clay Field

### **Cornelia Elbrecht**

*MA ATh, AThR, ANZATA*

Cornelia Elbrecht is director of Claerwen Retreat, an internationally recognised Art Therapy trainer, and author of several published essays and a book on Guided Drawing. She has worked together with Prof Heinz Deuser, a German Art Therapist, who developed the Work at the Clay Field, for the past 35 years. Both are currently in the process of writing a publication about Clay Field Therapy; they are supported in their endeavour by trauma specialist Dr Peter Levine, a renowned Medical Biophysicist and Psychologist.

## To Register

**Separate registration is required to attend this workshop. Please email Cornelia at: [cornelia\\_elbrecht@claerwen.com.au](mailto:cornelia_elbrecht@claerwen.com.au) or visit [www.arttherapy.net.au](http://www.arttherapy.net.au).**

# friday 30 october

## Masters Class Day

One morning and one afternoon session for qualified/registered Art Therapists. This is a wonderful professional development opportunity for qualified practitioners to extend their skills in the arts therapies.



### Addressing Treatment in Art Therapy About Effects of Trauma

Presenter: Dr Nancy Slater

**Glastonbury Child and Family Services, Friday 9.00 – 12.00**

Through the lens of Art Therapy, this workshop will address art-based treatment for the effects of trauma, treatment needs of clients, and ethical issues that arise when providing art-based treatment of post traumatic stress. In the first part of this workshop, the facilitator will offer an overview about art-based interventions, current perceptions about effects of traumatic stress, and ethical issues specific to art-based approaches in PTSD treatment. The second part of this workshop will be a discussion on treatment issues with workshop participants. Participants are encouraged to bring issues and concerns from their own practices, examples of their own successful art-based interventions, and questions about art-based approaches in treating the effects of various types of traumatic stress. The third part of this workshop will be an art-based experiential to include all participants.



### Working with Anxiety and PTSD Using Movement-Based Multi-Modal Methods

Presenter: Amanda Levey

**Glastonbury Child and Family Services, Friday 1.00 – 4.00**

Amanda Levey, BA(Hons) Psych, MAAT, NZPpS, AThR, ANZATA, is a registered psychologist and maintains a private practice. Her primary training in the arts therapies are in the Halprin Life/Art Process, the world-renowned programme integrating movement/dance with other arts modalities and therapeutic practices. She has worked in many settings and is currently the director of the Masters of Arts in Arts Therapy programme at Whitecliffe College of Arts and Design, Auckland.

Amanda will offer an experiential workshop on the role of the body in working with trauma, PTSD and anxiety. Amanda has developed many movement-based methods and techniques that have proved particularly effective for working with clients affected by PTSD symptoms and/or generalised anxiety. All these issues have a strong physiological component and in this workshop Amanda discuss recent research and ideas about the role of the bodies of the client and the therapist. Whatever modality a therapist works in, awareness of what is happening at a body level can be extremely useful. During the workshop there will be opportunities to experience some of the techniques that can be used with individuals and groups and Amanda will demonstrate others.

## To Register

**Separate Registration is required. Please contact Joy at: [mayfairdesign@hotmail.com](mailto:mayfairdesign@hotmail.com) or Liz at: [ekinnane@bigpond.net.au](mailto:ekinnane@bigpond.net.au).**

**Glastonbury Child and Family Services is at 222 Malop Street, Geelong, VIC 3220**



# day one

saturday 31 october

## Schedule

8.00 – 8.30	Registration, Tea and Coffee	1.30 – 3.30	Session Two
8.30 – 9.00	Welcome and Opening	3.30 – 4.00	Refreshments Break
9.00 – 10.00	Keynote	4.00 – 5.30	Session Three
10.00 – 10.30	Refreshments Break	5.30 – 6.30	Exhibition
10.30 – 12.30	Session One	7.00 –	Dinner (Not included in conference price. Venue TBA)
12.30 – 1.25	Lunch		

**9.00 – 10.00 Keynote. Dr Nancy Slater. *The Art of Healing: Addressing the Effects of Trauma.***

### **10.30 – 12.30 Breakout Workshop Groups. Concurrent Workshops**

1. Joanne Jaaniste and Adrian Lania. *The Elderly and the Creative Environment.*
2. Megan Shiell. *The Power of Art Psychotherapy as an Experiential Learning with Dialectical Behaviour Therapy (DBT).*
3. Sally Legg. *Synaescapes.*
4. Maureen Woodcock. *Beginnings: An Experiential Art Therapy Workshop.*
5. Jean Parkinson. *Supervision, Sandplay and Creative Enchantment.*

### **10.30 – 11.30 Paper / Presentations**

6. Danita Walsh. *Evidencing Art Therapy in Mental Health: Outcomes from the Creative Expression Centre for the Arts Therapy Service in Western Australia.*

### **11.30 – 12.30 Paper**

7. Associate Professor Tarquam McKenna. *Where's the Man? Men in Art Therapy.*

### **1.30- 3.30 Concurrent Workshops**

8. Maggi Wilson. *Modelling and the Use of Art Therapy Techniques: Developing Group Programs for a Range of Clients. The Parent Trail: A Creative Program for Living with a Mental Illness.*
9. Amanda Levey. *Moving in the Creative Landscape.*
10. Margaret Muir. *Positive Art Psychotherapy.*
11. Elizabeth Coss. *Another Look at Edith Kramer and the Concept of Sublimation.*
12. Cornelia Elbrecht. *Drawing of Archetypal Shapes as an Intervention Tool.*

### **1.30 – 2.30 Paper**

13. Annette Coulter. *Mind Landscapes: Creative Adolescent Brain.*

### **2.30 -3.30 Paper**

14. Theresa Van Lith and Patricia Fenner. *Exploring the Role of Art-Making in Mental Health Recovery.*

### **4.00 – 5.30 Concurrent Workshops**

15. Lynette Beekwilder-Reid. *The Haiku Key.*
16. Libby Byrne. *"The Well" An Invitation for Community to Dialogue with an Art Image and Create a Ritual.*
17. Rebekah Oppenheim. *Art Therapy and Narrative.*
18. Maree Hyland. *Heart "Felt" for Me.*
19. Dr Patricia Baines. *Painting Good Places into the Landscape*
20. Peter Roberts. *Creating Musical Landscapes at the Final Moments of Life.*

# welcome

## Welcome to Country

**Percy Baxter Theatre, Saturday 8.45 – 9.00**

Welcome to Country: A Smoking Ceremony conducted by David Tournier a traditional custodian of the Geelong Region, will welcome all delegates to Wathaurong country.

“The traditional boundaries of the Wathaurong peoples start along the coastline from Werribee to the Lorne Peninsula area. It traverses inland to Colac, through to Cressy onwards to Ballarat.

Within these boundaries there are approximately 14 smaller clan groups who were traditional and territorial owners of their particular site. There is little recorded European documentation of the

history of the Wathaurong due to the loss of the traditional way of life since colonisation. The Wathaurong Co-operative is the legislated body to deal with cultural heritage issues within the Wathaurong area.” (Trevor Edwards, a custodian of the Wathaurong land and Chairperson of the Wathaurong Aboriginal Cooperative).

As an acknowledgment of country, as conference delegates we show our respect and acknowledge the traditional Custodians of the land on which the ANZATA conference takes place.

# keynote

## The Art of Healing: Addressing the Effects of Trauma

**Presenter: Dr Nancy Slater**

**Percy Baxter Theatre, Saturday 9.00 – 10.00**

ANZATA welcomes key-note speaker Dr Nancy Slater to Geelong and Australia. Nancy Slater, PhD, ATR-BC, is Director of the Master of Arts in Counseling Psychology: Art Therapy Program at the Adler School of Professional Psychology, Chicago, Illinois. She has taught Art Therapy in the US, Australia, and Israel and lectured internationally on Art Therapy practice, education and program development. Practising art psychotherapy for over 25 years, her main interests are international and multicultural approaches in Art Therapy and the effects of interpersonal and political violence.

Through the perspectives of an Art Therapist, the many ways that art-making addresses the effects of trauma are presented and examined. Drawing on contemporary and international resources and experience, Dr Nancy Slater offers an overview of the uses of art and art-making to provide psychological healing and recovery from the effects of various types of trauma. Recent developments in the understanding of the psychological effects of trauma are presented utilising examples from the field of Art Therapy.

