

Contributors to this edition of ANZJAT



Lynette Callaghan

DipArtEd, GradDipEdStud, MA ATH

Lynette trained as a visual arts teacher at the College of Fine Arts (COFA) in Sydney. She completed postgraduate study in special education at Charles Sturt University (CSU) and later obtained a Master of Art Therapy degree from the University of Western Sydney. Lynette is an experienced educator with more than 30 years' visual arts and special education teaching service in NSW secondary schools. She has worked as an art therapist in the area of mental health at St John of God Healthcare, Mind Australia and in private practice. At present Lynette works as a sessional academic and creative arts subject coordinator at CSU.



Kerry Coombs-Valeontis

BEd, Dip Transpersonal Art Therapy, M Social Ecology

Kerry is an art and ecotherapist working in out-of-home care, and in mental health. She is a long-time lover of nature, and believes that nature is the muse for creativity. She facilitates the Diploma of Ecotherapy. Her poetry is a response to life, exploring nature as a healing force and the feminine. She lives in Sydney, Australia, but goes back to New Zealand, where she grew up, often. You could say she is a late bloomer, but then again, we only bloom when we are ready.



Istvan Csata

PGDip Arts Therapy, PGDip(Visual Art), Dip(Political Science), BA(Hons), MAAT(Clin)

Istvan has been teaching neurotypical and special individuals in Hungary and New Zealand for many years now. His main teaching tools are visual art, drama and music. Presently he is employed by the Oaklynn Special School in Auckland, New Zealand. Istvan graduated from the Master of Arts Therapy programme at Whitecliffe College of Arts and Design in November, 2018.



Liz Dowling

MMH(Art Therapy), BA(Graphic Design), DipDiversional Therapy, ATHR

Liz is an art therapist who graduated from the University of Queensland in 2010, although she has been involved with art therapy since 1996. Art and dance have always been her expressive modes and she uses both in her creative workshops. Prior to her art therapy study, she worked as a diversional therapist in aged care, mental health, acquired brain injury, and intellectual and physical disability. Liz currently works in mental health with Mission Australia, Lismore Women's Health Centre and in private practice in the Northern Rivers area of New South Wales.



Bettina Evans

BA, MAAT(Clin), ATHR

Bettina works as a lecturer, course coordinator and supervisor for Whitecliffe College of Arts and Design in a part-time capacity. She also works in private practice from a studio in Lyttelton and runs arts therapy workshops for a variety of health/mental health organisations. She came to arts therapy after working as an educator, teacher, community facilitator and community event organiser for NGOs in Canterbury. She trained and worked as a gardener for many years, often in community settings. Her experience of the healing effect of nature on herself and others has influenced her practice as an arts therapist.



Dr Joanna Jaaniste

BA(Hons), DipEd, DipDramatherapy, PhD, AThR

Joanna is a registered dramatherapist and Career Development Fellow at Western Sydney University, where she also researches and lectures on the Master of Art Therapy course. She is Principal of The Dramatherapy Centre, Sydney, which teaches introductory and advanced dramatherapy courses and is the Australasian board member of the World Alliance of Dramatherapy. She has lectured and presented in Europe, USA, South Africa and New Zealand and has published widely on dramatherapy.



Vera Keatley

BA(Psych), MA(Psych), MA ATh, APSAT

Vera is a psychologist and art therapist. She has worked for the past 15 years in various settings as well as in private practice either in Sydney or in Lausanne, Switzerland. She is very interested in mixing art therapy with other treatment modalities (such as CBT and family system therapy) to meet her clients' needs and personalities. She presented at the ANZAED 2007 conference, 'Art therapy, a complementary approach to the treatment of eating disorders'. She currently works in Switzerland in private practice with children and adults presenting with behavioural disorders, trauma and eating disorders and at a school and therapeutic centre for children with developmental and autism spectrum disorders.



Ronald P.M.H. Lay

MA, AThR, ATR-BC

Ronald has over 24 years of mental health service in three distinct countries: Singapore, the US, and Canada. He leads the postgraduate art therapy training at LASALLE College of the Arts in Singapore, has initiated several innovative community arts projects, and provides consultation to various national and international organisations. Previously, he provided art psychotherapy to adults within a large forensic mental health facility in California full-time for twelve years. Ronald presents internationally on forensic mental health, older adults, wellness and the development of art therapy in Asia. He is pursuing a Doctorate in Education from the University of Western Australia.



