



ANZATA NEWS

The Newsletter of the Australian and New Zealand Arts Therapy Association WINTER 2011



Message from the President



Hello ANZATA members,
In May the committee visited Perth for a very successful and stimulating symposium entitled *Arts Therapy in WA and Beyond: A Creative Exploration*. Approximately 60 people attended the day of presentations, experiential workshops and therapeutic approaches. It was held on

the Graylands Campus, which is Western Australia's largest and oldest psychiatric health facility. Within this campus is the Creative Expression Centre for Arts Therapy (CECAT), which is now 42 years old, the oldest and largest arts therapy mental health centre of its kind associated with a mental health facility in Australia. It was wonderful to visit this centre in person and to witness the excellent and ground-breaking work that is being done there. It was also interesting to learn about the emergence of other centres in Western Australia modeled on its success.

I would like to acknowledge Brian McGuire who gave the welcome to country. His clear understanding of the power of arts therapy, his song, and his call for us to "stand together and walk together" gave an inspiring start to the day. The Honourable Helen Morton, Minister for Mental Health; Disability Services gave a very interesting opening address, her background as an occupational therapist gives her a clear understanding of our work. It is a wonderful affirmation for the arts therapy profession to receive this level of recognition for the work that our practitioners do, and for us to know that there are politicians with a background in this field, who are advocating for our clients at a government level.

ANZATA is grateful to NMAHS- Mental Health for the use of the facility and to the WA Regional Group committee, Danita Walsh, Jan Telfer, Jackie Lewis and current ANZATA committee representative Lynnette Beekwilder-Reid. The team did an absolutely wonderful job. On the day after the symposium, the committee held its face-to-face meeting. The minutes of this can be found on the website. See the report and photos of the symposium on page 5.

The panel discussion at the end of the day opened up a very pertinent debate on the issue of ANZATA aligning itself with other organisations (such as PACFA and ACA) in order to assist in achieving the opportunity for a national registration process. There were opinions voiced for and against this, some members expressed concern that arts therapists will lose their identity, autonomy and standards by joining with a larger organisation, while others are concerned that arts therapists could miss out on the opportunity to become recognised on an equal footing with other health professionals if we do not align ourselves with a larger organisation. Megan Shiell reported briefly on her attendance at the Australian Health Ministers Advisory Council Forum on behalf of Australian ANZATA members. Her full report of this meeting and subsequent discussion can be found on the forum on the website.



Dr Susan Mason's workshop, Acrylic Paint on Hessian and Calico, at the WA Arts Therapy Symposium in May.

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Please make sure you visit the forum to update yourself on this and other important issues and to express your views. The national registration question is also current for New Zealand members and there is information and a discussion on the forum about the process there. Both Australia and New Zealand members need to discuss the various options in depth to advise the committee of the possible ways forward to ensure the best outcomes for all members.

We are encouraging members in all areas to set up regional groups. This will assist in face-to-face discussion of these important matters as well as to encourage more opportunities for continuing professional development and networking. Grants are available from ANZATA for setting up new regional groups. Full details can be found on the website (log in as a member and look under 'members' resources'). All of the 2011 PR grants have now been allocated. Please see the report on page 8.

The organisers of ANZATA conference in Brisbane in November: 'Rivers to Recovery', have chosen the theme of disaster relief and trauma following the effects of the floods there. The theme is also so appropriate for those who have worked with the bushfires in Victoria, the earthquakes in Christchurch, the floods in Queensland and the tsunamis in

SE Asia and Japan. It appears that arts therapists need to become increasingly well versed in this application of our work, either to help out in our own regions or other parts of the world. We hope that those who have ideas and experiences to share will be presenting at the conference – see page 5 and the website for more details.

As I mentioned in the last newsletter, this is the year in which ANZATA has begun the process of auditing the Continuing Professional Development (CPD) of 5 to 10% of professional members. The committee discussed this at the face-to-face meeting in May, and soon members will receive a set of guidelines to assist in the full recording of CPD activities. The sub-committee wishes this to be a helpful, supportive and co-operative process and welcome volunteers who wish to trial our auditing process. If we do not have a sufficient number of volunteers, then the required percentage will be selected randomly.