# 1. The Elderly and the Creative Environment

Presenters: Joanna Jaaniste and Adrian Lania

**Room 105, Saturday 10.30 – 12.30**

**Art/Drama Therapy**

Beginning with a paper presentation highlighting person-centered therapy for people with dementia, Joanne and Adrian will follow the principles set out by David Johnson. Developmental transformations will be experienced by the group, together with other dramatherapy strategies which give clients a sense of ownership of group space, as well as dealing with existential questions creatively.

## **Adrian Lania**

*MPsy, DipThArts, DipEd, MAPS, AThR(Drama), ANZATA.*

Adrian was born and educated in Wroclaw, Poland, and arrived in Sydney in 2004. He is a psychologist and dramatherapist who has been working with children and adolescents in schools in the Sydney South West Area. Adrian is the co-leader of an Introductory and an Advanced Dramatherapy Course, run by the Dramatherapy Centre, and enjoys working experimentally within

the safe structure of the therapeutic process. Together with Joanna Jaaniste the documentary DVD "Going Birco", was produced, about the use of dramatherapy within the school setting. He is a performing member of Sydney Playback Theatre Company.

## **Joanne Jaaniste**

*BA (Hons), DipEd, DipDramatherapy, AThR (Drama), ANZATA.*

Joanne is a registered dramatherapist with experience in grief work, healing relationships and understanding your biography. She has taught in the expressive Arts Graduate Diploma at UWS and runs courses in Dramatherapy in Sydney. She has lectured and presented papers overseas, and will publish a chapter on dementia and dramatherapy in September "Creative Approaches to Dementia care" (Palgrave Macmillan).

# 2. The Power of Art Psychotherapy as an Experiential Learning with Dialectical Behaviour Therapy (DBT)

Presenter: Megan Shiell

**Room 106, Saturday 10.30 – 12.30**

**Art/Visual Therapy, Clinical**

Megan will share her work using Art Psychotherapy to enhance the learning of some Dialectical Behaviour Therapy (DBT) skills. DBT was designed by Dr Marsha Linehan. Ph.D from the University of Washington to help sufferers of Borderline Personality Disorder learn skills to cope with the symptoms of their disorder. Megan has designed an eight week program which includes some helpful skills of DBT incorporated into art psychotherapy as a way of learning skills in a visual, experiential manner. In this presentation she will concentrate on the development of a short term (three weeks) program using Mindfulness practice, distress tolerance and emotional regulation. Examples of how imagery can assist in learning these skills and an experiential section of the presentation will enable participants to gain a personal insight into the value of art psychotherapy in this kind of intervention.

## **Megan Shiell**

*Grad Dip Exp, MA ATh, AThR, ANZATA*

Megan, President of ANZATA for the past two years, works in Private Hospitals and Private Practice in Sydney Australia. For the past six years Megan has been developing and facilitating various programs using Art Psychotherapy as an experiential component in the teaching of DBT, in the treatment of patients who suffer the traits of Borderline Personality Disorder. Megan now runs four DBT based programs at a private clinic in Sydney and has found the two pronged approach of using creativity and DBT together, has helped clients achieve a greater understanding of their behaviours and emotional well-being, enabling an integration of knowledge and skills that was previously not possible for them. Megan has published an article on this subject in the 3rd Edition of ANZJAT.



### 3. Synaescapes

Presenter: Sally Legg

Room 107, Saturday 10.30 – 12.30

Music has the ability to take us on journeys into unknown places, and this experiential workshop is a metaphor for meeting the unexpected. It was designed as part of a six week programme to deepen participants' understanding of Arts Therapy and offer a kit of therapeutic tools to weather life's terrain.

Visual Art/Music Therapy, Well-being

**Sally Legg**

*MAAT, AThR, ANZATA.*

Sally is Assistant Director at Spark Studio, a visual arts and creative development centre for people with disabilities. Since graduating, she has established an Arts Therapy service with the Cerebral Palsy Society and Arts Therapy group programmes for a community mental health prevention service. She has experience working with youth at risk and in forensic settings.

### 4. Beginnings: An Experiential Art Therapy Workshop

Presenter: Maureen Woodcock

Room 108, Saturday 10.30 – 12.30

This workshop addresses the start of a group process by providing an opportunity for participants to introduce themselves creatively, using a variety of art materials, and then to participate in a group weaving. The finished art work becomes a metaphor demonstrating how individual contributions together create a new entity with unique qualities.

Art/Visual Therapy, Group Process

**Maureen Woodcock**

*MA AT, Dip FA, Dip Tchg, ATR (USA) AThR, ANZATA.*

Maureen is a practicing Art Therapist, supervisor, advisor and mentor to Government and community agencies. She has a special interest in Sandplay therapy, has worked for Hospice, helped establish 'Therapy at School', employed by NZ Social Services working with children and their families and is currently the Director of the MA AT (Clinical) Programme at Whitecliffe College of Arts & Design.

### 5. Supervision, Sandplay and Creative Enchantment

Presenter: Jean Parkinson

Room 109, Saturday 10.30 – 12.30

This experiential workshop presents an opportunity for in-depth reflection on an aspect of clinical work with a client. It is based on the premise 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' (Joy Schaverian). The work will be amplified by the perspective of Lenore

Art/Visual Therapy, Sandplay

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'. Participants are encouraged to bring an unnamed example of a client's work.

**Jean Parkinson**

*Dip STN, H.Dip Tchng, B Soc Sci(HS), MAAT, AThR, ANZATA*

Jean 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 supervision work within the Whitecliffe College of Art & Design MAAT (Clinical) Programme.

## 6. Evidencing Art Therapy in Mental Health: Outcomes from the Creative Expression Centre for the Arts Therapy Service in Western Australia

Presenter: Danita Walsh

**Percy Baxter Theatre, Saturday 10.30 – 11.30**

**Art Therapy, Clinical**

This power-point presentation gives evidence of the outcomes of Art Therapy programs in adult Mental Health offered by the Creative Expression Centre for Arts Therapy in Western Australia. It gives an overview of 40 years of service, models of practice and psychiatry.

### **Danita Walsh**

*OT Reg, MA ATH, AThR, ANZATA*

Danita is the Clinical Services Manager for The Creative Expression Centre for the Arts Therapies in Western Australia. She oversees the Art therapy services in the Public Mental Health System in WA. She is an Art therapist and OT with 20 years practice in Health in WA, the UK and the US.

## 7. Where's The Man? Men in Art Therapy

Presenter: Tarquam McKenna

**Percy Baxter Theatre, Saturday 11.30 – 12.30**

**Art/Visual Therapy, Gender Relationship Well-Being**

This visual art-making session is especially open to men. In my experience I note the absences of men in my work in Art Therapy training supervision and education around the world. This session will review models of masculinity that are present in our individual and collective identity and how these gendered selves impact on our work as arts psychotherapists. The session will address 'men's business as a way of knowing' and will explore masculine ways of being in this profession. Is there an issue here? What is masculinity for the man in the practice of Art Therapy? Woman as allies are welcome. The reflective art-making session will address how we promote Art Therapy as an inclusive practice. The focus of the work will be the range of 'ways' of belonging for therapists who are men.

### **Tarquam McKenna**

*BEd, PGradDipDrEd, MEdSt, MA, MA, PhD, MACT, AThR, ANZATA*

Associate Professor Tarquam McKenna is the Coordinator of Creative Studies and Research in The School of Education at Victoria University, Melbourne. He was trained and supervised by David Harvey and Michael Campanelli and graduated in the first Australian Art Therapy MA in 1993. His life-work addresses arts and psychosocial wellness.

## 8. Modelling, and the Use of Art Therapy Techniques. Developing Group Programs for a Range of Clients. The Parent Trail: A Creative Program for Parents Living with a Mental Illness

Presenter: Maggi Wilson

Room 105, Saturday 1.30 – 3.30

This experiential Art Therapy workshop will use clay modelling as a way for clinicians to explore their own group ideas. The use of metaphor to illustrate goals, strategies and concepts when developing new groups will be covered. Maggi will illustrate how “The Parent Trail”, a creative group for parents with a mental health illness, has incorporated new Queensland Health legislation so as to improve child safety outcomes for families.