Dr Ellen Levine

MSW, PhD, ATR-BC, REAT, RSW

In Toronto, Ellen is a Senior Staff Social Worker at the Hincks-Dellcrest Centre for Children's Mental Health where she teaches, supervises and practices in the areas of play therapy, group therapy and expressive arts therapy. She is co-founder and faculty member of The CREATE Institute in Toronto, a three-year training program in expressive arts therapy. She is a Professor and Core Faculty member of the European Graduate School in Switzerland, a summer school program that awards Masters and Doctoral Degrees in the Division of Arts, Health and Society. Ellen has written and edited numerous books, the most recent, *New developments in expressive arts therapy: The play of poesis*. She has exhibited her paintings in Canada, the US and at the European Graduate School in Switzerland. She has also studied clown and mask work with Richard Pochinko (in Toronto), Phillippe Gaulier (in London) and others. She performs as part of the clown couple, Max and Sadie.



Michelle Long

BA, BSW, MAT, AThR

Michelle is a Central Victoria-based art therapist, social worker and artist. She works from a client-centred approach, with feminist and strength-based frameworks with people who have experienced family and domestic violence. Her own art is used as an outlet for expressing her personal emotions, experiences, emotional blocks and for facilitating a sense of grounding. Her art is inspired by themes of motherhood, self-image, attachment, pain, music, history and politics. A range of modalities are used to explore self-identity and the landscape, such as photography, drawing, painting, knitting, sculpting and mixed media.



Dr Sheila Lorenzo de la Peña

PhD, ATR-BC

Sheila provides art therapy and Dialectical Behavior Therapy services at a state forensic mental health facility in the southeastern US, where she provides supervision for masters-level art therapy students completing their practicum component. She is also an adjunct faculty for art therapy training programs and provides ATR supervision to new graduates. She promotes routine use of creative expression for self-care and resiliency for clients, clinicians, students and supervisees. She maintains several creative practices and shares them through social media.



Kathrin Marks

BA(Counselling), PGDipPedagogy, MAAT(Clin), AThR

Kathrin had an early interest in the arts, particularly creative writing and drama, as well as therapy, but she only entered the world of counselling after her move to Aotearoa, New Zealand in 2007. She completed a Bachelor of Counselling in 2013 and began her arts therapy studies in 2015. Kathrin works as a lecturer in Arts Therapy at Whitecliffe College of Arts and Design and has a small private practice. She is a lover of movies, tea, cats and glitter.



Dr Stefan Marks

Diplom(Microinformatics), MSc, PhD

Stefan is a researcher and Senior Lecturer at Colab, the interdisciplinary unit at AUT in Auckland. His main areas of research are multi-sensory virtual reality and visualisation. He combines these interests in his function as Director of Sentience Lab, a facility for the development of immersive, multimodal and multisensory data visualisation and interaction. He has eight years of industry experience as a hardware and software developer, a Diplom of Microinformatics and a Master's Degree in Human-Computer Interaction from the Westfälische Hochschule, Germany, and a PhD from the University of Auckland. In his free time, Stefan enjoys hiking and photography.



Dianne McClaughlin

BVA(Hons), MFA, MATH, AThR

Dianne is based at Casula Powerhouse Arts Centre and is responsible for the Arts and Health programming within the gallery. This includes working with numerous populations including; adults and children with disabilities, Culturally and Linguistically Diverse communities, newly arrived individuals, adolescents and seniors. Dianne has experience working within community and hospital mental health settings and is a member of the South West Sydney Arts and Health Regional Group. Dianne is working in partnership with South West Sydney Local Health District, community mental health and not for profit organisations to make the arts and art therapy accessible to the greater Liverpool community.



Caroline Miller

PGDipClinicalPsychology, PGDipDramatherapy, BA, BPhil, MA

Caroline has collaborated with other arts therapists to publish two books: *Assessments and Outcome in the Arts Therapies A person-centred approach*; and *Arts Therapists in Multidisciplinary Teams Working together for better outcomes* (Jessica Kingsley Publishers). She has published a number of articles and reviews. Caroline trained as a clinical psychologist and a dramatherapist. She has worked as a dramatherapist and clinical psychologist in private practice for 25 years. She was, previously, co-director of the Master of Arts in Arts Therapy programme at Whitecliffe College of Arts and Design.



Nikki O'Connor

GradDipTch&Ln(Primary), BA(Te Reo Māori), MAAT(Clin), AThR

*Ko Hikuragi te maunga. Ko Waiapu te awa. Ko Ngāti Porou te iwi. Ko Horouta te waka
Ko Hinemarea te marae.*

Nikki is a Teacher Educator for the Bachelor of Teaching (Primary) Programme at the Eastern Institute of Technology in Gisborne. She has worked professionally in education and arts therapy in Christchurch and Gisborne. She has a special interest in culturally responsive pedagogy, critical reflection, social justice, key competencies and te ao Māori. Nikki affiliates to the Ngāti Porou and Te Ati Awa iwi of Aotearoa New Zealand.



