

Exploring New Pathways for the Creative Arts Therapies

ANZATA/CTAA Creative Arts Therapy Symposium

nourishing, flourishing, connecting



**Saturday 26 and
Sunday 27 October 2013***

Whitecliffe College of Arts and Design
Parnell, Auckland

International guests: **Shaun McNiff** (Saturday)
TaKeTiNa and **Joanna Jaaniste** (Sunday)

Plus Post-Symposium full-day rhythm workshop with TaKeTiNa at
Blockhouse Bay Boat Club, Monday 28 October. For details: info@ctaa.org.nz

* Please note that Monday 28 is Labour Day.

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Welcome

We are very excited to present this joint venture so that together we can celebrate, promote and explore new pathways for the creative arts therapy profession in Aotearoa/New Zealand. The symposium is brought to you by ANZATA (Australia and New Zealand Arts Therapy Association) and CTAA (Creative Therapies Association of Aotearoa). ANZATA is the professional body of arts therapists who are trained to a masters level, in Australia, New Zealand and Singapore. CTAA is an integrative umbrella organisation which includes creative therapists, expressive arts therapists, community art workers and professionals interested in using creative media in education, rehabilitation, health, community health, counselling and psychotherapy.

Saturday's Events

ANZATA are honoured to have as our international guest speaker, renowned arts therapist Dr Shaun McNiff, Professor at Lesley University in Cambridge, Massachusetts, who will present a guest lecture titled 'Art-based knowing: Therapy, research and personal practice'. Prior to Shaun's presentation there will be a range of workshops in varying modalities offered in the morning. These will include dance/movement, drama, art therapy, sandplay and multimodal presentations. Later in the day following Shaun's presentation the programme will feature an exciting line-up of research presentations, including a book launch and a collaborative plenary session focussing on exploring new pathways for the profession.

Sunday's Events

CTAA offers a range of experiential workshops and presentations of recent research from professionals across modalities. Our session streams cover drama, dance, movement, music therapy, rhythm, creative writing, arts therapy and multimodal therapy. Our guest presenter and long time friend, Joanna Jaaniste, Australian dramatherapist, will present 'Grief and loss through ritual' on the Sunday morning. We also have Australians Justine Bristow and Nicholas Townsend offering a TakeTiNa rhythm workshop after lunch. This will be an introduction to the approach, and also leads into their full day workshop on the Monday at Blockhouse Bay hosted by CTAA. The CTAA Annual General Meeting will be held during the extended lunch break, which anyone is welcome to attend and learn more about what the organisation has done over the past year.

Building Access

Whitecliffe College has secure access, both to enter and exit the building and to move around the building. There will be a team of volunteers who are students at the college, who will be available to get you in and out and between floors. During the symposium, there will always be people in Pearce Seminar Room on Level 3 who can let you in but you will need assistance to get to another level. All security doors are clearly marked on the map on page 6 of this programme.

Food and Drinks

Tea, coffee, morning and afternoon tea and lunch will be provided on both days in the Whitecliffe cafeteria on Level 3 or on Level 5.

Additional Events

Panel Discussion with Shaun McNiff

Thursday 24 October, 4.15pm

**The University of Auckland, Epsom Campus
(Gate 3, 74 Epsom Avenue, (parking at Gate 2) Building N, Room 5)**

On the two days before the Auckland symposium, the Faculty of Education of the University of Auckland is running a symposium 'Critical Journeys in Applied Theatre: Creative Participation, Wellbeing, and Disadvantage' on 24 and 25 October. The two-day symposium includes confirmed keynote presenters from Eire, Australia and New Zealand, applied theatre performances, practical workshops and academic papers.

Associate Professor Peter O'Connor who has organised the symposium has invited Shaun McNiff and Amanda Levey (President of ANZATA) to join some of the keynote speakers from that symposium for a panel discussion, chaired by Professor Robyn Ewing from the University of Sydney. The topic for the discussion is: Theatre, the Arts, Well Being in the Post Normal World. Following the panel there will be a Ethnodrama performance "Capturing the Tales", a project involving residents of a retirement village in West Auckland and the teenage researchers. From 6.30 to 7.30 canapes and drinks will be served. Those who register for the ANZATA/CTAA symposium are invited to attend these events as guests, as well as keynote talks. It is wonderful that we are able to connect our events and we imagine there will be many attendees who will attend both symposia.

The Faculty of Education symposium celebrates theatre as a humanising and liberating process whilst also interrogating its potential to realise hope and possibility in communities of despair, disenfranchisement and disadvantage. It also will consider the manner in which applied theatre can contribute to the creation of healthy individuals and communities bringing together artists and professionals working in education, health, community and youth work with opportunities to share their research and practice. Of particular focus will be work that is concerned with wellbeing in marginalised and disadvantaged communities. For more information about that symposium www.education.auckland.ac.nz/uoa/home/events/template/event_item.jsp?cid=579699.

CTAA (Creative Therapists Association Aotearoa) presents:

The TaKeTiNa Rhythm Experience

*"Taketina is a pure rhythm experience.
Rhythm is used as a catalyst to merge
polarities or allow seemingly opposite
realities to coexist within ones self".*

*Polarities of "Freedom and Structure",
"Flow and Pulse", "Stillness and Movement",
"Chaos and Order", "Self and Other",
"Relaxation and Intensity", "Time and Timelessness",
"Awake Consciousness and Dream Consciousness".*

*Merging Polarities brings together the ultimate polarity
"the I and the It" / "I play a drum" but "It grooves" / "I plan"
but "it unfolds" / "I do" but "it happens"...
This gives one the experience of "emergence",
letting the deeper intelligence of life to surface and move through us.*



Meditation, Rhythm, Transformation

Workshop date:

Monday October 28th, 2013 (Labour day holiday)

10am-6pm

Venue: Blockhouse Bay Boat Club

91 Endeavour St, Blockhouse Bay, Auckland

Facilitators: Senior trained TaKeTiNa teachers Nick Townsend & Justine Bristow (AUS)

One Day EARLY BIRD RATE - By 1st October

ANZATA or CTAA Members \$70

Non-Members \$90

One Day STANDARD RATE

ANZATA or CTAA Members \$80

Non-Members \$100

This TaKeTiNa workshop at Blockhouse Bay Boat Club is hosted by CTAA (Creative Therapists Association Aotearoa), immediately following the ANZATA & CTAA symposium 'Exploring New Pathways for the Creative Arts Therapies'.

