



ANZATA NEWS

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



Message from the President



Hello ANZATA members,
Welcome to 2011! This year certainly has got off to a rapid and dramatic start. I'm sure many of you feel, as do I, somewhat overwhelmed by both local and world events. I can't believe we are already in April and this is the first newsletter we have

been able to put together since the year began.

Of course here in New Zealand we have been highly affected by the earthquake in Christchurch in February. You will have seen Jean Parkinson's article in the October issue about the arts therapy response to the previous earthquake there. Later in this issue we have a special feature on the arts therapy initiatives that are happening in response to this more recent situation. The organisers of the November ANZATA conference in Brisbane, 'Rivers to Recovery' had already chosen the theme of creative responses to trauma following their floods. It appears that arts therapists need to become increasingly well versed in this application of our work.

Hopefully you will have all received copies of the new ANZATA brochures. The 'What is Arts Therapy' brochure is aimed at the general population and seeks to explain and advocate for arts therapy, while the 'Why Join' brochure is targeted at trainees and professionals in order to encourage people to apply for membership. We hope that you are happy with these and that they will assist you in your work. We also hope that you will be able to distribute these appropriately in order to promote both your own practice and the profession in general.

The committee has its next face-to-face meeting in Perth in mid-May and this will be preceded by a symposium entitled 'Arts Therapy in WA and Beyond: A Creative Exploration'. This will entail a day of presentations, experiential workshops and therapeutic approaches and will conclude with a panel discussion, exhibition and social gathering. More information can be found later in this newsletter and full details can be found on the website on the 'ANZATA conferences' page under 'professional' on the menu. Many

thanks to committee member Lynnette Beekwilder-Reid and her team for organising this event. The committee is greatly looking forward to seeing all the WA members there and we hope that members from other regions, as well as New Zealand and Singapore, will also attend.

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 have all volunteered to trial the process that the CPD sub-committee are working on, and we will collate their responses in order to refine the process for the membership. The full committee will review this at the face-to-face meeting in May, and after this all 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



Postcard Project for Christchurch organised by Janet McLeod. See page 6 for the article about this project.

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welcome volunteers who would like to trial our auditing process. If we do not have a sufficient number of volunteers, then the required percentage will be selected randomly.

We wish to congratulate and welcome our first Affiliate member, Elizabeth Caddy. The Affiliate pathway was approved at the October AGM, to allow us to consider applications from highly qualified individuals in related fields who wish to contribute to the organisation. Affiliate members are eligible to vote at Annual General Meetings, and to receive all mailings, information and the ANZJAT journal. They can participate on sub-committees but not be on the committee itself. As Affiliate members do not have a MA in Art Therapy they are unable to use the post nominal AThR and are not listed on the therapist directory. They can use ANZATA Affiliate Member after their name. We believe that Liz is an excellent advocate for arts therapy and will be an asset to our membership.

Already two of the 2011 PR grants have been approved so you will need to get in quick to apply for the final one. Applicants must be professional members and the presentations are intended to promote work opportunities

for arts therapists. Full details can be found on the website if you log in as a member and look under 'members' resources'. On the same page you will find details about the grants that are available for setting up new regional groups. New Zealand members have applied to set up a North Island group and a South Island group. We are hoping that regional groups will be able to canvas their members for feedback about important issues such as National Registration. Because these issues are different in Australia, New Zealand and Singapore, it makes sense that these issues are discussed at a regional level.


Megan Shiell will attend the Australian Health Ministers Advisory Council Forum on behalf of Australian ANZATA members to discuss the submissions to be made to Government by 15 April on 'Unregistered Health Practitioners'. It seems like the Government is ready to consult with all unregistered health professions to see what is necessary in the future.

I look forward to catching up with many of you this year, either in Perth or Brisbane.

Amanda Levey, ANZATA President

News in Brief – Australia and New Zealand

Calling for Contributions for ANZJAT 6



The Australian and New Zealand Journal of Arts Therapy, or ANZJAT, is going from strength to strength. Last year it was awarded an A rating for an academic journal – prestige indeed and something that we all should feel very proud.

We are now calling for contributions to the sixth edition.