We hope that you are finding the PR brochure useful in promoting your work and the arts therapy in general. Please contact admin@anzata if you need more copies.

I hope to see you in Brisbane in November.

Amanda Levey, ANZATA President

News in Brief – Australia and New Zealand

ANZATA member, Sonia Stace, is published in the *International Journal of Art Therapy*

In June 2011 NSW ANZATA member Sonia Stace had an article published in the *International Journal of Art Therapy* (16:1). The article is titled 'Confusion and containment: Art therapy with an adolescent hospitalised with paediatric neuropsychiatric Systemic Lupus Erythematosus'.

Sonia worked with several children and young people at the children's hospital but experienced a lot of uncertainty regarding the value of her therapeutic relationship with one particular young person, 'Wendy'. Her uncertainty was exacerbated by the lack of information pertaining to art therapy and Wendy's medical condition, neuropsychiatric Systemic Lupus Erythematosus (npSLE).

While working with Wendy Sonia often considered writing a journal article to help others in similar situations. She wanted to provide some insight into an art therapist's experience with a young person who had severe symptom manifestations of npSLE.

Sonia holds a Master of Art Therapy (UWS), Bachelor of Social Work (University of Sydney), and a Diploma of Statutory Child Protection (TAFE). She currently works as an art therapist in an adult mental health hospital and as a social worker in a child protection service. She completed her art therapy clinical internships in an adult mental health hospital and a children's hospital (psychological medicine) in Australia.

Article abstract

There is a dearth of information regarding art therapy with people diagnosed with neuropsychiatric Systemic Lupus Erythematosus (npSLE). Art therapy was an individual component of a broader consultation-liaison treatment intervention of a female adolescent who had ongoing and severe symptoms of refractory npSLE, including confusion, agitation, flat affect, echolalia, psychosis, and Parkinsonian features. She also displayed limited non-verbal and verbal communication, with her presentation differing from week to week and often fluctuating during each art therapy session. Due to the symptom manifestations of npSLE it was necessary for me to help her engage with art therapy. Each session provided freedom for expression in a safe containing space, which assisted her to manage some difficult feelings and for themes to emerge. The article reflects on some of the engagement strategies I adopted, as well as examples of containment and recurring themes. In summary, art therapy assisted to provide a space where engagement and containment were enabled, themes emerged, and a meaningful therapeutic relationship developed.

A link to the full article can be located at:

<http://www.informaworld.com/smpp/content~db=all~content=a938014416~frm=titlelink>

World Dreaming, World Congress for Psychotherapy

24-28 August 2011 Sydney

The World Congress for Psychotherapy (WCP2011), 'World Dreaming' is getting closer. The Congress will be held in Sydney, Australia from Wednesday 24 to Saturday 28 August 2011 and will feature internationally renowned psychotherapists, representing different fields of psychotherapy, counselling, and related disciplines. Themes include current trends in Psychotherapy/Politics and Psychotherapy, Training, Education and Supervision, Neuroscience and Research, Family & Relationships, Ethical and Philosophical Issues, Culture and First Peoples, Modalities, and Spirituality and Psychotherapy.

The Plenary speakers are:

- Professor Harlene Anderson
- Professor Astrid Berg
- Sir Mason Durie
- Professor Russell Meares
- Doctor Warwick Middleton
- Professor Helen Milroy
- Professor Alfred Pritz
- Doctor Colin Ross
- Professor Mary Target



A number of oral and poster presentations, invited symposia and workshops will be held. ANZATA is pleased to announce that a number of members have been accepted to give presentations at the Congress including committee members Amanda Levey and Adrian Lania.

Pre-Congress workshops

On 24 August five pre-congress workshops will be held. They will be:

Prof Harlene Anderson Collaborative Therapy: A Conversational Partnership

Prof Helen Milroy Traditional Healing Workshop

Sir Mason Durie Eco-connectedness and Identity: Land, Territory, and Psychotherapy

Prof Mary Target Attachment in the school years – Applications and findings using the Child Attachment Interview

Crossbow Productions "No Exit", A workshop including a play performance as well as additional interactive discussions and activities with participants.