Art Therapy, Clinical Mental Health

**Maggi Wilson**

*BA, PGDip, ATh Rath, AThR, ANZATA*

Maggi trained at Goldsmiths London University in Art Psychotherapy. She has worked for eighteen years in drug and alcohol, homelessness, and child and mental health. Her private practice interests are currently cross-cultural Art Therapy group work, creative debriefing and supervision for mental health teams and practitioners. She is the Program Co-ordinator of “Kidz of Parents with Mental Illness”.

## 9. Moving in the Creative Landscape

Presenter: Amanda Levey

Room 103 and Quad, Saturday 1.30 – 3.30

**Note:** This workshop will start in Room 103 and then, weather permitting, we will move to the Quad to work outdoors.

This workshop can increase your knowledge of the natural feedback loop between the body and feelings, and so provide new resources for working with individuals and groups as well as your own self-care. This workshop will introduce new research and ideas about the relationship between the client’s and the therapist’s body and the environment that you both inhabit, that will assist your work in any therapeutic modality. Our physical relationship with the natural world around us can be one of our most powerful supports and a source of re-generation and increased well-being. This workshop includes activities to focus, ground and center the self, as well as to increase awareness of the relationship between one’s kinaesthetic

Movement Therapy, Self-care, Well-being

and feeling body, and the natural world that we are a part of. The work is presented in a safe and accessible way that is appropriate for both beginners and more experienced participants.

**Amanda Levey**

*BA Hons (Psych), MAAT, NZPsS, AThR, ANZATA*

Amanda is Director of the Masters of Arts in Arts Therapy at Whitecliffe College of Arts and Design. As a movement-based expressive arts therapist, her training and roots are in the Halprin Life/Art Process, the world-renowned programme integrating movement/dance with other arts modalities and therapeutic practices. An important aspect of this work is its application to working outside in the natural environment, exploring the relationship of our body with the physical world around us.

# 10. Positive Art Psychotherapy

Presenter: Margaret Muir

**Room 106, Saturday 1.30 – 3.30**

*“By improving the creative environment, Art Therapy encourages the healing and growth of the participants”. Wadeson (1995)*

Positive Psychotherapy has been put forward by Csikszentmihalyi and Seligman at the start of this century to change the emphasis on mental ill-health (a need following WWII) to one of true mental health and well-being. That is not just taking people out of negative states but moving them forward with an emphasis on their strengths and positive experiences.

Margaret is looking forward to meeting with you and sharing a two hour workshop on Positive Art Therapy with you.

**Art Therapy, Clinical Practice Assessment**

**Margaret Muir**

*BSc, MAPS, MGANA, AThR, ANZATA*

As a mature age student, Margaret, in her Psych Hons year, focused on areas that have continued to influence her psychological practice. One of these was encouraging clients’ understanding of self, the other of successfully recovering from negative experiences. These have become her speciality in her work in health and educational settings, and in the last 17 years in private practice. Margaret is currently this process of completing her PhD (Medicine) Candidature at University of Newcastle. Margaret has now included Positive Psychotherapy together with her forty year experiences in Psychology, Gestalt and Art Therapy.

# 11. Another Look at Edith Kramer and the Concept of Sublimation

Presenter: Elizabeth Coss

**Room 108, Saturday 1.30 – 3.30**

A review of Kramer’s contributions to Art Therapy especially around the concepts of Art Therapy assessment and sublimation. There will be a brief, relevant experiential followed by a case presentation. This will be followed by a discussion of why Kramer’s contributions are important for creative arts therapists to understand and work towards in their clinical practice.

**Elizabeth Coss**

*ATR-BC, LCAT, MA, ATh, AThR, ANZATA*

Elizabeth is the Programme Leader at LASALLE College of the Arts in Singapore where she is training graduate students in this very newly

**Art Therapy, Clinical Practice Assessment**

developing field in Asia Pacific. She has extensive Art Therapy clinical experience with a variety of populations and was formerly a faculty member of the Graduate Art Therapy Department at New York University (the Department Edith Kramer founded) and the New York College of Osteopathic Medicine. She is the former supervisor of the Creative Arts Therapy Department of a major New York City Hospital Psychiatric Department. She has published with Dr. Steven Schachter of Harvard Medical School and has appeared on the Discovery Channel and Time Warner Cable discussing Art Therapy.

## 12. The Drawing of Archetypal Shapes as an Intervention Tool

Presenter: Cornelia Elbrecht

Room 107, Saturday 1.30 – 3.30

Art Therapy, Well-being

The focused, repeated drawing of certain primary shapes such as the vertical and the circle can have a profound effect on the drawer. This body-focused approach explores a Guided Drawing technique that uses abstract shapes as non-verbal intervention tools: the drawing of a vertical can for example enhance self-esteem and self-worth, or anger and tension can be released in a constructive way; circular shapes can be a hindrance or a support, destructive or comforting.

The workshop is designed to introduce the non-verbal language of such shapes through drawing them and through exploring their psychophysiological messages.

### Cornelia Elbrecht

*MA ATH, AThR, ANZATA*

Cornelia Elbrecht is director of Claerwen Retreat, an internationally recognized Art Therapy trainer, and author of several published essays and a book on Guided Drawing. She has worked together with Prof. Heinz Deuser, a German Art Therapist, who developed the Work at the Clay Field, for the past 35 years. Both are currently in the process of writing a publication about Clay Field Therapy; they are supported in their endeavour by trauma specialist Dr. Peter Levine, a renowned medical biophysicist and psychologist.

## 13. Mind Landscapes: Creative Adolescent Brain

Presenter: Annette Coulter

Room 109, Saturday 1.30 – 2.30

Art Therapy, Clinical, Adolescent

Art therapy with adolescents can be enhanced when the process of creative thinking is part of the intervention strategy. This paper pulls together ideas from contemporary theory and brain research that supports the value of creative expression in the treatment of troubled young people. Paper includes case presentations.

### Annette Coulter

*DipFA, PgDipATH, MAAEd, RATH, ATR, KATR, MA ATH, AThR, ANZATA*

Annette is a British-trained art psychotherapist with 35 years clinical experience specialising in child, adolescent and family therapy. She lectures in Australia and overseas and is a published author. She is founding Secretary and a past President of ANZATA. Through the Centre for Art Psychotherapy, she runs Foundation Studies in Art Therapy and is available for consultation, supervision and education.

# 14. Exploring the Role of Art Making in Mental Health Recovery

Presenters: Theresa Van Lith and Patricia Fenner

**Room 109, Saturday 2.30 – 3.30**

**Art Therapy, Clinical, Mental Health**

Our presentation will focus on a one year project conducted by the two presenters and Professor Margot Schofield in collaboration with two major psychosocial rehabilitation services (Mind Australia and Prahran Mission). This project investigated the role of art-making in mental health recovery through art facilitator and consumer accounts. During this project 'art-making' (including Art Therapy) has been explored due to a diversity in facilitation styles and contexts for art practices. The interface between art-making and the Recovery paradigm has raised interesting sensitivities in relation to therapy as an appropriate construct within an empowerment-based model. Our experience concurs with issues raised by Vick and Sexton-Radek (2008) in the European and American contexts. We discuss the complexities of conducting research within this field as well as describe the main findings of our study.

## **Theresa Van Lith**

*BPsych, MA Ath, AThR, ANZATA*

Theresa received a DHS Mental Health Fellowship grant to conduct the presenting research and is about embark on a PhD candidature at La Trobe University to further explore the role of art-making in mental health recovery.

## **Patricia Fenner**

*DVisArts, DipEd, MACult Wrk, MA AThR, AThR, ANZATA*

Patricia Fenner is the Coordinator of the Graduate Diploma of Art Therapy and full time lecturer at La Trobe University. She is in the last phase of her PhD on the experience of the setting of Art Therapy.

# 15. The Haiku Key

Presenter: Lynnette Beekwilder-Reid

**Room 105, Saturday 4.00 – 5.30**

**Art Therapy**

Beginning with a powerpoint presentation, this workshop will connect Haiku, art expression, journals and narrative. It will offer an understanding of simplified Haiku poetry and will explain a method of using this process in group work with children. Handouts will be provided to assist in this four stage experiential process of: 1. Five keys; 2. Sketch; 3. Watercolour; 4. The picture speaks. The therapeutic process begins gradually and can move naturally into deeper issues. To conclude, participants will be encouraged to engage in open discussion.