The deadline is 1 May 2011. Potential contributors should contact the Editor (see box for contact details) with an abstract of the proposed contribution. Correspondence, articles and visual material may be sent by email as an attachment or by post on a virus free CD

or DVD. Visuals included in the articles should also be sent separately in jpg or tif format (high resolution, ie 300dpi), or send the original for scanning. Please note that you should retain a copy of your work.

To view abstracts of past editions and for more information about the Journal policy, types of submissions and the style guide, or to subscribe to ANZJAT, please visit the ANZATA website – www.anzata.org/anzjat/.

Tarquam McKenna, ANZJAT Editor

To contact the Editor please write to:
Tarquam McKenna, Editor – ANZJAT
E: journal@anzata.org
ANZATA, PO Box 303 Glebe, NSW 2037, Australia

Dramatherapy updates



NECTA has been re-established as a dramatherapy interest group in Australia, all three dramatherapists in NSW belong to it and we wish to reach beyond NSW. The WA symposium has been promoted to dramatherapists to attract more of them to ANZATA membership. One workshop in dramatherapy is

offered by a local member and I am offering another to encourage local dramatherapists to attend.

Recognised dramatherapy courses in UK, Canada and USA are being researched and preliminary talks to start MA dramatherapy courses in Singapore and at UWS have been held.

Two master classes will be held in Australia this year by internationally renowned dramatherapists. Phil Jones will be presenting in Sydney at the 'World Dreaming: World Congress of Psychotherapy' in August, and David Read Johnson will be at the ANZATA conference in Brisbane, 11 to 13 November.

Adrian Lania, ANZATA Committee Member

Arts Therapy on air



I got a call the recently from ABC radio as they wanted me to comment and interpret the drawings radio listeners have been sending in for the 'doodleondesck.blog.com', a competition they are running on the James Valentine afternoon

show in NSW. It was gratifying to hear that they were considering arts therapy and had googled ANZATA to get more information. It was arranged for me to do an interview on the show on 1 March and James asked great questions about what arts therapy is, who and how it can help and so forth.

I really enjoyed explaining that we work with the process of making and finding meaning with a client and it is not a

matter of interpreting their 'doodles' but asking them to be part of working with the image or object in a therapeutic way with an arts therapist. I felt the interview went very well, with James giving me the opportunity to explain the origins of arts therapy, how it is helpful for all ages and how, as a witness, we can assist people to express their emotions. We talked about a client gaining insight and understanding and he commented that even in the doodles he has seen in his competition he can see how the material offers a lot of information that could be worked with in mental health.

He asked for more information and I directed him to the ANZATA website and our online therapist directory which he repeated on air.

Megan Sheill, ANZATA Vice-President

Private Health Insurance

Emails to members will be sent out in relation to the survey we asked members to complete about asking their clients or people in their groups if they would access Arts Therapy Treatment if it was rebatable under Private Health Insurance. The only way these Private Health Funds are interested in

Arts Therapies is if we have documented evidence from consumers that they want our services. Please participate and send your surveys back to vicepresident@anzata.org before 30 June 2011.

Megan Sheill, ANZATA Vice-President

ANZATA Conference in Brisbane – Call for Papers



A small team from Brisbane have been meeting monthly (with me on speaker phone) organising the ANZATA conference for this year. The theme of the conference is 'Rivers to Recovery: Creative Responses to Trauma' and the venue is the Diana Plaza and the Mater which is located in Woolloongabba, within the vibrant Southbank precinct.

The keynote is internationally renowned dramatherapist David Read Johnson. He will also be facilitating a master class. The call for papers will be on the ANZATA website

in the next week on the 'ANZATA conferences' under 'professional' on the menu. The conference will host an art exhibition and exhibitors, including a bookshop.

Check the ANZATA website regularly as more information will be posted there shortly.

Jo Kelly, ANZATA Committee Member

2011 ANZATA Conference

When: 11 to 13 November

Where: Diana Plaza and the Mater,
Woolloongabba, Brisbane

Call for papers deadline: 30 May 2011

Email: Sandra.Drabant@mater.org.au

World Dreaming, World Congress for Psychotherapy

24-28 August 2011 Sydney

The World Congress for Psychotherapy (WCP2011), 'World Dreaming' will be held in Sydney, Australia from 24-28 August 2011. The Congress will feature internationally renowned psychotherapists, representing different fields of psychotherapy, counselling, and related disciplines. A number of oral and poster presentations, invited symposia and workshops are currently being planned for the Congress. 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.