TaKeTiNa will also present a 3 hour workshop on Sunday as part of the symposium.

Special Offer: A special price of \$50 for this TaKeTiNa full day at Blockhouse Bay's workshop will be offered to anyone who also attends the CTAA symposium day, Sunday 27th October, upon presentation of a receipt. *It is recommended to attend both Sunday workshop and Monday full day, as TaKeTiNa works best if one has an overnight between sessions*

For details of the full weekend symposium please check the CTAA website: www.ctaa.org.nz

**Please email Gwen Mann at info@ctaa.org.nz
to register attendance or get more information.**

New World Rhythm

www.newworldrhythm.com | www.taketina.com

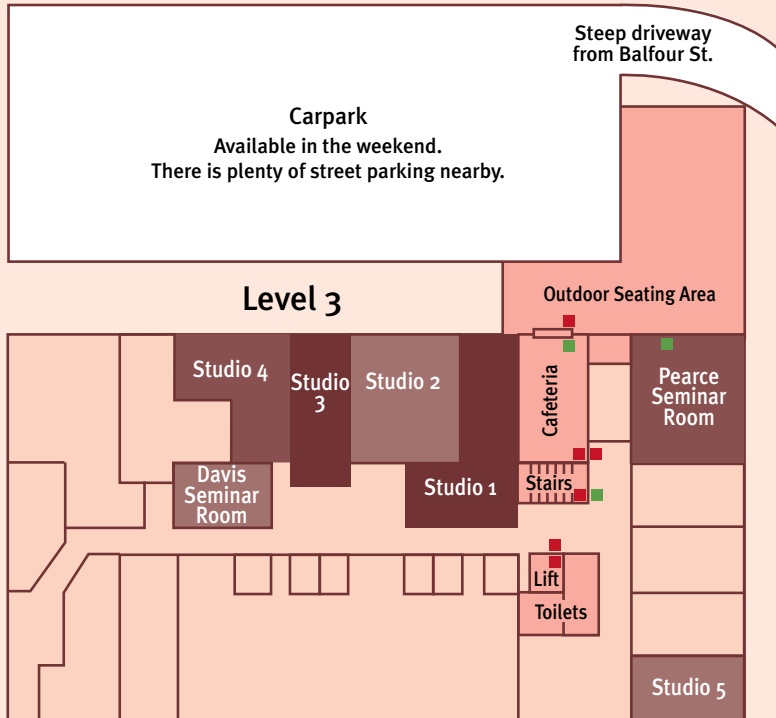


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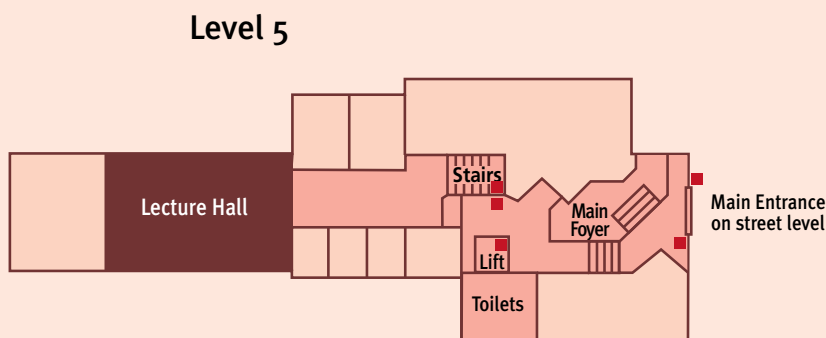
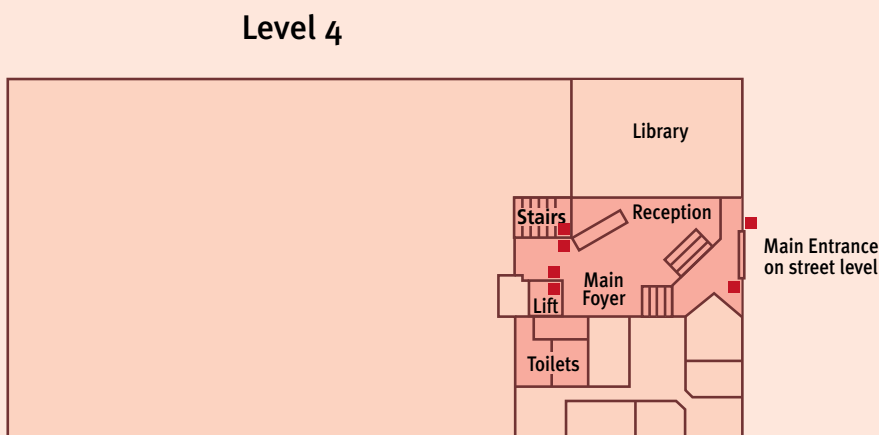
A ANZATA

Venue Map

Whitecliffe College of Arts and Design, 24 Balfour Street, Parnell



The Main Entrance on street level to Whitecliffe College of Arts and Design at 24 Balfour Street in Parnell.



Legend

- General areas open to symposium participants
- Symposium workshop and presentation rooms and exhibition space
- Locked – need a swipe card to open
- No swipe card needed