Congress Details

When: 24 to 28 August

Where: Sydney Convention and Exhibition Centre, Darling Harbour

For more info and registrations: www.wcp2011.org/

Do You Work With Children and Young People?

Collaborative Participants for Research Wanted

Art therapy in Australia needs more research generated and conducted in this country to inform its own evidence-base. For a profession to lay claim for recognition by the public and the government at large, there needs to be a solid evidence base to inform practice. The experience of qualified art therapists working with children and young people, particularly with the profession early in its evolution, is not well documented, nor is the experience of children in the art therapy intervention well documented. Both perspectives raise particular issues, claims and concerns. Art therapists working primarily using the creative process further raises a perspective on early intervention possibilities, challenges and processes that if captured from many viewpoints may provide a clue to how art therapists' work.

Art Therapist, Teacher and Counsellor, Jo Kelly, is undertaking her PhD in the School of Education at Southern Cross University, NSW. Jo's research is an in-depth, qualitative investigation examining the process of art therapy with high school students. As part of her two-

stage investigation, Jo would like to interview as many art therapists working with children and young people in Australia as possible. The participants' involvement will be collaborative, voluntary, confidential and non-identifiable.

There will be no need to discuss individual clients during the interview. Rather, Jo will ask participants to describe the process of what happens during therapy with that client group, ie children and young people. She would also like to ask practicing art therapists to tell her about any issues, claims or concerns they have experienced in their work. Finally, Jo would like to ask participants to create an artwork that can be reflected on and discuss, and that she can record through photograph.

If you are interested in being part of this research investigation and would like to find out more information about being a collaborative participant, please contact her on jokelly@iinet.net.au or on 0416 713033. This research has Ethics approval number ECN-11-138 from Southern Cross University.

Parkinson's patients sing in tune with creative arts therapy

Northwestern's Parkinson's Disease and Movement Disorders Center in Chicago have introduced a new creative arts programme lead by specially trained music and drama therapists from the Institute for Therapy through the Arts. Jam sessions where men and women with Parkinson's sing and play instruments together encourage them to reach deep into their emotions and to push themselves physically to achieve the therapeutic benefits which address both the symptoms of the disease and its psychological burden.

The group take turns singing something that describes who they are while keeping the beat with percussion pieces. A small woman with a slight tremor sings in a loud, strong voice: "My disease made me stronger!" The group around her enthusiastically joins the chant, clapping their instruments, singing "My disease made me stronger! My disease made me stronger!"

Neurologist and director of the centre, Tanya Simuni, believes that "By providing music and drama therapy, we are hoping to help these patients find new means of fulfillment in their lives while also addressing some of the physical components of their illness."

"Our goal is to find new approaches to help these patients address their illness," explained Diane Breslow, coordinator and social worker for the centre. "Very often with Parkinson's disease there is a fear of the future and the unknown; we want to give these patients a better way to live with their disease in the present."

Music and drama therapy addresses many of the physical and emotional components of Parkinson's disease. Benefits include improvement of physical coordination and functional movement, postural awareness, as well as speech and voice enrichment. "In the music portion, the patients are learning the concept of rhythm which helps them improve their gait and movement," explained Breslow. "Reading scripts during the drama portion increases word recall and articulation, while the voice is exercised in both parts of the class."

Beyond the physical benefits of the therapy, Creative Arts also enhances mood and positive attitude. The patients use the opportunity to set personal goals and encourage one another to address the challenges faced due to their illness.

Source: <http://esciencenews.com/articles/2011/06/14/parkinsons.patients.sing.tune.with.creative.arts.therapy>

Tivoli Gardens residents turn to art for therapy

Exactly a year after the deadly police and military incursion in the area, residents of Tivoli Gardens and Hannah Town in West Kingston, Jamaica used Labour Day to continue their journey towards healing.