When: 24 to 28 August

Where: Sydney Convention and Exhibition Centre,
Darling Harbour

For more information: www.wcp2011.org/

Women in Arizona express their cancer battles with art therapy

A group of women who came together with one common connection – cancer – finished a six-week expressive art therapy session with a new connection: kinship.

The class was run by Creative Arts Therapy Services. The organisation is also running sessions for movement/dance and music, all at the Cancer Center on the campus of Chandler Regional Medical Center in Arizona. There is also a journal writing session planned.

Each of the women created an intention box. With their instructor, art therapist Stephanie Brinkop, they added elements to the box to show their feelings for one another as well as their intentions for their lives. It was covered with coloured hearts, cloth leaves, tissue paper and stamped impressions. Pasted on the inside bottom of the circular box was a sign: "Survivor. 1 year. 2 year. 5 year. Infinity."

"It gets the focus off the illness and doing something else," said Paula Moran, 60. "Plus, there's that feeling that you're not alone. All of us have similar issues with our health."

"Each of us is at a different stage with cancer, but that made me become aware that I am not going to let it overpower me. That lesson helped me become thankful I'm alive," said Susan Braun, 48.

For the past six years, Brinkop has worked as a professional art therapist. She's always been an artist; her first career was as a graphic designer. But she discovered the power of art and returned to school for a master's degree in art therapy.

Today, she works with children in schools, as well as adults in psychiatric care and in wellness programs, like the work



This intention box created by a group of women whose lives were touched by cancer contains elements showing their feelings for one another as well as their intentions for their lives.

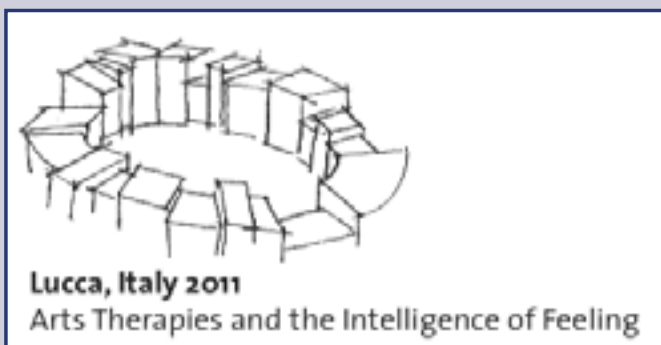
at the Cancer Center. "I was so inspired by the potency of art as a healing quality. Ever so slowly I transformed my career," she said.

In sessions, she asks participants to express themselves or their feelings through art, and they find that, for a while, they forget about the cancer and the stress of their lives. "It's a super highway to the spirit. An internal self is revealed that might be surprising to the person who created it," she said. "I think the healing comes in many forms. It comes in the final product that is a reinstatement of 'I exist. I am here. This is who I am.'"

Michelle Reese, mreese@evtrib.com

Source: www.ahwatukee.com/news/valley_and_state/article_9a357366-2f49-5234-aac2-5c3ef3d45383.html

ECArTE Conference



11th European Arts Therapies Conference 21-24 September 2011, Lucca, Italy

From the 21 to 24 September, the 11th European Arts Therapies Conference will take place in the charming Tuscan town of Lucca. The theme of the conference is 'Arts Therapies and the Intelligence of Feeling', with presentations and workshops focusing on understanding the importance of intuition and sensation, and how the arts

can facilitate feeling-based communication. The conference addresses issues and questions for both arts therapists and arts therapy educators. The opening address is by Malcolm Ross (UK) who was a lecturer in arts education at the University of Exeter, UK. Keynote speakers are Graziella Magherini, speaking about the Arts Therapies in Italy, and Professor Shaun McNiff, addressing the importance of the shadow in creating and healing. Well-known dramatherapist Robert Landy will be presenting a master class on liminal space. The programme includes sessions of yoga or movement therapy every morning, and a full programme of presentations and workshops utilising all the arts modalities.