Day One – ANZATA

ANZATA/CTAA Symposium – Saturday 26 October 2013

8.30-9.00	Registration (Level 5)					
9.00-9.30	Welcome and Introduction (Lecture Hall – Level 5)					
9.30-10.00	Morning Tea and mingling (Cafeteria – Level 3)					
	Studio 2	Lecture Hall	Studio 5	Pearce	Studio 3	Studio 1
Session A 10.00-12.00 2 hours	1. Collaborative play lab Amanda Levey, Angie Richardson, Alecia Steel <i>DMT / dramatherapy workshop</i>	2. Teacher aide as arts therapist Anaia Treefoot, Lucy Mulholland <i>Multimodal workshop</i>	3. Carving our experience: A sculptural workshop Jennie Halliday <i>Multimodal workshop</i>	4. Art therapy + happiness Janet McLeod <i>Art therapy workshop</i>	5. Feel good, felt better Brigitte Houvenagel <i>Art therapy workshop</i>	6. Sandtray Cassandra Hendry, Rene Andre <i>Sandplay workshop</i>
12.00-1.00	Lunch (Cafeteria – Level 3)					
Session B 1.00-2.30	7. Art-based knowing: Therapy, research and personal practice International guest speaker – Dr Shaun McNiff (Lecture Hall – Level 5)					
	Lecture Hall			Pearce Seminar Room		
Session C 2.30-3.30	8. From research to publication: Assessment and outcomes in the arts therapies Caroline Miller et al			9. Research presentations Framing the problem: Art therapy and cartooning – Jennie Halliday and Sarah Lawn		
3.30-4.00	Afternoon Tea (Cafeteria – Level 3)					
Session D 4.00-6.00	10. Participatory plenary session: Exploring new pathways for the creative arts therapies Chaired by members of the Symposium Committee			11. Research presentations A/r/tography and arts-based research: Being present in multiplicity – Deborah Green		

1. Collaborative play lab

Amanda Levey, Angela Richardson, Alecia Steel

Studio 2, Saturday 10.00 – 12.00

Recent scientific research looks at the behaviour of flocks, schools and colonies to understand how humans can harness cooperation: "...a smart swarm is a group of individuals who respond to each other and to their environment in ways that give them the power, as a group, to cope with uncertainty, complexity and change" (Miller, 2010). This workshop is interested in enhancing the ability of participants to increase their engagement with their embodiedness, playfulness and nonverbal cooperative creative interaction with others.

Often in our work as therapists we are holding the space, and providing structure for our clients. When we come together with 'our tribe' it is a wonderful opportunity to work at an advanced level together, with others who are resilient, skilled, and empathic, who can readily resonate with us and also challenge and extend us in our 'play' selves.

Miller, P. (2010). *Smart swarm: Using animal behaviour to change our world*. London, UK: HarperCollins.

Amanda Levey

BA(Hons)Psych, MAAT, Registered Psychologist, AThR
Amanda studied psychology at the University of Melbourne, Australia, and subsequently trained extensively in the Halprin Method in the USA. This model is an integration of movement/dance, visual arts, performance techniques and therapeutic practices. She gained her MA in arts therapy at Whitecliffe College. She has worked extensively in movement-based arts therapy for over 20 years. Amanda is the current president of ANZATA and is the Director of the MA AT (Clinical) programme at Whitecliffe College of Arts and Design.

Dance-movement therapy / dramatherapy

Angie Richardson

ATCL, Dip Tchng, BEd, MAAT Clinical (Hons), AThR

Angie completed her MA in arts therapy at Whitecliffe College in 2010. She is an experienced and registered primary school teacher. Currently she works part time at a West Auckland special school doing dramatherapy with students who have special needs. She is also contracted by Spark Creative Studio and is presently on the team working with clients who have had strokes and also on the team doing art with children on the autism spectrum. She has worked in private practice using drama, art and sandtray therapy under the company name 'The Chrysalis', with a focus on children/teens and their families, including those with special needs.

Alecia Steel

Dip Performing Arts, PGDip Bus (HR), currently in MAAT (Clinical), Whitecliffe

Alecia has a background in performing arts and dance, and is a practising visual artist. She has spent 25 years working in corporate settings in organisational behaviour and change management in the USA, Australia, Singapore and New Zealand. Alecia is employed by SPARK Centre in Auckland as an Arts Therapist, working as part of a multi-disciplinary team using the modalities of Dance and Movement and Visual Arts. She is also involved with Dance Therapy New Zealand. Her areas of experience primarily lie with adults affected by Dementia, Stroke, Cerebral Palsy, physical and intellectual disabilities and with children on the Autism Spectrum.

2. Teacher aide as arts therapist: Bringing 1-1 arts therapy to a classroom setting

Anaia Treefoot, Lucy Mulholland

Lecture Hall, Saturday 10.00 – 12.00

This Panel Presentation will introduce participants to three unique perspectives (the mother, the Arts Therapy Trainee/Teacher Aide, and the Arts Therapy Supervisor/Consultant) on an innovative Arts Therapy Programme, which bridges Educational and Therapeutic frameworks to support the learning and emotional well being of a 7 year old boy with ASD and

Multimodal workshop

ADHD in a classroom setting. Presentation will include an experiential component introducing relevant tools.

Anaia Treefoot

MAAT (Clin), DTAA Assoc, ADTA Assoc

Anaia is a Dance Movement Therapist and Arts Therapist, based in Auckland. Anaia's clinical

background includes working with children with emotional and behavioural challenges, developmental delays, physical disabilities, Autism, Attention-deficit disorder, and other special needs; Paediatric Cancer Patients; Women's Groups; clients with depression, anxiety and stress; teens with Eating Disorders; adults seeking personal growth and self understanding; and young children and their parents.

Lucy-Mary Mulholland

BA Psych, ATCL Dip

Lucy is currently completing her MAAT (Clin) at Whitecliffe College. Lucy has an extensive background of teaching dance and drama to children, and has completed a one-year internship in Dance Movement Therapy at DTNZ. Lucy has just completed the research component of her Masters looking at how arts therapy and psycho-education can build resiliency and promote emotional wellbeing in young people. Lucy works with groups of children, leading therapeutic dance groups, under supervision of DNTZ Therapists.

3. Carving our experience: A sculptural workshop

Jennie Halliday

Studio 5, Saturday 10.00 – 12.00

A taster of The Open Studio process where participants and facilitator will engage in art making using simple sculptural materials, framing this experience with writing before and after the art making. Being alongside others in an experiential way that does not subscribe to comment from others will provide opportunity for self reflection and reflection of our individual practice as arts therapists.

Jennie Halliday

BA Theatre/Music, MFA Film/Video, MAAT

Jennie is in her Clinical year of the MAAT at Whitecliffe College of Arts and Design. She has a BA in Theatre

Multimodal workshop

and an MFA in Film/Video from Columbia College Chicago. She is an art therapist at Hospice West Auckland where she works with patients, families and carers, both individually and in groups. She is also running arts therapy groups for intermediate aged young people with behavioural problems in West Auckland schools. Earlier this year she had the opportunity to attend classes at The Open Studio Project in Evanston, Illinois and participate in a series of creativity workshops devised by art therapists and OSP co-founders Pat Allen and Dayna Block.