Kim Hau Pang

BA(Hons), MA, AThR

Kim Hau is a registered art therapist with ANZACATA and a visual arts practitioner. His clinical interest is in serving terminally-ill individuals and their loved ones. He sees his work through the arts as a way to inquire, understand and humanise the harshness of circumstances in lives. Through his studio art practice, He has received commissions for his installations by institutions in both Singapore and Tokyo, Japan. Traces of his written work can also be found in Singapore, Hong Kong, some parts of Australia, Taiwan and Japan. Kim Hau is currently practising as an art therapist with Assisi Hospice, Singapore.



Dr Joy Paton

BEC(SocSci)Hons, MAT, PhD, AThR

Joy is Lecturer in Art Therapy and (joint) Academic Course Advisor for the Master of Art Therapy at Western Sydney University, Australia, where she also teaches on the Master of Psychotherapy and Counselling. Her teaching and research is informed by critical ecology, feminist poststructuralism and the new (and not so new) materialisms, leading to a conception of art therapy as an interdisciplinary practice of social justice. Her current research centres on the policies and practices of mental health recovery; the use of visual research methods in contexts of disadvantage, marginalisation and vulnerability; and the role of contemporary art in art therapy education.



Colin Read

DipTeaching, BEd, GradDipCompEd, MArtTh, AThR, MACA, ISPS

Colin works with clients experiencing a variety of neuropsychiatric conditions and disorders in his arts therapy and counselling practice. He is trained in Mindfulness Integrated Cognitive Behavioural Therapy (MiCBT) and his primary theoretical stance is person-centred, humanistic, hope-based, existentialist, with integrated elements of mindfulness, focusing oriented art therapy, play, humour, and acceptance commitment therapy. He also believes in the importance of resilience and healthy attachments evolving from positive emotional focus and grounding. Colin also works for Uniting, Prahran at the Haven, where residents experiencing some form of psychiatric disability independently rent apartments. He works with a strengths-based recovery model in his role as a key support worker. Colin is a practicing artist, occasionally working under the pseudonym of Reade Collins in a range of media including paints, audio and video art, computer-based arts, photography and music.



Kate Richards

DipCA, BA, MA ATh

Kate is an art therapist employed as a clinician specialising in provision of assessment and intensive therapeutic treatment with children and families who have experienced complex trauma and are involved in the Child Protection System. She also works as a casual lecturer within the La Trobe Master of Art Therapy course. Kate has unique experience that includes clinical art therapy, arts research, curation, facilitation and provision of arts and well-being related educational and experiential public programs, projects and events. She is currently undertaking a Master of Art Curatorship part-time with an aim to further develop her therapy practice and academic interest in creative expression and emotional experience.



Sally Swain

DipEd(Art), BA(Hons)(Psych), AThR

Artist, author, art therapist and creativity coach, Sally loves to live and breathe creative process. She has been running her Sydney-based Art and Soul practice for 25 years. Sally's four published books include internationally bestselling *Great Housewives of Art*. Her training encompasses psychodrama, Playback Theatre, mindfulness-based stress reduction and sandplay. While working in aged care, Sally has developed an integrated art therapy program to reach residents, family carers, staff and management. She has initiated the Leaf-by-Leaf model of synthesising unique individual expressions into a collaborative whole. She is passionate about mentoring arts therapists and building creative community.



Atira L. Tan

MAT, AThR

Hailing from Singapore, Atira is a Melbourne-based expressive art therapist, somatic experiencing practitioner, yoga and meditation teacher, author and TEDx speaker. The CEO and Founder of Art to Healing & Yoga for Freedom, Atira has initiated international trauma-informed mental health, women's health, art therapy, yoga and mindfulness programs for women and girls who have experienced sex slavery and exploitation, internationally for the past 15 years. Atira has worked for over a decade internationally in non-government organisations and international development as a consultant, clinician, researcher and supervisor, as well as an educator in both community and educational settings in Australia. Her contribution to women's health and traumainformed programs in rural communities, brothels, slums and shelters, in eight countries in Asia and the Pacific, have changed the lives of many women and children who have experienced sexual abuse and exploitation.



Asha Zappa

BFA, MATH, AThR

Asha is an art therapist, researcher, and weirdo artist. Xir research focuses on the intersection of art therapy and queer theory. Xie is currently working in Mental Health Promotion for WayAhead – Mental Health Association NSW, as well as providing pro-bono art therapy to select clients. Asha is also a practicing artist who has a passion for the beautifully abject, as well as an activist with an interest in intersectional and anti-colonial Queer politics and body positivity. Asha is inspired by exploration of the feminine in artmaking as a subversive account of life. Xie values the stories people who experience multiple marginalisations are able to tell through art, both therapeutically and informally. Asha enjoys building cubbies and creating performances which make people cringe.