For the complete programme, online booking and information about accommodation etc please visit the conference website: www.ecarte2011.eu/cms01/

Arts Therapy after the Quake

CHART and ANZATA

After the 22 February earthquake, international ANZATA member Daniel Wong connected New Zealand ANZATA members with CHART (Community Healing through Art), a US-based organisation dedicated to the application of arts therapies in disaster relief. CHART was founded following the Asian tsunami in 2005, and their projects include Katrina relief in the US Gulf Coast, community-based rehabilitation in India and organising an Art Therapy Conference for the Southeast Asia region.

They have been an absolutely wonderful support in assisting with resources and advice and by setting up a facebook page 'CHART ANZATA Art Therapy Initiative'. ANZATA members have responded in great numbers, and many have offered to assist. Make sure you join this page to catch up with the inspiring initiatives that have been happening there. CHART has now set up another facebook page: 'CHART Japan Art Therapy Initiative', so please support this also.

CHART member Dr Paige Asawa, has agreed to come as visiting fellow for the April seminar of the Clinical arts



therapy programme at Whitecliffe College. Dr Asawa is the current director of the Helen B. Landgarten Art Therapy Clinic and has developed a comprehensive trauma training programme. In 2007, she was honored with the Clinician of the Year Award from the American Art Therapy Association for her dedication to assisting survivors of Hurricane Katrina.

Whitecliffe College Clinical Student on the ground in Lyttelton

On 22 February 2011, a violent earthquake struck Christchurch. This catastrophic event smashed buildings, threw massive boulders down hillsides, buried cars in liquid silt. Many lost their lives, many lost their homes and jobs. In the small port town of Lyttelton, my home and the epicentre of the quake, a strong sense of community soon arose from the rubble. Cut off from the city by the closure of the Port Hills tunnel, at a makeshift street café Lytteltonites gathered to drink coffee, tell their quake stories and build community. My desire ignited to use my fledgling skills as a beginning arts therapist within my own community.

Parallel to this, within a few days of the quake, I was receiving messages from around the country from fellow arts therapists offering to drop all and journey to Christchurch. When CHART and ANZATA established a Facebook group to open conversations about the earthquake among therapists around the globe, the number of willing volunteers swelled to include Australian arts therapists. But our city is fractured, we have no venues, it is too early for therapeutic interventions, I initially told them.

We are, however, beginning to address these obstacles. Fellow Lytteltonite, Michael Herman, and I are



Happy Lyttelton residents receive art therapy postcards via the Postcard Project.

spearheading what we have coined The eARTHquake Therapy Initiative – initially as a pilot in Lyttelton but with hopes that the ideas may take root elsewhere. Overseen by a small and energetic planning committee, and with practical plans to draw in expert volunteers, a range of projects has begun.

The 'hearts therapy' initiative which had Lytteltonites making embroidered hearts amid the rubble on the main street



Lyttelton West participating in the Hearts Therapy Project.

and at Lyttelton West School, opened the door for further school-based arts therapy activities. Each class group at Lyttelton West participated in creating an artwork entitled

'My favourite place'. Postcards from children in Kuala Lumpur have led to a 'pay it forward' response and the pupils will create their own postcards to send to Japan. The senior pupils are engaging in a multimedia project aimed at producing a drama and a range of other artwork expressing their response to the quake. A project in which self-portraits created by pupils will be formed into a mural is to be introduced and all of these initiatives are being offered to several other Harbour Basin schools. The adult population of Lyttelton is being reached through small group sessions including shrine making workshops, and arts sessions for the congregations of the three destroyed local churches and the elderly at Community House. In addition to this group work, a room at The Stables Wellness Centre will operate as a free drop-in and individual in-depth arts therapy service for children and adults from the local area.

Debi Green, Lyttelton

Postcards Project

As I watched the devastation of the Christchurch earthquake unfold from the safety of my living room I could not help but become emotionally involved. I also felt helpless as to how to reach out and help those that were so badly affected. Immediately many ways of donating became available to us which was great but I felt I also wanted to do something personal. I thought as art therapists how do we respond in times of distress – we respond with art!