4. The Art Therapy + Happiness Project

Janet McLeod

Pearce Seminar Room, Saturday 10.00 – 12.00

Participants in this workshop will be introduced to positive art therapy through a range of mini workshops based on the online Art (Therapy) + Happiness Project. The project has been built on the belief that art making can support our positivity and sense of well-being, expand our awareness, open ourselves to kindness and self-compassion, and deepen our connection to ourselves and others. These workshops are informed by the positive psychology principles of compassion, courage, connection and contribution.

Multimodal workshop

Janet McLeod MBA, MAAT (Clin), AthR

Janet is a registered arts therapist, photographer, artist, and puppet-maker. Janet has a special interest in trauma informed art therapy, positive psychology, mindfulness, depression and chronic pain. She is currently working at The Auckland Regional Pain Service with those suffering from chronic pain and with young mums at Anglican Trust for Women and Children. She also runs Creativity for Well-Being workshops that combine the creative process with positive psychology principles and mindfulness with the aim of enhancing well-being. Janet and Cathy Malchiodi are joint facilitators of the online Art Therapy+ Happiness Project.

5. Feel good, felt better

Brigitte Houvenagel

Studio 3, Saturday 10.00 – 12.00

Participants in this workshop can enjoy a sensory experience of felt making using New Zealand wool, hot water and soap. There will be opportunity to indulge in the creative process and create something unique: small things, scarf or toy. Participants will also learn how felt making can have a range of art therapy applications.

Art therapy workshop

Brigitte Houvenagel

Doctorate of Medicine, Psychiatry, MAAT

Brigitte is a French New Zealander. She trained in Europe as a Doctor and Psychiatrist and completed her MAAT at Whitecliffe College. She has extensive experience working with multi-cultural communities and refugee organisations in various countries. Her expertise with family and aged people as well as her personal creative experience in visual arts brings a humanistic approach to her arts therapy practice.

6. Sandtray

Cassandra Hendry and Rene Andre

Studio 1, Saturday 10.00 – 12.00

Sandplay is an established psychotherapeutic modality. Figurines and symbols are placed in a sand tray also known as a 'free and protected space'. Participants will have an opportunity to create their own sandplay worlds, and gain a basic understanding of sandplay and how it works. This is a hands on workshop for those who like to play. Greetings and introductions will be followed with a brief theoretical overview of sandplay, its history, new pathways using sandplay, identification of sandplay components and the strengths and advantages that sandplay brings.

Cassandra Hendry

MAAT (Clin), AdvCert Art Therapy

Cass is a clinical Arts Therapist skilled in working with adults, children and families who have experienced

Sandplay workshop

traumatic experiences within a range of school, health and community settings. Cass currently works at Parentline in Hamilton with a focus on supporting children and their families using a range of media and more recently sandplay.

Rene Andre

MNZAC, MSocSc(Hons), Dip Counselling (Appl), AdvCert A&D Studies

Rene became interested in counseling as a geographer exploring how people's experience of place / space impacts on their well-being. He has worked as a counselor / therapist, specialising in sandplay, for over 15 years. Rene currently works at Parentline in Hamilton with children and adults who have been exposed to domestic violence.

7. Art-based knowing: Therapy, research & personal practice

Dr Shaun McNiff

Lecture Hall, Saturday 1.00 – 2.30

The arts and therapy field is based upon how artistic expression furthers communication and understanding of the most complex human problems that are inaccessible to the reasoning mind and verbal language. These principles are now being applied to research which raises new challenges in relation to the

Presentation

personal nature of artistic inquiry, the complexities of partnering with social science; and how artistic discoveries emerge spontaneously, even contrary to plans, often presenting outcomes a step or two ahead of the reflecting mind.

Dr Shaun McNiff PhD

Shaun is author of *Trust the process, Art as medicine, Art heals, Art-based research, Integrating the arts in therapy: History, theory and practice* and many other books which include his recent edited volume *Art as research*. An exhibiting painter who is internationally recognised in the areas of the arts

and healing, creativity enhancement, and art-based research, his books have been translated into many languages. Shaun is the recipient of numerous honours and awards for his work including the Honorary Life Member Award of the American Art Therapy Association and he was appointed as the first University Professor at Lesley University in 2002.

8. From research to publication: Assessment and outcomes in the arts therapies

Caroline Miller, Marion Gordon-Flower, Abi Raymond, Robin Barnaby, Mariana Torkington

Lecture Hall, Saturday 2.30 – 3.30

This presentation is made by a group of arts therapists who met regularly throughout 2011 and 2012 to research and share information about topics they identified as being vital to the next stages of development of the arts therapies. The group members decided to focus on assessment and outcomes.

The presenters will outline the process from the original sharing for research purposes, through to the writing of a book published in September/October 2013 by Jessica Kingsley Publishers. The title of the book is *Assessment and outcomes in the arts therapies: A person-centred approach*.

Each of the panel members contributed at least one chapter to this book in the form of a case study. The case studies demonstrate how meaningful assessment approaches linked to outcome measures, can be designed individually for clients across a broad spectrum which includes clients with Autism, Parkinson's Disease, Trauma, and other difficulties.

Caroline Miller

PGDip Dramatherapy, MA Clinical Psychology, PGDip Clinical Psychology

Caroline Miller is a Clinical Psychologist and Dramatherapist. She is a member of the British Association of Dramatherapists (BADth), the New Zealand Association of Counsellors (NZAC) and the Creative Therapies Association of Aotearoa (CTAA). She works in private practice. She was the inaugural co-director of the Whitecliffe programme, and has supervised many Masters' theses in the area of arts therapies.

Presentations and discussion

Marion Gordon-Flower

BMA, DipT, MAAT (Clin) Hons, AThR

Marion has a Masters Degree in Arts Therapies and is a member of ANZATA, CTAA and the American Art Therapy Association (AATA). She works in a community agency providing a range of services for adults with Cerebral Palsy and other disabilities. She has worked in a variety of other contexts including mental health, and with women experiencing grief and transition. She is also a qualified teacher. Marion has ethics approval through Northern X – Health and Disability Commission to conduct research into the use of the Five-Point-Star Assessment Tool developed by her and Rod Flower.