## **Lynnette Beekwilder-Reid**

*BA Vis, MA, Ath, AThR, ANZATA*

Lynnette has integrated and evaluated an art psychotherapy practice in a Western Australian

primary school and has facilitated Professional Development for teachers and Government Departments on Art Therapy in Schools. She has had residencies in schools facilitating PEAC for Haiku, Noh Theatre performance, Old Masters' art techniques and ancient mask-making. She has tutored at Edith Cowan University.

Lynnette has facilitated Art Therapy groups at the Crisis Centre at Joondalup, worked with Khmer orphans, victims of AIDS in Cambodia, and delivered community projects to improve self-esteem for young adults with neuromuscular and neurological disorders, and the alone aged.



## 16. "The Well": An Invitation for Community to Dialogue with an Image and Create a Ritual

Presenter: Libby Byrne

**Room 106, Saturday 4.00 – 5.30**

**Art/Visual Therapy, Social Action**

This is a presentation from an 'artist therapist' who worked with a local spiritual community to develop an image that would offer an opportunity for a healing ritual after the recent Victorian Bushfires and over the significant time of Good Friday and Easter Sunday. We will explore the impact of a community entering into the dialogue with an emerging image and then offer an opportunity for workshop participants to visually respond to the dialogue / image presented.

### **Libby Byrne**

*Dip VA, BEd, MA Ath, AthR, ANZATA*

Libby has worked as an 'artist therapist' in a range of community and health settings with particular experience in recovery from trauma / sexual assault and then in palliative care. She has a particular interest in exploring the development of imagery that acknowledges and moves us through significant life experiences and creates fresh opportunities for meaningful ritual. She is currently working with students at La Trobe University, facilitating placement.

## 17. Art Therapy and Narrative

Presenter: Rebekah Oppenheim

**Room 107, Saturday 4.00 – 5.30**

**Art/Visual Therapy, Mental Health Clinical, Cultural**

The workshop will present different interventions that can be used to respond to individuals, families, groups and communities who have experienced trauma. A particular emphasis of this workshop will involve linking people around shared experiences and enabling them to make contributions to each another through their artworks and storytelling. Participants will be introduced to the principles of collective narrative and art practices and offered a range of ideas and case examples from national and international work in Canada, Africa and in the Middle East. This workshop will be of relevance to therapists/counsellors who are interested in developing more collective ways of working with clients and organisations. This workshop will also be appropriate for those who are interested in working with cross-cultural groups in relation to responding to trauma.

### **Rebekah Oppenheim**

*MA Ath*

Rebekah is a Clinician/child therapist for The Northern Territory Government, Department of Families and Children, Therapeutic Services Branch. The service framework combines both creative Art Therapies and neuronsequential model for working with children who have experience complex trauma. Rebekah provides long-term therapeutic support to children aged 4–14 yrs who have experienced significant abuse and neglect and who are currently located within the Out of Home Care. She works with individual, sibling and groups of children, while also providing psycho-education about trauma and child development to parents and carers.

## 18. Heart “Felt” for Me

Presenter: Maree Hyland

Room 102, Saturday 4.00 – 5.30

In this workshop, the process of felt making allows participants to make something for themselves, usually a small scarf. The aim is to develop self nurturing strategies and a deeper connection with your inner world and to give permission to value and love yourself. The message is to seek love inside and this in turn will strengthen friendships outside.

**Art/Visual Therapy, Self-Care, Well-being**

**Maria Hyland**

*BCA, (Hons), MA ATTh, ANZATA*

Maria is an Art Therapist who has worked with Adult Survivors of Child Sexual Assault, in Adolescent Rehabilitation and with TCF in mental health, and as a family worker with “Brighter Futures”.

## 19. Painting Good Places into the Landscape

Presenter: Dr Patricia Baines

Room 108, Saturday 4.00 – 5.30

Individuals living with dementia may become stuck with negative images (eg of bombs dropping, of dying, of being imprisoned and tortured). The therapeutic practice of Art Therapists working with individuals with dementia then requires that the individual deals with issues of grief, anxiety, and existential terror by creating a landscape of safe and nurturing images. The creation in the memory/imagination of past or imagined good places provides anchors, even in advanced stages of dementia. The current theories about brain plasticity and neurogenesis will be discussed in relation to the practice will be discussed. The paper will be illustrated with a Powerpoint presentation of paintings and writings of individuals living with various kinds of dementia (shown by permission of their creators).

**Dr Patricia Baines**

*DipAppPsy, Psy, Aff, PhD, MA ATTh*

After many years of being taught to listen by Aboriginal elders in Australia, Pat, who trained first as a psychologist and then as an anthropologist, brought to Art Therapy a set of important

**Art/Visual Therapy, Mental Health, Clinical**

convictions. She had learned that all human beings are creative, that one must sit and listen to find out how others see the world, and that all life is to be respected. It is those three basic premises that inspire her work today. Pat works for Alzheimer’s Australia with individuals living with dementia (all kinds, not just Alzheimer’s Disease). She runs Art Therapy groups in residential aged care homes, and in support groups for those living at home. She also works one-to-one in home settings. Her work is with individuals in all stages of dementia. She has run Art Therapy workshops in Tasmania and in Canberra, to enable those working with clients living with dementia to understand the value of creativity and to provide some basic skills in freeing the imagination. Pat is the author of a national paper for Alzheimer’s Australia “Nurturing the Heart: Creativity, Art therapy and Dementia”. She herself is a practising artist and writer and finds this an essential practice to support her therapeutic activities.

## 20. Creating Musical Landscapes at the Final Moments of Life

Presenter: Peter Roberts

Room 109, Saturday 4.00 – 5.30

Peter will offer an experiential and informative workshop in which he will play music and offer an explanation of the processes he uses to discern and create individual musical landscapes for those who face the end of their lives. Live music, interactive discussion and a filmed interview with a patient will be offered.

### **Peter Roberts**

*GradMusTh(IMH), MTAI*

Peter is the CEO of The Institute of Music in Medicine, Geelong. He is a harpist and Australia's only music-thanatologist; a specialist in palliative care, or care for the dying. He uses music to ease agitation and pain, calm breathing and give solace

### **Music-Thanatology, Well-being**

to the dying, their family and hospital staff. Deakin University measured his work in a study that has projected Mr Roberts and Dr Helen Cox, a Deakin emeritus professor, on to the global conference speaking circuit, including a request from the Mayo Clinic, the prestigious American research institute. The study, which followed six of Mr Robert's dying patients over eight months, found that music-thanatology should be part of the health system, as an "ethical imperative". The findings also reveal the system's failings in dealing with death so commonplace in hospitals, yet, little thought or resources are spent on a "good death" rather than a "good enough death".

# day two

sunday 1 november

## Schedule

7.30 – 8.00	Optional early start, with an informal Bollards walk or experiential movement group	12.30 – 1.00	Lunch Other activities: Book stall, University Courses Table, Interactive Art Mural in Quadrangle. Opportunity for Exhibition viewing
8.00 – 8.30	Registration, Tea and Coffee	1.00 – 4.00	Session Three and ANZATA AGM
8.30 – 8.45	Welcome Day Two and Housekeeping	4.00 – 4.30	Refreshments Break 21st Birthday celebration
9.00 – 11.00	Session One	4.30 – 5.30	Closing Plenary
11.00 – 11.30	Refreshments Break		
11.30 – 12.30	Session Two		

### 9.00 – 11.00 Workshops

1. Zeb Brierley. *Many Rivers to the Ocean*.
2. Judy Hammond. *Singing the Land: Remembering the Eagle*.
3. Maree Brogden. *Creative Visualisation: Art Making and Relationships*
4. Wendy Nash and Lindsay Childs. *Mandala Assessment Research Instrument*.
5. Jo Kennedy, Judith Zuliani and Robyn De Vires. *Focusing-oriented Art Therapy – A First Taste: Accessing the body's Wisdom and Creative Intelligence*
6. Dr Patricia Baines. *Art Therapy Practice with Individuals Living with Dementia*.

### 11.30 – 12.30 Paper/AV Presentations.

7. Clare Edwards. *Art Therapy: Outcomes Research – Fairy Tale or Foundation Stone?*
8. Dr Marie-Christina Virago. *Research Possibilities in Art Psychotherapy: Philosophical and Methodological Issues*
9. Sun Leenstra. *Another Bay: An Example of Art Therapy in the Netherlands*.
10. Dr Sheridan Linnell and Michelle Cherubin. *Honouring Uncertainty in the Context of Risk*.
11. Dr Susan Joyce. *Designing a PhD Project: Sculpting a Methodology*.