I was already involved in the 'Art Therapy without Borders' (www.atwb.org) postcard swap. I have so enjoyed receiving postcards from random people worldwide and this gave me the idea to propose that ANZATA members create postcards in response to the earthquake, write a hand written note on the back and send them to people who have been affected. I thought perhaps it would help me process my feelings around the earthquake and also send a wee message to a few of those who have been affected and let them know they are not alone, that our hearts and thoughts were with them.

Some postcards have been sent directly to people in Christchurch, while others I have collected and forwarded on to be distributed. These have come from friends, fellow art therapists and artists in Auckland and the United States. Recently a pack of 500 cards were sent to Christchurch from Kuala Lumpur!

We have seen some lovely responses from those that have received cards and know they have been greatly appreciated. What has made this little initiative even more special for me was the responses I got from those that made the cards. Many have thanked me personally and said how they felt blessed to be given the opportunity to contribute to those in Christchurch and this has warmed my heart. Those that know me know I am a positive psychology advocate



and this simple initiative shows how easy it is to do small acts of kindness that send out positive emotion and also pay back at least as much as is given.

I am delighted that this project has grown and morphed into bigger things with whole schools making postcards and sending them from across New Zealand and the world to then fall into the hands of the people of Christchurch. There is also now an initiative set up to collect and send postcards to Japan. If anyone wishes to participate in any way please contact me janmak@xtra.c.nz.

Janet McLeod, Auckland

Arts Therapy in WA and Beyond: A Creative Exploration

The Western Australian 2011 ANZATA Symposium



Presenters and visitors from interstate, New Zealand and Singapore will join with our Western Australian colleagues for this exciting event which will offer presentations and workshops across a range of arts therapy practices and ideas; demonstrating art, dance, music, movement and drama therapies.

The ANZATA WA Regional Committee wishes to thank the Creative Expression Centre for Arts Therapy (CECAT) and to the staff and the Graylands Campus for the use of their facilities. We are also grateful to the North Metropolitan Area Mental Health Service and ANZATA for their support for this event.

Graylands Campus is WA's largest and oldest psychiatric health facility in the metropolitan area and was established in the early 1900s. It is part of the North Metropolitan Area Health Service – Mental Health (NMAHS – MH), which is funded by the Health Department of WA. CECAT is also managed under NMAHS – Statewide Services. Graylands Campus consists of multiple mental health services including an acute and long stay hospital, forensic hospital, community treatment centres such as CECAT, as well as research and educational centres.

CECAT is now 42 years old and is the oldest and largest arts therapy mental health centre of its kind associated with a mental health campus in Australia. It also has a second service located in the city: Reflections Art (RAS).

The symposium will begin with a welcome to country by Noonga Elder Mrs May McGuire, and then features a

choice of 16 presentations and workshops, concluding with an ANZATA committee open panel discussion. The full program and registration details can be found on the website on the 'ANZATA conferences' page on the 'professional' button on the menu.

Art Exhibition

We invite works to be contributed by anyone involved in the symposium. If you have works that you would like to exhibit please contact the committee at a.th.clinicalpractice@bigpond.com. The exhibition will be opened by the CECAT Managers Danita Walsh and Elaine Murphy at 12 noon in the CECAT Tea Room Gallery.

Social Gathering and Dinner

At the close of day, immediately after the panel discussion we invite you to gather back at the CECAT Tea Room Gallery for reconnecting and networking with colleagues while enjoying drinks, finger foods and refreshments at 5:30pm.

The Naked Fig Restaurant at Swanbourne beachfront offers a final chance to catch up with your colleagues for socialising and further stimulating conversation! This is self paid and needs to be noted on the registration form as seating is limited. The set menu is \$60.00. Meet at 7:00pm at 278 Marine Parade Swanbourne.

We look forward to you joining us.

