Ontario Art Therapy Association Conference and Annual General Meeting

*Brave New World: Creating Resiliency through Art Therapy*

Conference presenters and workshop details
Saturday, April 25th, 2015
Burlington Art Gallery, Burlington ON Canada
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*This paper is offered twice |
| 1.15pm – 2.30pm | Art Therapy to Combat Depression in Older Adults living in long term care facilities | Jo-Anne van Draanen  
Paper - Fireside |
| 1.15pm – 2.30pm | Digital Technology: A New Creative Palette in Art Therapy            | Olena Darewych & Kevin Farrugie  
Paper - Shoreline |
| 1.15pm – 2.30pm | Open-Studio Art Therapy Pilot at the Odette Cancer Centre            | Sharona Bookbinder  
Workshop – Photo room |
| 2.30pm – 2.45pm | Break                                                                |                                                                              |
| 2.45pm – 4.00pm | Doll-making & reflections of the Self                                | Sharona Bookbinder  
Workshop – Photo room |
| 2.45pm – 4.00pm | Art Therapy and a Fable                                              | Marillyn Saffery  
Paper - Rotary |
| 2.45pm – 4.00pm | From Dreams to Hopes: a case presentation                            | Edward Hagedorn  
Shoreline – Presentation  
*This workshop is offered twice |
| 2.45pm – 4.00pm | Strengths, skills, sensitivity and story in art therapy supervision | Monica Carpendale  
Workshop - Fireside |
| 4.05pm – 4.20pm | Closing remarks                                                       | Susan Richardson  
OATA President |
Keynote Speaker

Monica Carpendale  BFA, DVATI, RCAT, HLM, BCATR,

Monica Carpendale, founder and executive director of the Kutenai Art Therapy Institute, Nelson, BC. Monica is an author and filmmaker, producing 3 films in art therapy and writing several articles in the CATA journal and 2 books: Essence and Praxis in the Art Therapy Studio (2009) and A Traveler's Guide to Art Therapy Supervision (2011). She has also edited 2 books by Blake Parker, A Forest of Ideas: ramblings in interpretive frameworks (2014) and Laughter at my Window (2011). As the director of Blue Heron Productions: Research in Creative Communication Tools, Monica co-designed nine therapeutic communication games. Her passion is applying the phenomenological method to teaching, supervision, and arts based research, with a focus on ecological and cultural identity work.
Brave new world: Creating resiliency through art therapy

Stone Soup: a metaphor for resiliency in the art therapy community.

Monica Carpendale  BFA, DVATI, RCAT, HLM, BCATR,
Keynote address

The story of stone soup brings forth the metaphor that everyone has more to share than they know. “What helps us face the mess we’re in is the knowledge that each of us has something significant to offer, a contribution to make.” (Macy, Johnston, 2012) Metaphor and story are powerful ingredients for the creation of shared meaning. If we change the metaphor we can recreate the story, the art and the meaning. In these challenging times imagination, creativity, adaptability are crucial gifts in facing the immensity of the tasks ahead in terms of the social issues, the environmental crisis and political dilemmas. Art therapists bring many unique gifts to the world and are expanding the materials and environments where art therapy is being used. Catching an inspiring vision is the key to staying motivated and not giving into despair, to sharing our vision with others and to building a resilient art therapy community.
Strengths, skills, sensitivity and story in art therapy supervision

Monica Carpendale  BFA, DVATI, RCAT, HLM, BCATR

Experiential workshop 75 minutes

This supervision workshop will look at the successes in therapy to increase the health in the artist client, the art therapist/intern/supervisee and the therapeutic and supervisory relationships. The acronym ‘BRAGS’ will be used with a phenomenological writing method for distilling essence. The application of theory to deepen the understanding of the value of the therapeutic exchange enlivens the parallel process in supervision and therapy.

- B – belonging, being, bravery
- R – relationship, reflective, re-story
- A – art, awareness, attachment
- G – growth, generosity, gift
- S – strengths, senses, story
Sarah Roesler  
BFA, B.Ed, OCT, DKATI

As a graduate of the Kutenai Art Therapy Institute, Sarah began her career as an Art Therapist by developing and implementing an Art Therapy program in Forensic Mental Health for the North Bay Regional Health Centre. She has experience working with diverse populations including: children, adolescents, adults with mental illness, adult forensic patients, seniors, and persons with dementia. Sarah enjoys leading workshops and has presented on topics such as: spirituality and creativity, digital photography, life skills, anger management, and art as therapy in the classroom. Sarah has presented to colleagues, professionals, and students, and facilitated parent/child workshops.
Art Therapy's Role in Managing Risk: Resilience & its link to Recidivism
Sarah Roesler  BFA, B.Ed, OCT, DKATI
Paper 75 minutes