Tivoli Gardens residents have constructed several murals in an area they identified as the 'Peace Garden'. All the murals were in recognition of the events that unfolded during last year's operation, which left more than 70 dead.

Rozi Chung, lecturer at the Edna Manley College of the Visual and Performing Arts, is one of the people who spearheaded the initiative. "I am responsible for the art therapy aspect as it relates to the Tivoli Gardens operation, and we have a group of boys from the community working with us on the project," said Chung.

Chung described the project as a 'merging' all the youths in the community towards this project. Imagery dealing with peace is incorporated and juxtaposed with imagery of the violent incidents – the guns become a dove. Butterflies emerge from cocoons, and a huge heart represents the memory of the persons who were killed in the operation. "It is a way of expressing themselves and a way of valuing their community, loving where they are and who they are, and we know that they do," continued Chung.

At the same time as the mural project, in nearby Hannah Town, residents remained true to their commitment to assist



with the reconstruction of the Hannah Town Police Station, one of three stations attacked and firebombed during last year's operation.

The abandoned station was abuzz with activity as 40 members from the community cleared, bushed, and swept the charred remains of the compound. The volunteers also completely cleaned out the building that was the Learning Network Centre. "We have to do it so they (authorities) can see that we really want back the police station," said Shadona Watson, a member of the Hannah Town Police Youth Club.

Source: http://www.jamaicaobserver.com/news/Tivoli-Gardens-residents-turn-to-art-for-therapy_8866831#ixzz1PxOiZr8z



Rivers to Recovery

Creative Responses to Trauma

The Queensland 2011 ANZATA Conference
11 to 13 November 2011

The 22nd ANZATA conference is being held this year on Saturday 12 and Sunday 13 November in Brisbane's South Bank at the well-known Diana Hotel, next to the Mater Hospital in Annerley Rd, Woolloongabba. The theme of this year's conference is 'Rivers of Recovery: Creative Responses to Trauma' and the conference is particularly interested in contributions from all arts therapies on any aspect of trauma-based work, research or comment.



The keynote speaker will be the renowned David Read Johnson PhD, RDT-BCT who will be facilitating a Master class on Friday 11 November.

David Read Johnson is Director of the Institutes for the Arts in Psychotherapy, New York City;

Co-Director, Post Traumatic Stress Center, New Haven, Connecticut; Former President of the National Association for Drama Therapy; Former Editor-in-Chief, International Journal of the Arts in Psychotherapy. He is Associate Clinical Professor, Department of Psychiatry, Yale University School of Medicine. David's workshop is entitled 'Developmental Transformations: Embodied Encounters in the Playspace'

and is for drama therapists and creative arts therapists interested in learning about and immersing themselves in Developmental Transformations theory, methods and applications. Developmental Transformations theory utilises the improvisational playspace as the therapeutic container within which both clients and therapist embody, encounter and transform their experiences toward a fuller sense of presence and tolerance. The dynamics of the play-space will be explored, increasing playability, tolerance for greater proximity in the therapeutic encounter, and decreasing fear over instability and uncertainty.

In addition to David's Masterclass, there will presentations and workshop contributions over the weekend from experienced arts therapists across a range of modalities and perspectives. An art exhibition will be on show at the Mater Hospital for the duration of the conference and delegates are encouraged to submit artwork for showing.

Arts therapy is gaining greater recognition in Australia and provides a unique and special way of working with clients that privileges other forms of communication other than the verbal that is used in traditional psychological therapies. Be part of this 2011 conference and register today...

Developmental Transformations

Developmental Transformations is one of the major dramatherapy methods used in the US. Developed largely with severely disturbed populations such as traumatised children and adults, demented elderly, and people diagnosed with schizophrenia, it has since been applied to higher functioning people as well, both in individual and group therapy contexts. It emphasises the free play of embodied improvisation to identify and then deconstruct over-storied Selves and Lives and Issues that clients bring with them to therapy. Through playful, oftentimes humorous, interventions, the Developmental Transformations therapist stretches and surprises the client in intimate and mutual dramatic play. Developmental Transformations places the privileged position of the therapist into the play-space as a play object for the client to deal with as they wish. Thus the therapist is trained to tolerate and forgive themselves for their faults and counter-transferences. The aim of the therapeutic enterprise is to reduce the client's fear over the instability of Being; that is, the inevitable turbulence of our mind, our body, and our encounter with those we love.