Lynnette Beekwilder-Reid, ANZATA Committee Member



Symposium Details

When: 8.30 to 5.30, Saturday 14 May

Where: Graylands Campus, Brockway Road, Mt Claremont

Cost: \$100 for ANZATA Professional member

\$120 for non-member

\$75 for students

For more info and to register: download registration form with the full programme from www.anzata.org/anzata-conferences-and-symposiums/

Enquiries: Lynnette Beekwilder-Reid at a.th.clinicalpractice@bigpond.com

In Memory of Helen B. Landgarten

It is a sad task to write of the passing of emeritus professor Helen Landgarten, when she suffered a stroke on Wednesday, 23 February, 2011, at Ronald Reagan UCLA Medical Center, at approximately 3:00pm. She was 89 years old. Debra Linesch advises that she "...never regained consciousness. She did not suffer."

Helen Landgarten will be remembered as the person who pioneered art therapy on the west coast of North America. From 1967, she began working in child and family psychiatry at the Cedars-Sinai Medical Center, introducing art therapy as a successful treatment modality and being elevated to the position of Coordinator of Art Psychotherapy in 1974. In 1976, she founded the first West Coast Master's degree in art therapy at Immaculate Heart College, then brought the graduate program to Loyola Marymount University in 1980. When I began working as an art therapist in British psychiatric hospitals, therapeutic communities and later, intellectual disability, there was no art therapy literature available that provided a clinical overview of the profession. This changed with the publication of Helen's new book, *Clinical Art Therapy: A Comprehensive Guide*, in 1981. This book was an invaluable guide for art therapy students and clinicians, as well as other mental health practitioners. In Australia, in the 1980s, the main group that supported art therapy were family therapists. Helen's next book, *Family Art Psychotherapy: A Clinical Guide and Casebook*, in 1987, was well-received and referenced at Australian family therapy conferences throughout the late 1980s and early 1990s.

Helen was also the Director for the graduate program in Clinical Art Therapy at the Loyola Marymount University in Los Angeles, California until her retirement in 1988, when she became professor emeritus. This program is famous as a centre of excellence in family art therapy, and is where she worked alongside other North American notable art therapist pioneers such as Maxine Junge, Shirley Riley, Debra Linesch and Paige Asawa. In 1991, she published *Adult Art Psychotherapy: Issues and Applications*, as leading co-edited with Darcy Lubbers. In 1993, *Magazine Photo Collage: A Multicultural Assessment and Treatment Technique*, confirmed the broad expanse of Helen's expertise and commitment to work with cultural diversity. In 1995, Shirley Riley visited Australia from the Loyola Marymount program, sealing Australian art therapy connection with Helen Landgarten.

In 1988, I met Helen while in the USA to attend the American Art Therapy Association conference and promoting the establishment of the Australian National Art Therapy Association the previous year, (November 1987). She was interested to hear of national developments in Australia and supportive for an open exchange of ideas. She was an Honorary Lifetime Member of the American



Association of Art Therapy, and had a strong commitment to promote art therapy internationally, running training workshops and lecturing in South Africa, Brazil, Germany, Russia, Israel and Sweden. She never made it to our far shores, but in 1989, Helen's colleague, Bobbi Stoll, was a Keynote Speaker at the inaugural conference of the Australian National Art Therapy Association.

Helen Landgarten's work with children and families has strongly influenced American family art psychotherapy as a clinical approach in its own right. Her death is an historic moment, as we honour and mourn the passing of a great North American art therapy pioneer. Helen's legacy continues through the Helen B. Landgarten Art Therapy Clinic, which offers clinical art therapy treatment to underprivileged children and their families who are victims of trauma or in need of therapeutic assistance.

Helen is survived by her daughter Aleda, and son, Mark. Condolences can be sent to: Helen Landgarten Family, c/o Graduate Dept of Marital and Family Therapy, 1 LMU Drive, University Hall Suite 2518, Los Angeles, CA 90045.

I leave you with Debra Linesch's words, to which I can only echo agreement, "The magnitude of our loss is incomprehensible. Helen's contributions to the field of art therapy, to Immaculate Heart College, to Cedars-Sinai Medical Center, to Loyola Marymount University and to so many of us personally, are unquantifiable. As we move forward through this sad time, may we find strength in the beauty of Helen's vision, the sustained practice of Clinical Art Therapy."

*Annette Coulter,
Art Psychotherapist, Director, Centre for Art Psychotherapy*

ANZATA NOTICEBOARD



Therapy Group for Psychotherapists

The Gift of the Wounded Healer

Ongoing therapy group for individuals who are working helping professions and wish for a safe and supportive relational space to reflect on some of the challenges they face with their clients and the material that is evocated in the complex and challenging process of working with people in therapeutic settings. Limited to 10 participants.