### 1.00 – 4.00 Annual General meeting for ANZATA members

### 1.00 – 2.00 Workshops and Presentations

12. Jim Chambliss. *Finding the Positive Side of Disability through Enhanced Creative Potential*.
13. Peter Roberts. *Creating your own Sound Landscape. Introducing the New Reverie Harp ©*

### 2.00 – 4.00 Workshops and Presentations

14. Katherine Neuendorf and Merrin Wood. *Explore Your Creativity: Art Therapy Tasting Plate*.
15. Nyrelle Bade. *When Words Don't Work: A Creative Response to Working with Resistance Through the Medium of Transpersonal Art Therapy*.

### 4.30 – 5.30 Closing Plenary

16. To close our Conference, for all conference participants, we are pleased to bring to you an exciting Interactive drama presentation with Director Cymberline Buhler and the "Weya in Communities" Playback Theatre players.

# 1. Many Rivers to the Ocean

Presenter: Zeb Brierley

Room 105, Sunday 9.00 – 11.00

Art Therapy

Using a format employed with adolescent girls, participants will be taken through a journey using art, and various visual aids to unpack significant points of change impacting on choices in one's life path. Through this process, participants will have the opportunity to gain new insights and add to their own personal wealth of approaches that can be useful in offering nurturing and supportive experiences in working with adolescent girls.

## Zeb Brierley

*BEd, GDipCounsHumServ, MA ATh, AThR, ANZATA*

Zeb has worked as a Counsellor/Art Therapist in primary and secondary schools in the South Gippsland area, facilitating groups and doing one on one consultations. She also runs cancer support groups, lectures at La Trobe University and teaches an Introduction to Art Therapy at Gippsland TAFE. Previously she has worked in drug and alcohol rehabs, and in psychiatric settings. She incorporates drama and various visual aids in her work. She has been a past acting President of ANZATA.

# 2. Singing the Land: Remembering the Eagle

Presenter: Judy Hammond

Room 106, Sunday 9.00 – 11.00 Art Therapy, Community well-being, Indigenous culture

This workshop reflects on Art Therapy and Community Arts, while recognising that a multi-modal approach is a way of being within the Indigenous Culture. Judy will begin this workshop with a powerpoint presentation titled "My special Animal", reflecting on an Indigenous Community Arts Project at Ainslie Pre-School and Kindergarten. This project focused on the interconnection of Land, People, Culture and Spirit through the cycle of the silk worms and the Rainbow Serpent. Following this, storytime with Local Indigenous woman, Catherine King, will share the Traditional Story of the Eagle and its significance to the land we now know as Geelong. Each participant will explore and create their interpretation of Eagle Spirit, with consideration for the Traditional connection to the Land. The process will be shared and, moving into our experiential and in completing the circle, we collectively celebrate our Eagle creation through offering it back to the Land.

## Judy Hammond

*GradCertComCouns, BA AppSci, DipVisual Arts, AThR, ANZATA*

Judy is an indigenous Murri-Anglo woman who grew up along the Murrumbidgee River on the outskirts the ACT. As an Art Therapist for 18 years Judy has developed, facilitated and evaluated various Art Therapy and community arts projects. She has worked with juvenile offenders at Quamby Juvenile Justice Centre, young people living with drug and alcohol dependency issues at the Drug Referral and Information Centre (DRIC), women living with psychiatric issues and their children at Inanna Women's Refuge, women and children escaping family/domestic violence at Beryl Women's "Women's Business Group" at Winnunga Nimmitijah Aboriginal Health Centre and with indigenous women, teenagers and children on "Weekend Bush Camps". More recently she has facilitated community art projects at a childcare centre, pre-school and school.

### 3. Creative Visualisation, Art-Making and Relationship

Presenter: Maree Brogden

Room 107, Sunday 9.00 – 11.00

Art Therapy, Relationship

The arts and visualisation have been used for healing in many different contexts. Creative arts facilitators and therapists engage in the arts to explore and rejuvenate themselves. Through an experiential group exploration we may also explore how we connect with and relate to each other. How we do this affects the people we work with and their responses back to us. This experiential Art Therapy workshop will explore relationship and the creative process, using visualisation and collage techniques.

#### Maree Brogden

PGDip PMHN, BN, DipVCD, MAAT, AThR, ANZATA

Maree completed an MA in Arts Therapy (Clinical) degree at the Whitecliffe College of Arts & Design in Auckland in 2007. During her studies she researched the intermodal arts approach, and continues to explore this methodology in her current practice. Maree has a small private practice and works part-time for forensic psychiatric acute and rehabilitation services as a registered Art Therapist, and as a creative arts group facilitator for a disability service provider in New Zealand.

### 4. Mandala Assessment Research Instrument Used in Art Therapy

Presenters: Lindsay Childs and Wendy Nash

Room 108, Sunday 9.00 – 11.00

Art Therapy, Assessment, Research

This presentation introduces counsellors to the Mandala Assessment Research Instrument (MARI) assessment tool and provides information about the symbols, colours and developmental stages that comprise it. The MARI can be used for client evaluation, tracking, and guidance. Participants are presented with case studies using the MARI and will have the opportunity to experience their own choice of symbols to learn how these symbols reflect aspects of their lives.

#### Lindsay Childs

BA, BA SocWk, GradCert Sandplay Fac, GradDip Trans Psy, AASW, AThR, ANZATA

Originally a teacher, Lindsay has 30 years experience as a social worker and therapist, working with children, young people and adults in child protection, community health, mental health, disability, education, corrections and aged care. Lindsay trained in transpersonal psychotherapy, psychosynthesis, expressive therapies and initiatic Art Therapy. She works as a therapist at Child

Protection Services in South Australia and has a private business teaching sandplay therapy to professionals.

#### Wendy Nash

BEd, MCounselling (Reg), CertInitAT, CertMARI Teacher (Cert/Reg), ANZATA

Wendy has followed her passion in using the arts in conjunction with counselling and education. She has 30 years of research, study and experience working with individuals and groups in a wide range of settings: juvenile detention; psychiatry/health; community development; education; aged care; indigenous outreach and private practice; individual arts practice, and life coaching. Wendy is now exploring the MARI as a life enhancing tool and researching ways to use this to develop her practice further and offer training in the MARI in Australia and New Zealand. She is a registered MARI Teacher, completing this training, followed by teacher training in New York City this year.



# 5. Focusing-Oriented Art Therapy: A First Taste – Accessing the body’s Wisdom and Creative Intelligence

Presenters: Jo Kennedy, Judith Zuliani and Robyn De Vires

**Room 102, Sunday 9.00 – 11.00**

This workshop will be exploratory, integrating renowned psychologist/ philosopher Eugene Gendlin’s Focusing with Art Therapy.

Focusing offers a gentle yet powerful process for accessing the body’s wisdom, while art therapy gives the opportunity to express oneself imaginatively and authentically. Laury Rappaport author of the ground breaking book, *Focusing-Oriented Art therapy* states, “While Focusing and Art Therapy are each complete practices for self awareness, growth, and therapeutic change, a rich transformational alchemy occurs when wedding the two disciplines... while Art therapy offers Focusing a profound process of working with images, visualization, and the creative process Focusing offers an added dimension of connecting the imaginal realm with mindfulness and the bodily felt experience. ”

It is Eugene Gendlin’s view that Focusing is most effective when combined with other things, stating, “Focusing is an entry into a crucial mode of sensing. Every other method works more effectively, when Focusing is added.

The method of quiet inner listening which is at the core of Focusing has a natural affinity with Art Therapy since both involve inviting the client to slow down, listen, feel, look at and then express ideas, feelings and images from within.

This workshop will offer step by step experiential exercises to give you an experience of the Felt sense and then Art Therapist, Robyn De Vries , will explore how it can be used to enhance your Art Therapy practice.

## **Jo Kennedy**

*Post Grad Dip (Film & TV), Focusing Trainer, Focusing Institute New York*

Jo Kennedy is best known as an actor and a writer director in film and television. Along side these public external pursuits, she has had a long and enduring meditation practice. This singular internal journey finally led her to Focusing. Initially taught to focus by Focusing trainer Judith Zuliani, Jo later

went on to train with internationally acclaimed teacher Ann Weiser Cornell. Focusing was a revelation and opened up a whole world of new meaning transforming her work and herself.