In forensic mental health practice the focus of intervention has shifted from a custodial lens to one of partnering with the person to manage risk. This shift has highlighted the importance of resilience as a protective factor in reduction of risk to the public. Art Therapy has a role in both increasing resilience and reducing risk. Through examination of current Art Therapy services within a rural forensic program, participants will learn about the ways in which Art Therapy contributes to mental health recovery. Risk factors for recidivism will be discussed in addition to Art Therapy's role in building therapeutic rapport, identifying unaddressed problem areas, dealing with trauma, and communicating previously unarticulated or unrealized treatment and recovery goals.
Edward Hagedorn, MA, DTATI, OATR, worked as a visual artist and teacher before training at the Toronto Art Therapy Institute and completing his Master’s Degree in Expressive Therapy at Lesley University in Cambridge, Massachusetts. Ed is a Registered Art Therapist with the Ontario Art Therapy Association. For the past 20 years Ed has been supplying expressive arts therapeutic services through his private practice Artreach located in Cobourg, Ontario. His co-presenter is a 25 year old, former client who is happy to share her story of her time in art therapy and CAS care.
From Dreams to Hopes: a case presentation
Edward Hagedorn MA, OATR
Presentation 75 minutes

This case presentation spans the 9-year period that Edward’s co-presenter now 25 years old spent in foster care. Together they will focus on her use of the creative arts in her healing process. Using a slide presentation, they will show her drawings and discuss her explanations of frightening dreams that expressed her struggles as the daughter of a substance addicted, single mother. They will then show her healing with slides of her projective drawings from her annual “check in” sessions. Over the years, in thousands of drawings, the TFC team and Edward have identified certain “indicators” that appear to relate to changing characteristics of relationships. This presentation is being offered twice.
Mark Egit  Ph.D.

Mark Egit is a psychoanalyst and holds a doctorate from the U of T. He has presented papers on the practice of psychotherapy at international conferences in Edinburgh Scotland, Auckland NZ, and Florence, Italy. Recently he gave an open university lecture at the University of Hong Kong. He teaches the psychodynamic fundamentals course at TATI.
Supervision: What 100 years of practice teaches us?
Mark Egit Ph.D.
Paper 75 minutes

Supervisees learn to listen best by having someone listen to them” John Sloan. What have we learned about supervision from 100 years of experience? What have those years taught us about passing on our learning while eschewing didactic practice? How to sit, to think, to dream in a room with another person who is him/herself puzzled by those very questions. How to withhold judgment, and how to process that withholding. What to think about when confronted with desire, rage boredom and disdain? The presentation will explore the practice of supervision; the discussions and controversies in the area and the possible directions the literature provides for how to practice supervision of the therapeutic enterprise. In short; ways of practicing the craft.
Olena Darewych, PhD, RCAT is an art therapist, educator and researcher. She completed her PhD in expressive therapies at Lesley University. She is adjunct faculty at Waterloo Lutheran Seminary part of Wilfrid Laurier University and Adler University. She is a past-president of the Canadian Art Therapy Association. Kevin Farrugie, BA is currently a student at the Toronto Art Therapy Institute and previously earned his BA at the University of Waterloo as a Fine Arts Major. This past year, Kevin has been working with adults with developmental disabilities and exploring the unique possibilities of digital art applications in an art therapy setting.
Digital Technology: A New Creative Palette in Art Therapy

Olena Darewych  Ph.D.  RCAT
Kevin Farrugie  BA
Paper 75 minutes

This research paper presents the findings of a phenomenological art-based study which explored digital technology as a new art medium and clinical intervention tool in art therapy sessions for adults with autism spectrum disorders and other developmental disabilities. The presentation highlights the most suited digital image making and creative activity applications for adults with developmental disabilities to solidify their cognitive, fine motor, imaginative and visual skills. Near the end of the presentation, attendees will have the opportunity to creating images on a Lenovo Yoga 13.3-inch Windows 8 Convertible Ultrabook™.
Sharona Bookbinder
BSc, DTATI, OATR, RCAT, MBA (pend)

Sharona Bookbinder, BSc, DTATI, OATR, RCAT, MBA (pend), has been in the field of art therapy for 20 years. In the last 15 years, she has specialized in Geriatric, palliative and cancer patients using Art Therapy. Sharona currently works full time as a Registered Art Therapist at Sunnybrook Health Sciences Centre, Toronto Canada.
Open-Studio Art Therapy Pilot at the Odette Cancer Centre

Sharona Bookbinder  BSc, DTATI, OATR, RCAT, MBA (pend)