Abi Raymond

MAAT (Clin), AThR

Abi Raymond has a MA in Arts Therapy, is a member of ANZATA, and is a registered Arts Therapist. Abi has spent the last eight years studying and researching visual arts processes, counselling theory and arts therapy. Abi has a passion for working creatively and therapeutically with children, young people and adults with diverse life experiences. She has a particular interest in working with and developing arts therapy interventions for children with ASD both in group contexts and one to one. She works in a community agency, and in private practice, providing art therapy for children with autism.

Robin Barnaby

MAAT (Clin), AThR, NZAC

Robin Barnaby holds an MAAT from Whitecliffe College, and is a registered member of ANZATA and a provisional member of NZAC. Robin has worked for many years with families and young people at risk. Currently, she works in a community agency providing a range of services to adults with an intellectual disability, and within a specialised service for children with Autism Spectrum Disorder.

Mariana Torkington

MAAT (Clin), AThR, NZAC

Mariana Torkington has an MAAT from Whitecliffe College, and is a member of the New Zealand Association of Counsellors and of ANZATA. Mariana works in a community agency which provides therapy for traumatised children and adults. She has a small private practice, working mainly with children.

9. Framing the problem: Art therapy and cartooning

Jennie Halliday, Sarah Lawn

Pearce Seminar Room, Saturday 2.30 – 3.30

Art therapy presentation

Two research projects as part of the MAAT at Whitecliffe College of Arts & Design are presented as companion pieces. Both researchers employ a narrative therapy approach and use cartooning as a vehicle for participants, both young disenfranchised adults, telling and understanding their stories.

Research undertaken as part of the MAAT at Whitecliffe College of Arts & Design will be presented by two trainee arts therapists. Both pieces of research investigate the process of cartooning for marginalised young people from a narrative therapy perspective. Each presenter will first share the process and outcome of their individual research and then conclude with a joint summary outlining the synergies and differences of the same approach across these two discrete studies.

The emphasis of the presentation will be an examination of the cartoon or comic strip as a means of accessing the significant problems research participants are facing. Participant art works will be shown to illustrate their personal journey throughout the research period. Particular attention will be given to the sequential nature of cartooning implicit in comic books and whether this helps participants recognise linear causality at work in their lives.

Narrative therapy concepts within the work will be also be examined to illustrate emergence of dominant stories, co-creation of alternative stories, and the extent to which recognition of the client as the expert on content can play a role in their ability to find new ways of being.

This presentation will provide opportunity for attendees to see how cartooning can be employed in art therapy to elicit and effect positive change for disenfranchised young people.

Jennie Halliday

BA Theatre/Music, MFA Film/Video, MAAT

Please see page 9 for full bio.

Sarah Lawn

Dip Art & Creativity

Sarah Lawn is currently enrolled as a student in the Master of Arts in Arts Therapy at Whitecliffe College of Arts and Design. Having a long standing personal art practice Sarah has a strong belief in the central role creativity plays in creating meaning in life. She is married with two teenage daughters and lives in Papakura, Auckland.

10. Plenary session: Exploring new pathways for the creative arts therapies

Chaired by members of the Symposium Committee

Lecture Hall, Saturday 4.00 – 6.00

Following on from the discussions inspired by the book launch we would like to facilitate a session of breakout groups to explore various pathways that are being opened up for the arts therapy profession, eg mental health, medical, education, community, and for these

Presentations and discussion

groups to be able to discuss their concerns, their breakthroughs, their contacts and networks, and how by collaborating they may all be able to advocate for the profession.

11. A/r/tography and arts-based research: Being present in multiplicity

Deborah Green

Pearce Seminar Room, Saturday 4.00 – 6.00

Research helps us know and re-imagine our practice and ourselves as practitioners. Yet many research approaches seem removed from arts therapeutic practice. A/r/tography juxtaposes art and writing, offering the artist/researcher/therapist congruent ways to explore arts therapy. Participants will creatively experience how this approach mirrors the practice of using art therapeutically.

I am often disquieted by the mismatch between the textured, multifaceted, paradoxical and frequently open-ended way we practice as arts therapists and the often rigid and bounded way in which this practice is researched. Attempting to grapple with this as part of my PhD journey, I happened upon a/r/tography – “Research that breathes. Research that listens” (Springgay, Irwin & Kind, 2005). This arts-based research approach originated within educational research as a way for teachers to open new ways of knowing through simultaneously playing the roles of artist / researcher / teacher (a/r/t). Juxtaposing art creation and writing by an individual or group, a/r/tography offers arts therapists a marriage between response art and creative writing for personal growth and/or wider-scale research. The adoption of this approach into arts therapy opens the way for the artist / researcher / therapist to explore his/her own practice and the practice of art therapy in new challenging and dynamic ways.

Art therapy presentation

This presentation and experiential mixed-modal workshop will open the key features and flavours of this performative research approach through the creative exploration of six ‘renderings’ or key elements of a/r/tography: Contiguosness, living inquiry, reverberations, excess, openings, and metaphor / metonymy. Participants will be invited to experience for themselves how, in many ways, this form of research mirrors our professional practice of using art therapeutically and thus offers a very rich resource to our current arsenal of approaches whereby we come to better know and continually re-imagine our practice and ourselves as practitioners.

Deborah Green

BA(Hons), PGDip(AE), MEd, MAAT (Clin), AThR

Deborah Green has worked within the South African University and Health sectors in community development, and life skills/AIDS education and counselling. Her focus on earthquake trauma began in February 2011. She conducted arts therapy workshops with over 300 Christchurch pupils and began one-on-one work with quake affected adults and children. She currently runs a private practice, coordinates the eARTHquake therapy trust and was recently contracted to the Canterbury District Health Board. She holds BA(Hons), PGDip(AE), MEd, MAAT(Clinical), AThR qualifications and has been accepted by the University of Auckland to pursue a PhD focusing on her experiences as an earthquake arts therapist.