Where: GTA, 333 Heidelberg Rd, Fairfield, Melbourne

Structure: 40 hours of group work comprising 12 evenings (5.30-8.30pm) and a half day (9.30-1.30)

Fee: \$1400 (GST inclusive)

Contact: Theresa Roa (GTA Office Manager) 03 9489 6300 or gta@ozonline.com.au or visit our website www.gestalt.com.au and download a flyer and form.

Art Therapy Workshop

Understanding and practicing the creative arts in psychotherapy with Camille McDonald

This two day professional development workshop introduces art therapy through the framework of relational gestalt psychotherapy. Limited to 16 participants

Where: GTA, 333 Heidelberg Rd, Fairfield, Melbourne

When: 9.30-5.00, 14-15 May 2011

Fee: \$600/\$550 early bird (GST inclusive)

Contact: Theresa Roa (GTA Office Manager) 03 9489 6300 or gta@ozonline.com.au or visit our website www.gestalt.com.au and download a flyer and form.

Relational Paths to Mindfulness, Mindful Pathways to Dialogue

A relational approach to mindfulness, inquiry and the paradox of change with Claire Taubert & Noel Haarbarger

This 3 day workshop will combine the best in mindfulness psychotherapies, and the gestalt relational approach to working with the domains of:

- The client's core themes,
- Self as therapist, and
- The relational space of the in-between

Participants: Limited to 25

Where: GTA, 333 Heidelberg Rd, Fairfield, Melbourne

When: 9.30-5.00, 6, 7 & 8 May 2011

Fee: \$750.00/\$700 early bird (includes GST)

Contact: Theresa Roa (GTA Office Manager) 03 9489 6300 or gta@ozonline.com.au or visit our website www.gestalt.com.au and download a flyer and form.

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

1 and 2 day Workshops facilitated by Annette Coulter

Young People: Art as Intervention and Treatment
30 June and 1 July

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



Foundation Studies in Art Psychotherapy 2011

The Centre for Art Psychotherapy
Suitable for Therapists, Counsellors, Artists, Educators and Others. 160 Hours Training

over ten weekends, conducted in four Modules:

Module I: Introductory; Module II: Experiential; Module III: Clinical; Module IV: Practical

Where: Mount Druitt, Western Sydney, NSW. (Just off the M4 Motorway and near public transport)

When: 16-17 April • 14-15 May • 18-19 June
• 16-17 July • 20-21 Aug • 10-11 Sept
• 01-02 Oct • 29-30 Oct • 19-20 Nov
• 10-11 Dec

For more info contact: Annette Coulter on annettecoulter@bigpond.com, 0408 822 080 or (612) 4784 3278 or visit the website: www.artpsychotherapy.com.au



Sandplay Therapy Training, Auckland

3 experiential practitioner levels with facilitators:

Jean Parkinson – Registered Art Therapist, ANZATA

Lisabeth Toomey – Registered Music Therapist, ANZSMT

When:

Level 2 Sandplay Therapy, 9am-4pm, 19-20-21 April

Introduction Sandtray & Sandplay 5pm-9pm, 4 July

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 NOTICEBOARD

Cunningham Dax Collection

art, creativity and education in mental health

Melancholia



When: Opening 21 April;

Open 10am-4pm Wed-Fri, 1-5pm Sat and Sun

Where: Cunningham Dax

35 Poplar Rd, Parkville, VIC 3052

Melancholia is often understood as an artistic, introspective or poetic mood and is also used to describe states of sadness, mourning and depression. This exhibition explores the concept of melancholia, its relationship with depression and links to creativity.

For more info please visit www.daxcollection.org.au or phone 03 9342 2394.