Western Sydney University Students



Yi Cao

Yi is currently completing clinical training in the Master of Art Therapy Program at Western Sydney University. Her clinical interests centre on promoting older adults' psychological well-being through art therapy. Her arts practice explores the relationship between liminality and art therapy, and reflects on her experience of the 'betwixt-and-between'.



Elise Fenn

Elise is currently completing clinical training in the Master of Art Therapy program at Western Sydney University. Her interests centre on art therapy approaches that sit within a social justice framework. Elise's current arts practice combines puppetry and nature play.



Carrie Fraser

Carrie is completing clinical training in the Master of Art Therapy program at Western Sydney University and has a BFA (Hons) from UNSW Art and Design. Her clinical interests centre on trauma and grief. Carrie's arts practice explores how rules-based, process-oriented drawing can become a metaphor for the exploration of self.



Georgia Freebody

Georgia is currently completing clinical training in the Master of Art Therapy program at Western Sydney University. Her clinical interests centre on working with children and educational art therapy. Georgia's art practice is concerned with aesthetically engaging with the world in an attuned and authentic way, enabling reflection, restoration and learning.



Robert Hulland

Robert is completing clinical training in the Master of Art Therapy program at Western Sydney University. Robert has strong belief in the dynamic power of the art image in assisting others to find healing from wide ranging difficulties. His clinical interests currently centre on drug and alcohol rehabilitation.



Laura Kent

Laura is currently completing clinical training in the Master of Art Therapy program at Western Sydney University where she has gained interest in exploring art therapy through a postmodern lens. As a visual artist she primarily creates large-scale drawings and sculptures that question 'truths' and explore the processing of complex emotions.



Patricia Lim

Patricia is currently completing clinical training in the Master of Art Therapy program at Western Sydney University. Her clinical interest is in mental health recovery. Patricia's arts practice is varied, with a focus on drawing, painting and textiles.



Philippa Montier

Phillipa is currently studying in the Master of Art Therapy program at Western Sydney University. She is engaged in clinical training in the field of addiction recovery. Philippa's artworks investigate nature, chance, intuition and meditative mark-making in mindful and self-reflective processes.



Nicola Slack

Nicola is completing clinical training in the Master of Art Therapy program at Western Sydney University. Her clinical interests centre on art therapy for blended families, and adults struggling with depression and their children. Nicola's art practice is concept driven, making visible emotions at the tipping point between a person's internal/external world.



Rosemary Tennent

Rosemary is completing clinical training in the Master of Art Therapy program at Western Sydney University. Her clinical interests centre on art in psychotherapy and her arts practice is primarily as a painter.

Whitecliffe College of Arts and Design Students



Rosamund Heney

PGDip(Arts Therapy), PGDip(Secondary Teaching)(Visual Art), BFA, MAAT

In 2018 Rosa completed her Master of Arts in Arts Therapy. She is inspired by working alongside others in arts-based, process-oriented coPARTicipatory practice.



Rei Lambert

MAAT(Clin), AThR

Rei completed her Master of Arts in Arts Therapy at Whitecliffe College of Arts and Design in 2015. She is now a qualified clinical arts therapist working in Hawke's Bay, available to see private clients and take on contracted work for agencies. She dabbles in transpersonal and client-centred practices, using art-making as a way to communicate internal messages.



Mary McGeever

MAAT(Clin), AThR

Mary completed her Master of Arts in Arts Therapy at Whitecliffe College of Arts and Design, in 2015 and she is an arts therapist at Carlson School for Cerebral Palsy in Auckland.



Naomi Pears-Scown

BA(Social Anth), PGDip(Arts Therapy), MAAT

Naomi has a background in the mental health sector in New Zealand and has completed her masters research on how environmentally sensitive art materials can enrich arts therapy.



Ingrid Wang

MAAT(Clin), MDes, PGDip(Design), AThR

Ingrid's various life experiences as an immigrant, mother, wife, designer, lecturer and researcher have inspired and enriched her journey to becoming an arts therapist and visual artist. She is particularly interested in working with people who have experiences related to displacement issues. She is currently a PhD candidate at The University of Auckland. Her research focus is arts-based auto-ethnographic exploration of immigrants' identities.



Mary Weir

PGDip(Arts Therapy), BA Circus & Physical Theatre, AdvDipFineArt, MAAT

Mary is a mad-mystic and general philosophical coddiwompler.