Day Two – CTAA

ANZATA/CTAA Symposium – Sunday 27 October 2013

	Pearce Seminar Room	Davis Seminar Room	Studios (tbc*)	Lecture Hall
Session A 9.15-10.15	1. Dancing with the archetypes Marion Gordon-Flower <i>Multimodal workshop</i>	2. Research: Creativity and self-awareness Suzanne Barthow <i>Research presentation</i>	3. Dance-sing journeys Dorothea Pienaar <i>Music therapy workshop</i>	4. Grief and loss through ritual Joanna Jaaniste <i>Dramatherapy and multimodal workshop</i>
10.15-10.30	Morning Tea (Cafeteria – Level 3)			break as given
Session B 10.30-12.00	5. Towards a developmentally oriented movement Brigitte Puls <i>DMT workshop</i>	6. Wordplay Josie Scott <i>Creative writing workshop</i>	7. Finding my voice Alison Talmage Marie Willis Suzanne Purdy <i>Music therapy workshop</i>	
12.00	Lunch			
12.30-1.30	CTAA AGM and Lunch			
Session C 1.30-3.30	8. Physical storytelling a tool to build community E. Connor Kelly <i>DMT/dramatherapy workshop</i>	9. Research writing for publication Caroline Miller Marion Gordon-Flower Abi Raymond Robin Barnaby Mariana Torkington <i>Research writing presentation</i>	10. Creative self care Beth St Claire <i>Expressive arts workshop</i>	11. TaKeTiNa rhythm workshop Nicholas Townsend Justine Bristow TaKeTiNa <i>Rhythm workshop</i>
3.30-3.45	Afternoon Tea (Cafeteria – Level 3)			break as given
Session D 3.45-5.00	12. Self-portrait: Who am I now? Louise Taylor <i>Multimodal workshop</i>	13. Person-centered art therapy an introduction Beverly Flitton <i>Art therapy workshop</i>	14. Communicating with people affected by dementia Brigitte Houvenagel <i>Multimodal discussion</i>	
5.00-5.30	Closing Ceremony (Lecture Hall)			

* The studio of workshops 3, 7, 10 and 14 will be confirmed at registration.

1. Dancing with the archetypes

Marion Gordon-Flower

Pearce Seminar Room

'Dancing with the archetypes' is a multimodal process successfully established with groups, who have transformed aspects of their lives whilst also evolving a choreographed performance piece. This workshop offers the experience of a starting point that can reach a conclusion in one session; or be shaped over a series of sessions by the dynamic and creative energy of the

Multimodal workshop

group, into 'the monumental'. Reference – Miller, C. (Ed.). (2013). *Assessments and outcomes in the arts therapies: A person-centred approach*. London, UK: Jessica Kingsley Publishers.

Marion Gordon-Flower

BMA, DipT, MAAT (Clin) Hons, AThR

Please see page 11 for full bio.

2. Research: Creativity and self-awareness

Suzanne Barthow

Davis Seminar Room

This workshop will consider the results of a small research project undertaken to ascertain whether the creative process experience of a group of counselling students in their first year skills paper aided the development of self-awareness. The students participated in different kinds of creative experiences, e.g. movement, drawing, painting, clay, collage as well as specific art therapy interventions, over the course of the ten week semester. The students were also asked to respond creatively by drawing, diagramming, or doodling their responses to specific exercises using the Te Whare Tapa Wha model of wellness.

Research presentation

Suzanne Barthow

Dip Teaching, Bachelor of Counselling, MAAT

Suzanne lives in Tauranga with her husband Derek and their three adult children, one son-in-law, two daughters-in-law, one grandchild, and a dog. She teaches at Bethlehem Tertiary Institute in Tauranga in the Counselling Programme four days per week and has a small private counselling practice. Suzanne loves to work creatively.

3. Dance-sing journeys

Dorothea Pienaar

Studios (tbc)

In this workshop the group members will be told the children's story, *The little kowhai tree* by Whiti Ihimaera. Then small groups will devise and present the essence of the story, using mime and instrumental/rhythmic music. After sharing this short exercise, the groups will choose elements of the story and each develop their own story. They will be free to choose music, words and/or movement. They will again present to the others. At the end of this process-focused session, a short interactive discussion will follow on the intrinsic value of the processes experienced. There will be a hand out with useful ideas.

Dorothea Pienaar

Dorothea is a passionate teacher and music therapist with many years' experience working in South Africa

Multimodal workshop

and New Zealand. Presently she is a part-time music specialist and therapist at a special school, and does private work. She and her daughter founded and run Arts in Education for Social Change. Dorothea has worked with children of different ages, children with and without special needs, children who have been through trauma, and refugee and displaced children. She believes that many children have limited opportunities to develop their natural talents in music, dance, drama and art. She has written plays and musicals based on the children's life stories and has workshopped and performed them together. Her programmes result in joyous hope for many children encouraging them to dream again.

4. Grief and loss through ritual

Joanna Jaaniste

Lecture Hall

Joanna will spend the first minutes of the session describing her PhD work with people who have dementia. In the twelfth of sixteen sessions of dramatherapy with them, she adapted *The Truth Mandala* (Macy & Young Brown, 1998) to help them to encompass their memory loss, grieving it together and then transforming it. Her work draws on Jennings' 'Embodiment, Projection, Role' paradigm (Jennings, 1999).

Joanna will then work with the group, engaging participants in games and exercises which have relevance to the theme. Once the group reaches a point where everyone is warmed up, she will guide them into the identity of four quadrants of the circle with natural materials which represent fear, grief, anger and emptiness. Each member of the group is encouraged to make a body sculpt, sound or give song or spoken words to their symbolic object. If their contribution does not fit any of these, there will be a designated space with a cushion where they can stand in order to perform.

Dramatherapy and Multimodal workshop

The group will then divide into four, and prepare rituals of transformation. There is another side to fear, grief, anger and emptiness. There will be an opportunity to draw or write about the transformation first: for example, fear can morph into trust. The performed rituals will reflect the transformation of the symbolic objects.

The last half hour of the workshop will be dedicated to reflection on the content and process.