Conference Details

When: Friday 11 to Sunday 13 November 2011

Where: Hotel Diana and the Mater Hospital, Brisbane

Early Bird Registration: by 31 August 2011

For more information: visit the ANZATA website – www.anzata.org and go to 'ANZATA conferences' under the 'professional' menu

Enquiries: Sandra Drabant – Sandra.Drabant@mater.org.au

ANZATA Arts Therapy Symposium in WA

Held on 14 May at CECAT, the Creative Expression Centre for Arts Therapy, Graylands Campus, Mount Claremont, proved inspiring and rewarding for participants. CECAT was a well chosen venue as space and amenities worked well with the programme activities.

Following 'Welcome to Country' by Noongar representative Barry McGuire, Patrick Marwick, A/Area Executive Director NMAHS MH, welcomed guests and introduced the Honorable Helen Morton, Minister for Mental Health, Disability Services. The symposium was opened by Amanda Levey, President of ANZATA.

Papers and experiential workshops that included workplace experience, art, movement, drama therapies and publishing were all very well received and we thank the following presenters for contributing excellent presentations; Vivien Beere and Sue Mader, Megan Booth, Fiona Fitzpatrick, Fiona Gardner, John Henzell, Jo Kelly, Dena Lawrence, Dr Tarquam McKenna, Adrian Lania, Amanda Levey, Manuela Macri, Pauline Marsden and Mary Thomas, Dr Susan Mason, Toril Pursell, Megan Sheill, Dr Despina Weston and Olga Frazer.

An open Panel Discussion by ANZATA committee members based on the symposium theme provided opportunities for open questions, answers and a good understanding of the work by the committee for the membership. This also lifted the sense of isolation felt by many in WA. With the completion of the panel and the 16 workshop programme, participants mingled with colleagues for social drinks, food platters and more conversation. Many met up again at the Naked Fig beach-front restaurant where the food and weather was perfect.

The ANZATA mid-year committee meeting was held the next day (Sunday) at the CECAT Gallery and, in accordance with ANZATA committee meeting procedure, this was open for members to observe. Feedback from members since the symposium has been very rewarding.

Acknowledgements: The WA Regional Committee sincerely thanks CECAT and staff and the Graylands Campus for the use of its facilities and the NTMAHS North Metropolitan Area Mental Health Service for its support of this special regional event. We also wish to thank ANZATA for their support and funding assistance to present this successful WA symposium.

Lynnette Beekwilder-Reid, ANZATA Committee Member



Top: Symposium opening: (L/R) Danita Walsh, Clinical Services Manager CECAT; Dr Edward Petch, Director, State Forensic Mental Health; Patrick Marwick, A/Area Executive Director NMAHS MH; Helen Morton, Minister for Mental Health; Dr Nathan Gibson, Head of Clinical Service Graylands; Jane Armstrong, Clinical Lead for Rehabilitation, Graylands

Second from top: Dr Susan Mason's workshop.

Second from bottom and bottom: Drinks and nibbles in the CECAT gallery at the end of the day.

The eARTHquake therapy initiative

Shaken by three major earthquakes in Christchurch within six months, the eARTHquake therapy initiative grew out of my desire to provide therapeutic support to my community. Over the last four months I have offered various free of charge projects to residents of the Lyttelton Harbour basin.

My favourite place Resilience-focused sessions were facilitated with over 320 children between the ages of five and 12 at Lyttelton West, Lyttelton Main, Redcliffs and Governor's Bay Schools. These two-hour sessions combined Clearing A Space (drawn from Focusing-Orientated Art Therapy) and Mindfulness-Based Art Therapy to help pupils create art about their favourite places. These children are encouraged to imaginatively enter these places during times of stress such as aftershocks and sleeplessness.