## **Judith Zuliani**

*MA (Couns & H S), Grad. Dip. (Health Counseling), Focusing Trainer. Focusing Institute New York*

Judith Zuliani is in private practice as a psychotherapist. She is a certified trainer and originating founding member of Focusing Australia. Her most valued roles and those that keep her busy and enlivened are those of grandmother, mother, and wife. Relationships are important to her. In the busyness of her life, she also has a deep and abiding sense of the value of stillness for peace of mind, good health and creativity and balance.

## **Robyn de Vries**

Robyn de Vries began studying art in 1988 at Box Hill College of TAFE. Her interest in illustration and painting broadened when she discovered a love of photography & film making. Pursuing those lines at RMIT, she completed a bachelor of arts in Media Arts in 1993. However, ever since she was young, inspired by Virginia Axline’s seminal book “Dibs, in Search of Self” about a play therapist working with a little boy with Autism, Robyn wanted to merge her desire to help people grow through play and creativity, and her love of art. For many years, she had intimately known the power of art and journaling in the healing process. Imagine her delight when she discovered Art Therapy! She began her journey in Art Therapy at the University of Glasgow & transferred to La Trobe University to undertake a Master of Art Therapy in 2003. On completion of her degree, with two fellow students, she established the Melbourne Art Therapy Studio based at the stunning Abbotsford Convent in Melbourne. She has since completed an Advanced Diploma in Gestalt Therapy. Through the Melbourne Art Therapy Studio, she runs groups for the general public, individual sessions, team building sessions, groups specifically for services and a variety of other activities.

## 6. Art Therapy Practice with Individuals Living with Dementia

Presenter: Patricia Baines

**Room 109, Sunday 9.00 – 11.00**

The individual living with dementia needs the presentation of objects and words to be able to begin. Sometimes, he or she is unable to actually make the first mark on the paper. This will be a hands-on workshop which will cover various warm-ups with objects and words, which may enable creative activities to commence. Once creativity is flowing the person who is living with dementia may need the Art Therapist's assistance to guide her or him to paint, draw, or write positive images alongside bleak, threatening or frightening ones. Finally, the ways in which language and marks can be used to create communication with individuals in the late stages of dementia will be shown.

### **Dr Patricia Baines**

*DipAppPsy, Psy, Aff, PhD, MA ATh*

After many years of being taught to listen by Aboriginal elders in Australia, Pat, who trained as a psychologist and then as an anthropologist, brought to Art Therapy a set of important

### **Art Therapy, Clinical, Mental Health**

convictions. She had learned that all human beings are creative, that one must sit and listen to find out how others see the world, and that all life is to be respected. It is those three basic premises that inspire her work today. Pat works for Alzheimer's Australia with individuals living with dementia. She runs Art Therapy groups in residential aged care homes, and in support groups for those living at home. She also works one-to-one in home settings. Her work is with individuals in all stages of dementia. She has run Art Therapy workshops in Tasmania and in Canberra, to enable those working with clients living with dementia to understand the value of creativity and to provide some basic skills in freeing the imagination. Pat is the author of a national paper for Alzheimer's Australia 'Nurturing the Heart: Creativity, Art therapy and Dementia'. She herself is a practicing artist and writer and finds this an essential practice to support her therapeutic activities.

## 7. Art Therapy: Outcomes Research: Fairy Tale or Foundation Stone?

Presenter: Clare Edwards

**Room 106, Sunday 11.30 – 12.30**

In this presentation Claire will provide an update of the meta-analysis she conducted with psychotherapy colleagues Robert King and Tom O'Brien at the University of Queensland into Art Therapy outcomes research. This material was originally presented at the International Psychotherapy Research Conference (SPR) in Madison, Wisconsin in June 2007. Claire will present an expanded and updated version of the original paper, and will attempt to address some of the issues that may concern Art Therapists about conducting outcomes research.

### **Art Therapy, Research**

### **Clare Edwards**

*MA(Hons) (AT), GradDipAT, ATThR, ANZATA.*

Claire celebrates 25 years as an Art Therapist. She trained at Goldsmiths College in London and moved to Brisbane in 1989. She has worked in mental health, drug and alcohol rehabilitation and child safety. She is currently the program co-ordinator of the UQ Masters of Mental Health (Art Therapy). Claire also works part time as an Art Therapist with children and families in a community agency, and in private practice.

## 8. Research Possibilities in Art Psychotherapy: Philosophical and Methodological Issues

Presenter: Dr Marie-Christina Virago

**Room 107, Sunday 11.30 – 12.30**

**Art Therapy, Research**

This paper presentation will consider the interest of Art Therapists in the formal research of their practice, and the impact of Art Therapy on clients. With the current emphasis on evidence for the efficacy of practice predating funding, it is imperative that Art Therapists engage in research. Dr. Virago shall discuss methodological and practical issues surrounding research.

### **Dr Marie-Christina Virago**

*BA.(Deakin), PhD. Post Grad Dip Ath (UK). ANZATA*  
Maria-Christina has been a practicing psychotherapist for more than 30 years, 20 of these as an art psychotherapist (Sheffield University). She gained her PhD from the University of Newcastle for mixed methods research into the immunological and psychosocial impact of group art psychotherapy amongst people with melanoma. She has also studied anthropology, fine art, naturopathy, anthroposophy, laboratory techniques and nursing.

## 9. Another Bay: An Example of Art Therapy in the Netherlands

Presenter: Sun Leenstra

**Room 108, Sunday 11.30 – 12.30**

**Art Therapy, Cross-Cultural, Process**

This is a short movie comparing Art therapy in the Netherlands with Art therapy in Australia. It looks at goals and gives case examples. Questions and discussion will be welcomed

### **Sun Leenstra**

*BA, Ath, AthR, ANZATA*

Sun is the Chair of the Group of Registered Art Therapists (GRAT). She has eleven years experience as an Art Therapist; six years in adult psychiatry and five years working with people with intellectual disability, using Art Therapy with people suffering from psychosis, borderline personality disorder, depression and with autism.

# 10. Honouring Uncertainty in the Context of Risk

Presenters: Dr Sheridan Linnell and Michelle Cherubin

Room 109, Sunday 11.30 – 12.30

Art Therapy, Clinical Process

**Focus:** Art therapy; with relevance to other expressive therapy modalities.

This paper will critically consider Art Therapy's relationship to the politics and discourses of risk management. The presenter asks how Art Therapy keeps a space open for creativity, exploration, uncertainty and unknowability, when clinical and 'case management' practices are increasingly shaped by the binary of safety and risk.

## Dr Sheridan Linnell

*BA(Hons), MA ATH, PhD, AThR, ANZATA*

Sheridan leads the Art Therapy training program at UWS. Sheridan's doctoral research explored the themes of ethics, aesthetics, power, relationality and subjectivity, through an enquiry into her practices of Art Therapy and narrative therapy. She is also interested in how neoliberalism and the

audit culture shapes the working lives of clinicians and academics. Sheridan has worked extensively in women's services and child protection.

## Michelle Cherubin

*BAppSci, OccTh, GradCert NarrTh*

Michelle is a counsellor and team leader of Family, Youth and Children's Services for Mansfield Shire Council. Her therapeutic approach enacts meeting points between post structuralist feminist theory and narrative therapy. She has extensive experience in working with women, children and men in relation to overcoming the effects of violence and abuse. She is interested in developing a counselling inquiry that allows people to question their participation as constructed subjects in a plethora of discourses and power relations.

# 11. Designing a Phd Project: Sculpting a Methodology

Presenters: Dr Susan Joyce

Room 102, Sunday 11.30 – 12.30

Art Therapy, Research

Here "Methodology" is presented as a highly creative aspect of shaping an Art Therapy project through identifying ones own perspectives: preferred processes, and area of interest, a methodology suited to both the researcher and research area can be crafted and creatively presented. Dr Susan Joyce uses examples from her recently completed PhD project. Time will be given for the participant to sculpt an imaginary research methodology.