Joanna Jaaniste

BA(Hons), DipEd, Dip Dramatherapy, AthR(Drama)

Joanna is a registered dramatherapist with an interest in understanding one's biography. She has extensive experience working with people with mental illness and addiction related issues. Currently her main area of research at the University of Western Sydney, where she teaches, is dramatherapy with people who have dementia. She runs introductory and advanced courses through the Dramatherapy Centre, Sydney, where she is Principal. Joanna has lectured and presented papers and workshops in Australia, the UK, USA, South Africa and New Zealand.

5. Towards a developmentally oriented movement

Brigitte Puls

Pearce Seminar Room

In this workshop the core concepts of *Towards a developmentally oriented movement-dance psychotherapy: The works of Daniel Stern and Allan Schore* are applied to clinical dance-movement psychotherapy. Participants will experience some core movement-dance psychotherapy interventions in application for a clinically oriented dance-movement psychotherapy. These practical experiences will be discussed in the light of the above authors' contributions to the research.

The presenter's goal is for participants to understand Stern and Schore's work more clearly in their relevance for a psychotherapy which is strongly body-inclusive, multimodal and relational. Brigitte also wishes to discuss how these authors' contributions can be helpful to guide and reflect upon our work, and to communicate with professionals from other modalities. A reading list will be given.

DMT workshop

Brigitte Puls

Psychologist (Clin), Psychotherapist (MNZAP), Clin Movement Therapist (EAG), Supervisor (NZAP)

Brigitte brings different professional lenses and skills to her work, stemming from her trainings in clinical psychology (NZ reg psych, clinical scope of practice), movement-dance therapy (EAG, MCTAA, MDUPANZ (cert) and psychotherapy (NZ reg, MNZAP). She works part-time as a senior lecturer at AUT University, teaching in the areas of creative-expressive therapies, psychotherapy and child and adolescent mental health. In her private practice she has been working with individuals, couples, children and groups both psychotherapeutically, and in supervision.

6. Wordplay

Josie Scott

Davis Seminar Room

With some directed exercises to get your pen flowing on the page this workshop will give you ideas to start to explore your own creative writing abilities as well as support clients on their writing journeys – be it journaling, letter writing or bigger projects.

Josie studied Creative Writing as part of her first degree (Literary and Cultural Studies BA Hons) at Warwick University, UK in 1995. She has continued to write personally as well as to use creative writing as part of her professional practice. She completed

Creative writing workshop

the Post Grad Dip and then the MA in Creative Arts Therapy at RMIT University, Melbourne in 2007 before returning to New Zealand.

Josie Scott

BA(Hons), PGDip, MA Creative Arts Therapy

Josie works as a Creative Arts Therapist, Counsellor and Trainer from Baylys Beach, Dargaville. She writes poetry and prose and loves to encourage others to write creatively as a way of expressing themselves and finding their voice.

7. Finding my voice: Singing as the primary therapeutic modality in music therapy clinical, community and research contexts

Alison Talmage, Marie Willis, Suzanne Purdy

Studios (tbc)

This singing workshop will integrate experiential learning with clinical and research evidence for the potential therapeutic benefits of singing. Two contrasting client-centred models of music therapy will be introduced: choral singing therapy for neurological patients at the University of Auckland, and improvisational music therapy for clients with special needs at the Raukatauri Music Therapy Centre. The workshop will include practical approaches to singing and vocal improvisation, an outline of the relationship between speech and singing, and accessible strategies for song writing. There will be time for questions and discussion of participants' personal and professional perspectives and scope of practice.

Alison Talmage

MMusTher (Hons), MEd, BA (Hons), NZRMTh

Alison is a music therapist and teacher, working at the Raukatauri Music Therapy Centre, the University of Auckland's Centre for Brain Research and Carlson School for Cerebral Palsy. She leads the CeleBRation Choir, a social singing group for adults living with neurological conditions, carers and volunteers, and is an honorary researcher in an HRC-funded study investigating choral singing therapy for people with neurological conditions. Her work with children and young people with special needs focuses

Music therapy – singing workshop

on an improvisational model of music therapy to foster relationships, communication and emotional expression. Alison plays violin and viola in several community orchestras and enjoys chamber music and composition.

Marie Willis

PGDip MTh, Dalcroze Eurhythmics-Certificate, BMus (Hons), NZRMTh

Marie is a music therapist employed by the Raukatauri Music Therapy Centre to work with children and young people with special needs. Her special interests are early years development, and supervision. She also tutors clarinet and saxophone at the Marshall Laing Music School, and teaches music privately. Her background in Dalcroze Eurhythmics and in the performing arts has had significant impact on the way she works, both as a music therapist and a music teacher.

Marie also performs in various musical ensembles and recognises that maintaining a balance between music therapy, music education and music performance is important to her sense of wellbeing and therefore supports her work with others. Marie enjoys presenting music workshops and has been involved in CTAA workshops in the past as a participant.

Suzanne Purdy

PhD, MSc, DipAud, MNZAS, FAAA, MAudSA, MNZSTA

Suzanne Purdy is Professor and Head of Speech Science at the University of Auckland. Her background in speech and hearing science and electrophysiology has led to a long-standing interest in brain mechanisms underlying communication disorders. She has worked clinically as an audiologist and has been an academic and researcher since completing her PhD in 1990. Suzanne has broad ranging research

interests and supervises students conducting research in the areas of auditory processing disorder, hearing loss in children and adults, perception of speech prosody, choral singing therapy (CST) for people with communication disorders as a result of stroke or Parkinson's disease, voice disorders and auditory electrophysiology. She is lead investigator on an HRC-funded study investigating CST for people with neurological conditions.

8. Physical storytelling a tool to build community

E. Connor Kelly

Pearce Seminar Room

'Physical Storytelling' is a form of improvised dance/theatre which can complement creative performance as well as therapy, clinical supervision and team building. The basis of the form includes Playback Theatre, Contact Improvisation and other dance improvisation. In Physical Storytelling, movers create improvised episodes in response to a teller's story. This form draws on the elements of storytelling, movement improvisation, and witnessing with the aim of transforming inner subjective experience through metaphor in a shared setting.