The postcard project After 500+ handcrafted postcards arrived from a school in Kuala Lumpur, Michael Herman and I guided the Lyttelton West pupils in the creation of postcards for the children in Japan. The process focused on empathy and connectivity under the title 'We are not alone'.

Drama and mixed-media project Hand-in-hand with local theatre director Michael Friend, this project with seniors at Lyttelton West will culminate in a performance crafted by the pupils expressing their earthquake experiences.

In-depth trauma therapy One-on-one, family and small group sessions have begun for those struggling to find a new normalcy. Even though the process was interrupted by a move into my own home after the original venue, The Stables, was damaged during the June aftershock, 18 clients (six adults and 12 children) have begun in-depth therapy and a number of enquiries are still to be followed up.

Development

Visiting therapists Jean Parkinson and Amanda Levey have respectively run successful and valuable workshops on Sandtray and Movement therapy for local therapists.

What comes next?

Research suggests that up to 20% of the population may experience ongoing stress following events such as this series of earthquakes (Rabestejnek, 2008, p6). Many of those seeking individual therapy have pre-quake trauma – such as parental separation or illness in the family. The earthquakes have thus resulted in complex trauma requiring far more support than one-off outreach processes can offer. In response to this ongoing need, the eARTHquake therapy initiative wishes to continue offering arts therapy in various forms to the Lyttelton Harbour Basin community and surrounds and I am in the process of establishing a Charitable Trust and raising funds to realise this vision.

Debi Green, Lyttelton



The 'My Favourite Place' project at Lyttelton West, Lyttelton Main, Redcliffs and Governor's Bay Schools.



Jean Parkinson ran a workshop in Sandplay Therapy to help children affected by the earthquakes.



The Postcard Project at Lyttelton West School.



The earthquake house by Milly (6)

Rabestejnek, CV. (circa 2008). *Evaluating the Efficacy of Critical Incident Stress Debriefing: A Look at the Evidence*. Retrieved 3 April 2011, from <http://www.houd.info/CISD.pdf>.

Art Therapy in Chronic Pain Management at Prince of Wales Hospital, Randwick, Sydney

Raising awareness about art therapy with Doctors, who have the need and influence to affect change in a clinical situation, is a step towards encouraging art therapy's acceptance within the more conventional treatments.

I was approached by the Head of the Pain Management team at Prince of Wales Hospital, Randwick to speak about the use of art therapy in the management of chronic pain in adults. The allotted time slot was their lunch break at a weekly educational 'Pain Talk'. After giving a brief overview of art therapy and its applications, the staff (nurses, psychologists, physiotherapists and doctors) were invited to participate in an experiential component. I introduced thumb clamps to simulate the 'on-goingness' of chronic pain, not dissimilar to their clients' experiences. As they explored the potential of creative expression they spoke of the choice of the colourful art supplies as a refreshing change from clinical texts and procedure manuals.

There was significant appreciation for the support of ANZATA, whose Promotional Grant supported this presentation and I found the ANZATA powerpoint presentation a great backbone to build on. I see this team from Prince of Wales Hospital as progressive in embracing complimentary therapeutic approaches to chronic pain management. The session gave me a chance to expand my knowledge of hospital-based clients and their carers including aspects of their administration, time management,



Dr Kok Eng Khor (Director), Dr Sachin Shetty, Judy King, Dr Chimene Bhar, and Dr Teik Tay.

availability and work ethic etc. In summary I found it a vital two way learning process which I intend to build on.

Judy King

Judy, based in Redfern, Sydney, facilitates workshops in the Inner west for Elders living in the community encouraging creative expression, including a dementia specific group. She is also commencing work with at risk families in early intervention providing individual and parent/ infant art therapy groups. She attends three separate peer groups with differing client focus which she considers both vital and integral to her work.