## Dr Susan Joyce

*PhD; MA, Pg.DipAT, BA(Hons), AThR, ANZATA.*

Dr Joyce is a UK trained (1989), Art Therapist, working at an Adult Mental Health Inpatient Unit

as a program coordinator facilitating both individual and group work with adults. Clinical employment positions have included general medical, mental health, sexual assault and women's health. Susan has been a tutor/ lecturer on several MA, Art therapy courses in Australia and Asia. She is a thesis supervisor and her own thesis was on "Art Therapy and Sexuality". As an ANATA/ANZATA member for 19 years, Susan assisted in the early stages of the Association's development as membership Secretary and Vice-president.

## 12. Finding the Positive Side of a Disability through Enhanced Creative Potential

Presenter: Jim Chambliss

**Room 105, Sunday 1.00 – 2.00**

**Visual Art, Medicine, Psychology and Creative Theory**

This paper and power-point presentation explains that some forms of epilepsy, migraines and other neurological conditions sometimes spawn vivid visual images, special distortion, hallucinations, heightened emotions and other altered brain functions. This leads to the formation of novel ideas while a person is conscious and capable of conveying these visions into truly creative works of visual art.

### **Jim Chambliss**

*MA (Visual arts)*

Jim Chambliss is soon to complete a PhD in Creative Arts and Medicine and the University of Melbourne. His own creative awakening following a brain injury prompted him to solve the puzzle of how some neurological conditions can sometimes have a positive influence in artistic expression.

## 13. Creating Your Own Sound Landscape: Introducing The New Reverie Harp

Presenter: Peter Roberts

**Room 106, Sunday 1.00 – 2.00**

**Music Therapy**

**Note:** No skill required.

An experienced therapeutic music practitioner and co-creator of the new Reverie Harp © will introduce this fascinating, simply played musical instrument to you. You will discover how to create beautiful, healing, sound- landscapes yourself through “hands on” demonstrations, interactive sessions and a brief film showing the Reverie Harp being used in medical settings.

### **Peter Roberts**

*GradMusTh(IMH)Montana, MTAI*

Peter Roberts is a harpist and musical instrument maker who works in medical-care settings. From an encounter with a patient he conceived of a beautiful musical instrument that anyone can play successfully. It is designed to bring immediate comfort and pleasure to the player and the listener including the unskilled, frail, elderly, young... even art therapists!

## 14. Explore Your Creativity: Art Therapy Tasting Plate!

Presenter: Katherine Neuendorf and Merrin Wood

**Room 107, Sunday 2.00 – 4.00**

**Art Therapy, Process**

Current Master of Art therapy students, Katherine and Merrin will provide you with an exploration of how art materials can influence the creative art-making experience, facilitate expression and improve well-being.

### **Katherine Neuendorf**

*BCreative Arts, GradDipAT, StuReg ANZATA*

Katherine is currently completing her Masters of Art Therapy at La Trobe University. She has previously worked as an artist and Lifeline counsellor. During her Art Therapy training she has worked at Olive's Place, a domestic violence refuge, and Quin House, a men's drug and alcohol rehabilitation house. She is currently placed at Box Hill CAMHS where she is enjoying the constant challenges and rewards of working with adolescents with mental illness in this exciting and growing field.

### **Merrin Wood**

*DipEd, GradDipAT, StuReg ANZATA*

Merrin is completing her Masters of Art Therapy at La Trobe University. She is also a lecturer in Early Childhood Art at Deakin University. As an advocate for the rights of the child, she has worked with children and adolescents in a wide variety of settings including Christian College as Kindergarten Director, Cottage by the Sea, Barwon Valley Special School, Glastonbury Child and Family Services and she has worked in Uganda. Her focus is on developing resilience and well-being in her clients so that they are empowered to move forward in their life journey. Merrin was the coordinator of the Geelong Regional Art Therapy Conference in 2008, She is delighted to welcome people to her hometown again this year.

## 15. When Words Don't Work: A Creative Response to Working with Resistance through the Medium of Transpersonal Art Therapy

Presenter: Nyrelle Bade

**Room 108, Sunday 2.00 – 4.00**

**Transpersonal Art Therapy**

This audio-visual presentation explores the concept of working through resistance in therapy. Art Therapy is used as an intervention to confront, transform and integrate resistance. The focus is on a specific incident with a complex and high needs client, managed through a cooperative team approach. Examples of the client's art work, done over a period of twenty months, pre and post resistance are explored. Themes addressed include: What is resistance?; Clients' resistance; Other forms of resistance; Resistance and the therapist; Clients' power; and Trauma and Resistance.

### **Nyrelle Bade**

*DipTransCouns, DipTransATH, CertIVAWrkTr, ACF, Assoc ANZATA*

Nyrelle works as a Transpersonal Art Therapist in private practice. She developed and facilitated a pilot program using a transpersonal Art Therapy approach as an intervention for high and complex needs clients as part of a managed care approach. She has facilitated group programs with the Salvation Army, Western Region Health and MIND. Nyrelle presents regularly to health professionals and services about the benefits of Art Therapy. She is currently studying a Graduate Diploma of Experiential Arts Therapy at the Melbourne Institute of Creative and Experiential Arts Therapy (MIECAT).



## 16. Closing Plenary

**Percy Baxter Theatre, Sunday 4.30 – 5.30**

The concluding presentation promises to entertain you as it brings together conference experiences through a dramatic reflection played back by a company of young actors.

### **Weya in Communities**

The Artistic Director of Weya in Communities is Cymbeline Buhler, a director, writer, performer and workshop facilitator. She has worked in these capacities across Europe, Asia and North America, spending considerable time in New York where she worked with Hudson River Playback Theatre and ran the theatre programs at the Latino Pastoral Action Center, and more recently in Germany

where she ran training courses at the Arturo Acting School and the International Film School (Cologne). She has maintained extensive working relationships with many international organisations including the Japan Directors' Association (Tokyo), the Asian People's Theatre Festival Society (Hong Kong) and the Festival of Street Theatres (Opole, Poland). Her directing work has received festival awards in Canada and Japan. She has initiated and taken part in peace building and social dialogue theatre projects including a long-term commitment to working towards peace and reconciliation in Sri Lanka.

# the venue

The location of the ANZATA 2009 Conference is:

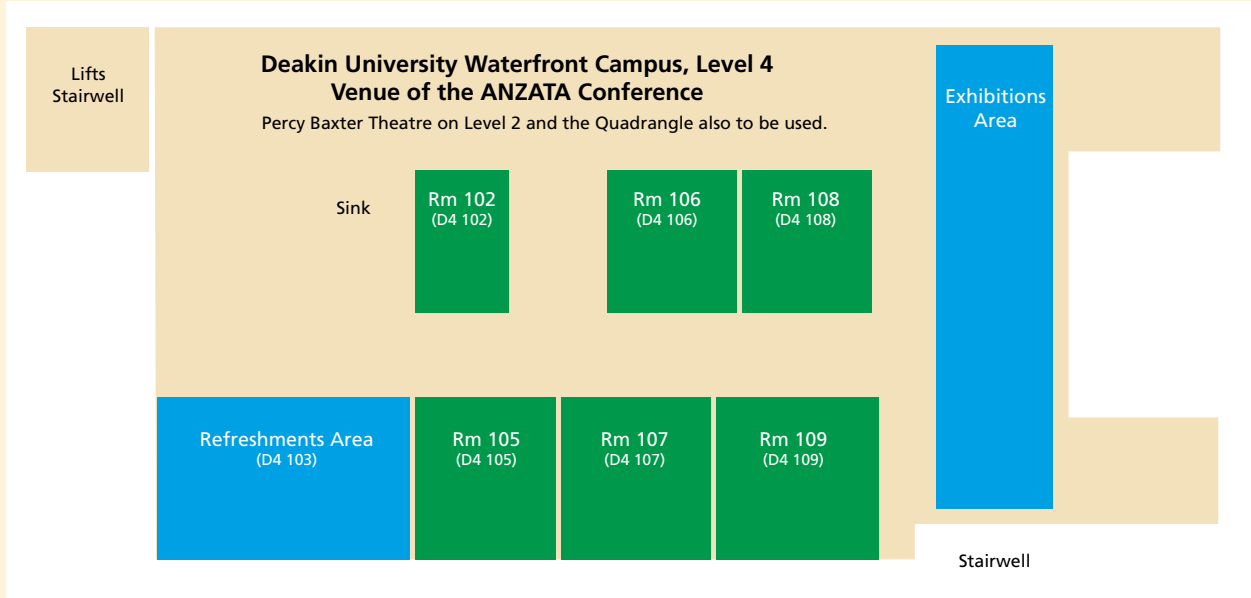
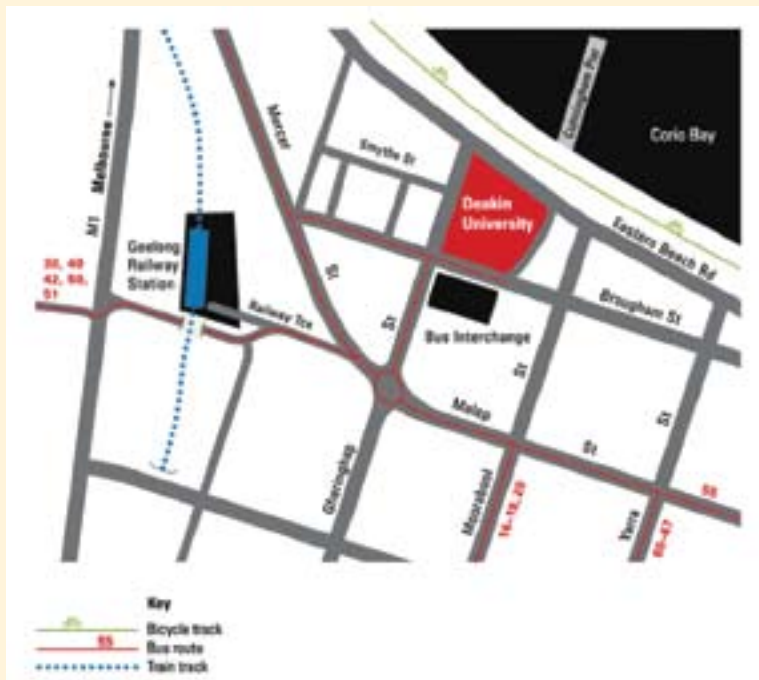
Level Four