Paper/ workshop 75 minutes

This workshop will describe a pilot program at Sunnybrook Health Sciences Centre, which took place in 2014 at the Odette Cancer Centre. This was a two day pilot in to providing open studio art therapy to cancer patients waiting for chemotherapy, radiation therapy and outpatient clinic appointments. The intention was to provide support and relief to patients, families and companions, for the tension and monotony of waiting long hours for appointments. A full day was assigned to both the cancer treatment facility and the specialized breast cancer unit, offering two groups a day. The successes and challenges of pioneering this program will be discussed as well as recommendations for the future of programs like this one. An opportunity to try some engaging media will be offered.
Doll-making: reflections of the self
Sharona Bookbinder  BSc, DTATI, OATR, RCAT, MBA (pend)
Workshop 75 minutes

Based on the Odette Cancer Centre pilot program, doll-making will be offered to experience the exploration of the 'self' through a body-form art media. Cancer patients were given a doll form and offered an opportunity to cover them in fabric, ribbons, buttons, pompoms, sequins, fabric markers and yarn using sewing supplies and/or warm glue guns. The written messages and style of body covering were very unique and creative expressions of each persons desires, wishes and hopes. In this experiential workshop participants will be given a chance to create their own dolls.
Marillyn Saffery  BFA DIP. AT

Marillyn Saffery, B.A. Fine Arts, Diploma in Art Therapy, has been a professional art therapist since 2004. She has a private practice in the Ottawa Valley, works in long term care facilities and is an art therapy service provider for Veteran’s Affairs Canada. She has worked as an art teacher, mural painter and theatre set designer.
Art Therapy and a Fable
Marillyn Saffery
Paper 75 minutes

This case study will focus on one of the art therapy techniques used for a 17-year-old male client, namely, the “Fable” form of story-telling. A fable is a short story with a message and a moral. Making up a fable incorporates animal representations of personalities who might go on an adventure together, become conflicted and then find resolution in some form. The estranged son of a veteran, Brian was angry towards both his divorced parents and had refused counselling of any kind. He only agreed to try art therapy to please his grandparents. This presentation will hopefully show how the concrete value of art therapy was attractive and useful to this young man. It will also demonstrate the strengths of metaphorical story-telling which often reveal the depth of our own intuitive self-awareness. This will be a power point presentation with slides of Brian’s work over 12 art therapy sessions.
Jo-Anne van Draanen

BA, DTATI

Jo-Anne van Draanen is a skilled art therapist with over 20 years of experience in teaching diverse groups of adults and children. She has extensive training in conflict management, mediation, negotiation, coaching and facilitation. After obtaining an undergraduate degree in psychology and sociology, Jo-Anne worked for years, offering training and counselling to a wide client base. Jo-Anne felt that a piece was still missing until she studied at the Master's level, obtaining her certification in art therapy. Now Jo-Anne combines her decades of experience in results-driven environments with the caring and compassion needed to support therapeutic clients. In addition to seeing private clients, Jo-Anne has offered art therapy at various long term care facilities in the GTA, at a Children’s Mental Health Clinic in Toronto, in a Toronto public school and with The March of Dimes Aphasia Program.
This research study examined the ability of art therapy to decrease levels of depression in older adults living in a long-term care facility. Ten women, aged 60 to 96, with a diagnosis of depressive episodes in the previous two years and a score of six or above on the 15 Point Geriatric Depression Scale Short Form, participated in one-hour weekly individual art therapy sessions for eight weeks. Pre- and post-test Geriatric Depression Scale ratings were obtained, and the art work and accompanying dialogue were analyzed. Weekly art directives offered participants an opportunity to focus on successes and disappointments and on coming to terms with life. It was anticipated that the one-on-one interaction in a therapeutic setting would lessen depression in all the participants. Results of the post- Geriatric Depression Scale indicated lower levels of depression in most participants. Limitations of the study will be discussed as well as suggestions for further research.
Mosaic art making can hold significant therapeutic potential for some individuals, groups and even communities. For most of the adults with autism in this project, the properties and processes (concrete, tactile materials, repetitive actions, fitting pieces together as a puzzle, and the sequential steps involved) proved to be deeply engaging and had a positive impact on affect regulation, use of imagination, fine motor skills and a positive sense of self. This presentation provides an overview of this action-research project from studio work to community participation and public exhibitions.

Coreen Gilligan, DTATI (thesis pending) is an art therapist who brings extensive experience in community and program development with low-income, marginalized communities to her art therapy practice. She is currently working in an adult autism centre, a young offender facility, and is co-founder of ArtVillage, an emerging Toronto Art Hive.
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We look forward to seeing you on April 25th, 2015 in Burlington for more information. Please contact us via oataeducation@gmail.com for further information.