ANZATA Continuing Professional Development Audit Process

ANZATA is now required to audit a percentage of professional members every year to ensure that members are competent and fit to practise. This process commenced in 2011. This is a new process for ANZATA and as a committee we are learning about it as we go, so we are trialling the process on ourselves, and invite interested volunteers to assist in this process. If you are audited you will be sent some information before being asked to participate. We wish this to be a transparent and helpful process for members, the committee and the organisation. The committee's aim is that all active arts therapists engage in a meaningful process of self-reflective review and ongoing self-directed learning programme. The audit will check for evidence of engagement in the process. The committee has avoided prescribing a specific amount of professional development in favour of supporting individuals to self-monitor and self-regulate. The ANZATA CPD process is designed to be a high-trust model that emphasises personal responsibility, flexibility and choice.

You will all be used to filling in the current CPD form and declaring that you have been keeping a more detailed record of all professional development activities that is available for auditing. An ANZATA sub-committee has been established to oversee this process and this group is currently preparing some templates and guidelines to assist members. We will soon be sending these out to all professional members to assist in keeping a record of your future CPD activities. We are highly aware that each of you will have been keeping these records in your own manner in accordance with the current policy (on the website > professional > CPD), and this is all that we require if you volunteer or are selected in 2011. However, if you wish to use the new guidelines to present your records to us, we welcome feedback.



ANZATA NOTICEBOARD



Mental Health Matters Awards 2011

Nominations for the 2011 Mental Health Matters Awards are now open!

Awards are given across 10 categories:

- Excellence in Service or Program Delivery

- Cross Sector Collaboration
- Research and Evaluation
- Mental Health Promotion, Prevention of Mental Ill-health and Early Intervention
- Mental Health Promoting Workplace
- Media
- Indigenous Social and Emotional Wellbeing
- Family and Carer Involvement and Engagement
- Consumer Involvement and Engagement
- Culturally and Linguistically Diverse (CALD) Communities

Award recipients will each receive a cash prize of \$1000 in recognition of their efforts and will be presented with a plaque at a special function at NSW Parliament House during Mental Health Month, October 2011.

Award nomination forms can be downloaded from our website – www.mentalhealth.asn.au

Nominations are due by 5pm Friday 29 July 2011.

If you require any further information about the awards please contact Stacey Young at syoung@mentalhealth.asn.au or phone (02) 9339 6008.

Association of Children's Welfare Agencies' Centre for Community Welfare Training Calendar for 2011

2 day Workshops facilitated by Annette Coulter

Therapy: an Introduction 8 and 9 September

Therapy and Trauma 23 November

For more info: Association of Children's Welfare Agencies,
Ph: +612 9281 8822,
Fax: +612 9281 8827,
www.acwa.asn.au



Workshops for Art Therapists

Professional Development for Art Therapists (24 Hours PD) in NSW Newcastle/ Heatherbrae

Art Therapy: Family of Origin – 13-14 Aug 2011

Art Therapy: Health and Transition – 12-13 Nov 2011

Venue

Comfort Inn, Sir Francis Drake, 2259 Pacific Highway, Heatherbrae, NSW, Tel: 49871444, www.sirfrancisdrake.com.au

Fees

Securing a place is a non-refundable full payment of \$320 for one MA Class or \$640 for both weekends.

Contact:

Robert P. Gray, CECAT, Director

Tel: (612) 6550 9046 (a.h.),

Email: robert.gray@arttherapycourses.com.au

www.arttherapycourses.com.au

Sandplay Therapy Training, Auckland

Three experiential practitioner levels with facilitators:

Jean Parkinson – Registered Art Therapist, ANZATA

Lisabeth Toomey – Registered Music Therapist, ANZSMT

When:

Practitioner Level 3 Sandplay Therapy, 19-20 July 2011

Or (depending on demand)

Level 1 Sandtray & Sandplay, 9am-4pm, 19-20-21 July

Level 2 Sandplay Therapy, 9am-4pm, 11-12-13 October

Level 4 Practitioner Practicum & Case Work (TBC)

by invitation by arrangement: Monthly Peer supervision groups. Limited to 6 people per group. Open to qualified Art Therapists, Counsellors, Psychotherapists, and Psychologists.