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.arttherapysydney.com.au

Clinic Space for Rent, Enmore

Large therapy room is available long term in a Clinic in Enmore, at the end of October, 2010. 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 Rd, ENMORE

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



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

Galleryeight – Gallery Space Available

Galleryeight is a newly born 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

Melbourne Art Therapy Studio

presents

PARTICIPATE

Art. Be in it



Exhibition opening – Wednesday 6 April, 6-8pm
Free Workshops Wed 13 April, 10-12pm & Sun 17 April, 2-4pm

St Heliers Street Store and Gallery – Wed to Sun 9am to 6pm

1 St Heliers Street, Abbotsford T (613) 9415 8022

NEWS Submitting Articles and Advertisements to ANZATA News

To publish an article in ANZATA News, or have a notice on this Noticeboard, please email it to Jill Segedin at newsletter@anzata.org. Articles to be in Microsoft Word and images to be in jpeg or gif format. More details about submitting articles including rates for non-members can be found on the website – www.anzata.org.

ANZATA NOTICEBOARD



The Initiatic Art Therapy Training Program

The Initiatic Art Therapy Training Program comprises a series of 8 weekends over the period of two years. The aim of the courses is to enable its participants to integrate art therapy approaches into the existing framework of their current practice, be it as counselor, social worker, teacher, nurse, artist or psychologist.

The focus will be on the experience of ongoing group work with art therapy in an environment suitable for personal development. At the same time the approaches and techniques will be made transparent in order to make it possible to acquire profound techniques of working with visual arts in a therapeutic way. The altogether total of 144 group hours will include experiential workshops, seminars, co-counseling and supervision.

When and Where:

- At Claerwen Retreat in Apollo Bay, VIC:
1-3 April; 1-3 July; 2-4 September; 18-20 November
- At MacKillop House in Canberra, ACT:
29 April to 1 May; 17-19 June; 26-28 August;
25-27 November

Contact: Cornelia Elbrecht on T: (613) 5237 7064
F: (613) 5237 7054, cornelia_elbrecht@clawerwen.com.au

Training in Clay Field Therapy

The Clay Field is a flat rectangular wooden box that holds 10 – 15 kg of clay. A bowl of water is supplied. This simple setting offers a symbolic 'world' for the hands to explore. This unique art therapy approach is recognised in Europe as a discipline in its own right. It is practiced 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 Clay Field Therapy Training Program comprises a series of 3 weekends as an Advanced Training. The aim of the courses is to enable its participants to integrate Clay Field Therapy into the existing framework of their current practice. The focus will be on the experience of Work at the Clay Field in an environment suitable for personal development. At the same time the approaches and techniques will be made transparent in order to make it possible to acquire profound techniques of working with the Clay Field in a therapeutic way. The 54 group hours will include individual sessions, seminars, co-counseling and supervision.

Cornelia Elbrecht BA. MA. (Art Ed), AThR is director of Claerwen Retreat, an internationally recognized art therapy trainer, 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 endeavor by trauma specialist Dr. Peter Levine, a renowned medical biophysicist and psychologist.

2011 Dates:

15-17 April; 19-21 August; 11-13 November

Venue and Contact Details

Claerwen Retreat,

480 Tuxion Rd, Apollo Bay, Vic 3233

www.arttherapy.net.au

T: (613) 5237 7064, F: (613) 5237 7054

cornelia_elbrecht@clawerwen.com.au

www.claerwen.com.au



MARI REGISTRATION COURSE

Mandala Assessment Research Instrument

Based on Jungian concepts (especially the mandala) reveals a remarkable inner connection between colour and symbols and what is going on in an individual's life on the Great Round of Life. Use Active Imagination and Guided Drawing/ explore your own colour and symbol language alongside the universal language of the MARI.

MARI Practitioner Course x 3 Trainings:

1. Mandala My World
2. Dancing with Symbols
3. MARI / Mandala Transformations

2011 Trainings in Australia

Launceston:

- (1) completed (2) completed (3) 8-10 April, 2011
(1) 25-27 March, (2) 1-3 July, (3) 26-28 Aug, 2011

Apollo Bay:

- (1) 6-8th May, (2) 17-19th June, (3) 5-7th Aug, 2011

Hobart:

- (1) 4-6th March, (2) 22-24th April, (3) 27-29th May, 2011

Contact: Wendy Nash on wendy@wendynashstudio.com
or 0409 703 779, www.wendynashstudio.com /
US website: www.maricreativeresources.com