Deakin University Waterfront Campus

1 Gheringham Street

Geelong, VIC 3220

(See Melways reference MAP 228C1)



# extra info

## Travel

See the Gull website for times. To get to Geelong, take a Gull shuttle bus from one of the two Airports. Tullamarine in Melbourne, or Avalon closer to Geelong, arrange a car-pool by using the ANZATA site notice board, take a V line train or bus.

## Accommodation

A range of quality and prices available.

Starting from \$20 in a Caravan park, \$30 Backpackers, hire of a house, such as 'Sabina' for six people in the CBD, or enjoy one of the hotel/motels along the Waterfront. If you don't want to hunt yourself, then contact the Geelong/Otway Tourist Association.

## Explore Geelong and Surrounds

In addition to the Conference, stay a day or so, hire a car and explore the scenic areas. Visit our beautiful beaches and coast line, the bush, fern gullies, or drive across the Golden Plains to visit Sovereign Hill in Ballarat, an hour's drive away. Consult Geelong/Otway Tourism, or surf the web for more information.



# registration

Registration includes: Exhibition entry, light refreshments, morning tea, afternoon tea, lunches, conference bags and handouts. Presenters receive one day free and pay for the second day.

## contact details

Name

Address

Tel  Mob

Email

## category of membership

	One Day Standard	One Day Early Bird Rate by 12 Sept 2009	Two Days Standard	Two Days Early Bird Rate by 12 Sept 2009
Financial Member	\$160	\$150	\$270	\$250
Non-Member	\$180	\$160	\$310	\$290
Students	\$110	\$100	\$170	\$160

Total Amount Paid: \$  Cheque  Money Order  Direct Deposit

Date

Will you be attending the Conference Art and Poster Exhibition on Friday 30 at 6.00pm?  Yes  No

Please specify the workshops you want to attend on the the form overleaf.

## payment options

Payment can be made by the following methods:

1. **In Australia** – Internet Banking/ Direct Deposit to: Westpac Australia  
Account Name: ANZATA  
BSB: 033 082  
Account No: 173 845\*

- In New Zealand** – Internet Banking/ Direct Deposit to: Westpac New Zealand  
Account Name: ANZATA  
Account No: 03 0195 0608090 00\*

\*Please put your name in the identifier/reference space and identify your payment as 'workshop', then email a confirmation to [admin@anzata.org](mailto:admin@anzata.org). Please also email or post this form.

2. By cheque/money order made out to ANZATA and mailed to:  
ANZATA – 2009 Conference Enrolment  
PO Box 303, Glebe  
NSW 2037, Australia

For further information, visit our website [www.anzata.org](http://www.anzata.org)

# workshops to be attended

Please indicate your workshop preferences for session by ticking the boxes next to the workshops.

## Day One – Saturday 31 October

sessions	workshop	choice:	1st	2nd	3rd
<b>10.30-12.30</b>	<b>1.</b> J. Jaaniste & A. Lania. <i>The Elderly and the Creative Environment</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>2.</b> Megan Shiell. <i>Dialectical Behaviour Therapy</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>3.</b> Sally Legg. <i>Synaescapes</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>4.</b> Maureen Woodcock. <i>Beginnings: An Experiential Art Therapy Workshop</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>5.</b> Jean Parkinson. <i>Supervision, Sandplay and Creative Enchantment</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>10.30-11.30</b>	<b>6.</b> Danita Walsh. <i>Evidencing Art Therapy in Mental Health</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>11.30-12.30</b>	<b>7.</b> Tarquam McKenna. <i>Where's the Man? Men in Art Therapy</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>1.30-3.30</b>	<b>8.</b> Maggi Wilson. <i>Modelling and the use of Art Therapy Techniques</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>9.</b> Amanda Levey. <i>Moving in the Creative Landscape</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>10.</b> Margaret Muir. <i>Positive Art Psychotherapy</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>11.</b> Elizabeth Coss. <i>Another look at Edith Kramer</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>12.</b> Cornelia Elbrecht. <i>Drawing of Archetypal Shapes as an Intervention Tool</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>1.30-2.30</b>	<b>13.</b> Annette Coulter. <i>Mind Landscapes: Creative Adolescent Brain</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.30-3.30</b>	<b>14.</b> T. Van Lith & P. Fenner. <i>The Role of Art Making in Mental Health Recovery</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4.00-5.30</b>	<b>15.</b> Lynette Beekwilder-Reid. <i>The Haiku Key</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>16.</b> Libby Byrne. <i>"The Well"</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>17.</b> Rebekah Oppenheim. <i>Art Therapy and Narrative</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>18.</b> Maree Hyland. <i>Heart "Felt" for Me</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>19.</b> Patricia Baines. <i>Painting good Places into the Landscape</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>20.</b> Peter Roberts. <i>Creating Musical Landscapes at the Final Moments of Life</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Day Two – Sunday 1 November

sessions	workshop	choice:	1st	2nd	3rd
<b>9.00-11.00</b>	<b>1.</b> Zeb Brierley. <i>Many Rivers to the Ocean</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>2.</b> Judy Hammond. <i>Singing the Land: Remembering the Eagle</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>3.</b> Maree Brogden. <i>Art Making and Relationships</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>4.</b> Wendy Nash and Lindsay Childs. <i>MARI</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>5.</b> Replacement will be posted asap		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>6.</b> Patricia Baines. <i>Art Therapy Practice with Individuals Living with Dementia</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>11.30-12.30</b>	<b>7.</b> Clare Edwards. <i>Art Therapy: Outcomes Research</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>8.</b> Dr Marie-Christina Virago. <i>Research Possibilities in Art Psychotherapy</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>9.</b> Sun Leenstra. <i>An Example of Art Therapy in the Netherlands</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>10.</b> S. Linnell & M. Cherubin. <i>Honouring Uncertainty in the Context of Risk</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>11.</b> Susan Joyce. <i>Designing a PhD Project: Sculpting a Methodology</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>1.00-2.00</b>	<b>12.</b> Jim Chambliss. <i>Finding the Positive Side of Disability</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>13.</b> Peter Roberts. <i>Creating your own Sound Landscape</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2.00-4.00</b>	<b>14.</b> K. Neuendorf & M. Wood. <i>Explore Your Creativity</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>15.</b> Nyrelle Bade. <i>A Creative Response to Working with Resistance</i>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## o Creative landscape

Arts Therapies by the Bay