For more info: contact Jean on jeanpark@xtra.co.nz

ANZATA Supporting Funding of Arts Therapy Promotion

ANZATA has increased the Funding of Arts Therapy Promotion Grant to \$500 to encourage professional members to promote our profession and work opportunities.

Anyone interested needs to send in an application to the committee with their ideas, targeted audience and it will be considered. Remember this is different to providing a workplace arts therapy experience as the intention is to promote, educate and hopefully convince your participants to employ you or other professional arts therapists. It may include an arts therapy experience and this funding could help with materials and venue hire. The saying goes – do it for yourself (and others may benefit).

Contact: Amanda Levey at president@anzata.org



ANZATA NOTICEBOARD

WA REGIONAL ART PSYCHOTHERAPISTS

Following the Arts Therapy in WA and Beyond, Symposium in May, The WA Regional Committee are 'Keeping in Touch' with Western Australian ANZATA registered members and colleagues by presenting three Professional Development/social functions each year. We offer presentations and workshops across a range of arts therapy practices and ideas exemplifying art, dance, music, movement and drama therapies. Guests from related fields are very welcome.

Planned Events:

- Professional Development afternoon in August
- Combined Professional Development/evening social gathering in November.

Venue: Both functions will be held in the City West Lottery house conference centre at 2 Delhi St, West Perth.

Contact: Jan Telfer at jtelfer@iinet.net.au or Lynnette Beekwilder-Reid at a.th.clinicalpractice@bigpond.com and ensure your name is included on our email list for updates and local and regional workplace opportunities.

New Zealand Regional Arts Therapy Groups planned

Currently regional groups are being planned for both the North Island and the South Island. Each of these groups intend to provide opportunities for Continuing Professional Development, discussion of vital issues such as options for National Registration, and networking.

To get involved in the planning and naming of these groups please contact:

- Maree Brogden – marichen@xtra.co.nz (North Island)
- Diana Hickey – livelifelight@gmail.com (South Island)

Julie Green AThR – Art Therapist Private Practice in Edgecliff, Sydney

Available for:

- Individual Therapy • Group Facilitation
- Professional Supervision • Children and Adults

For more info: contact Julie on 0438 008 182 or visit www.arttherapyaustralia.com.au



Group of Registered Regional Art Therapists

Who participates in GRAT?

GRAT is a support group for Arts Therapists Registered with ANZATA / ACATA or Arts Therapists who are in the process of registering.

What does GRAT provide?

GRAT provides a way for Arts Therapists to exchange professional knowledge and share expertise. At every GRAT meeting a member or guest speaker presents a topic/discussion on Arts Therapy. GRAT focuses on the theoretical side of Arts Therapy and further professional development for Arts Therapists. GRAT strives to create more public awareness around Arts Therapy.

When and where do we meet?

We meet four times a year. Meetings are usually held on a Sunday afternoon in Central Victoria. GRAT participation assists in meeting CPD (Continuing Professional Development) requirements necessary to continue registration with ANZATA, and also provides a solid support network for Arts Therapists.

Contact: San (Sun) Leenstra at fijne_dag@gmx.net

Clinic Space for Rent, Enmore

Large therapy room is available long term in a Clinic in Enmore. The room can be hired by the day, or week (or hour).

This is an established clinic with high profile. Currently sharing the clinical practice are: Psychologist, Relationship and Family Therapist; Acupuncturist, Chinese Herbalist; and Two Doctors practicing Psychotherapy.

Excellent location. Includes a garden area, close by on-street parking and very close to public transport. The room is partly furnished, has a wash basin and running water, and there is a large waiting area which can also be used for group work or small seminars. Prices are very reasonable.

Where: Clinic 192, 192 Enmore Road, Enmore, NSW

For more info: Patty 0438 383 540, pattylee@bigpond.com

Galleryeight – Gallery Space Available

Galleryeight is a contemporary art focused gallery situated in beautiful Millers Point/Rocks, Sydney.

Rates: \$350/week (standard), minimum of 2 weeks exhibition

For more information: please email eriko@transarts.org.au or call 0403 429 581

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