DMT workshop

E. Connor Kelly

BC-DMT, LPC

Connor has been a dance/movement therapist for over three decades. After training at New York University, she worked in Boston, Colorado and Europe before coming to New Zealand. She currently works with head injured patients and teens with complicated diagnoses, teaches authentic movement, and yoga. She has also worked with developmentally disabled adults, children and families, and frail elderly. For the past 18 years Connor has been a La Leche League Leader supporting breast feeding families.

9. Research: Writing for publication

Caroline Miller, Marion Gordon-Flower, Abi Raymond, Robin Barnaby, Mariana Torkington

Davis Seminar Room

This group of arts therapists met regularly throughout 2011 and 2012 to research and share information about topics they identified as being vital to the next stages of development of the arts therapies. Assessment and outcomes became the focus. The presenters will outline the process from the original sharing, through to the writing of a book, available from October 2013, published by Jessica Kingsley Publishers. The title of the book is *Assessment and outcomes in the arts therapies: A person-centred approach*. The panel members will talk about case studies which demonstrate how meaningful assessment approaches, linked to outcome measures, can be designed for individual clients.

Research writing workshop

Caroline Miller

PGDip Dramatherapy, MA Clinical Psychology, PGDip Clinical Psychology

Marion Gordon-Flower

BMA, DipT, MAAT (Clin) Hons, AThR

Abi Raymond

MAAT (Clin), AThR

Robin Barnaby

MAAT (Clin), AThR, NZAC

Mariana Torkington

MAAT (Clin), AThR, NZAC

Please see page 11 for all bios.

10. Creative self care

Beth St Claire

Studios (tbc)

This is an experiential workshop using a range of creative and expressive approaches. As workers in the 'helping professions' it can be easy to attend to others' needs and create generous, rich experiences for our clients while not gifting ourselves the same opportunities. In this workshop we will select from approaches such as sand-tray symbol-work, drawing, poetry, and aspects of movement and drama-therapy to investigate aspects of our lives – personal or professional, functional or needing attention. (This is predominantly designed to 'nurture the nurturers', but the approaches could easily also be used to assist clients, supervisees or groups.)

Expressive arts workshop

Beth St Claire

BA (Psych), PGDipTch, Cert Dramatherapy (UK), GradDip Psychotherapy, MHSc (Hons), PGCert Prof Supervision, PBANZ

Beth has been a psychotherapist, supervisor and group facilitator for many years, mostly based at Youthline House in Ponsonby. She has a particular interest in creative approaches, symbols and metaphor, training in dramatherapy in London; in sand-tray; IDT and doing postgraduate papers in Jungian and transpersonal psychology in New Zealand. A fully registered psychotherapist, she works with adolescents and adults, valuing the opportunity to travel alongside people on their unique personal journeys. Beth also runs training and workshops in areas of personal development and counselling skills.

11. TaKeTiNa rhythm workshop

Nicholas Townsend, Justine Bristow

Lecture Hall

TaKeTiNa is a process for activating human and musical potential through rhythm. It is a path in which musical learning always goes hand in hand with personal development.

Participants are guided into different rhythms in the feet, the hands, and the voice to form a beautiful multi-layered and textured sound fabric. It allows participants to maintain their own pace as they take part in an unfolding musical group process.

Participants do not require any prior musical experience. TaKeTiNa is designed to be accessible to all people regardless of their background.

Rhythm workshop

Nicholas Townsend

Senior-trained TaKeTiNa Facilitator

Nicholas is a senior-trained TaKeTiNa teacher with 15 years experience leading TaKeTiNa workshops. He is also trained in Body Therapy work, Body Mapping and The Alexander Technique. He has a background in National Sporting Achievements and music.

Justine Bristow

MMus & Senior-trained TaKeTiNa Facilitator

Justine is a senior-trained TaKeTiNa teacher with 15 years experience. She has a Masters Degree in Music performance from the University of Auckland and has performed professionally with Australian and New Zealand orchestras as a flutist.

12. Self-portrait: Who am I now?

Louise Taylor

Pearce Seminar Room

The Tamalpa life/art process is an expressive arts therapy model, and arts practice, grounded in movement and body mind awareness. Through creative play and art that is connected to life themes meaning can be found, to support change and growth in ones life.

Louise Taylor

Tamalpa educator, BFA, DipCM

Louise is a visual and movement artist, bodyworker and teacher of the Tamalpa Life/art process. She

Multimodal workshop

works with movement-based expressive arts in individual therapy sessions, in group workshops and classes, in the studio, and retreats in nature. She trained with founders Anna and Daria Halprin, and G. Hoffman Soto at the Tamalpa Institute in California. The Tamalpa Life/Art process is a Movement based Expressive arts education and therapy grounded in movement and body mind awareness and integration. Louise Taylor has used the Tamalpa life/art process in working with those in mental health services, people in addiction recovery and cancer patients.

13. Person-centered art therapy: An introduction

Beverly Flitton

Davis Seminar Room

This experiential workshop will offer participants an introduction to art therapy the person centred way. Participants will be introduced to the theory of this approach and also learn some basic techniques of this powerful tool. Participants will be offered a art exercise, the presenter will model a way of working with the image using the theory and skills identified earlier. There will be a small amount of time for participants to try out these skills concluding with a question and answer time.

Art therapy workshop

Beverly Flitton

PhD Counselling, MA Counselling, Dip Counselling, DipPCAT
Beverley trained in the UK and has specialised in working with children and adolescents with complex needs and their families. She has a PhD Counselling, MA Counselling Inquiry, Diploma Counselling and Diploma in Person Centred Art Therapy. Her Art Therapy Training was facilitated by Liesl Silverstone founder of The Centre for Person Centred Art Therapy. For the past 19 years she has worked as a private practitioner, trainer, lecturer, researcher, consultant and supervisor.

14. Communicating with people affected by dementia

Brigitte Houvenagel

Studios (tbc)

This presentation will begin with definitions and shared points of view about communication, about dementia and palliative care. Then we will develop strategies regarding the challenges on communications with patient and family like focusing on abilities, helping the person with dementia communicate, helping the person affected with dementia understand you. But the main objective of this presentation would be changing perspectives regarding late-life dementia with short historic and neurologic perspectives, to go further to creativity and art therapy.

Multimodal discussion

It will lead to humanistic, mindfulness and positive psychology approaches through art expression, sensory experience and contemplation.

Brigitte Houvenagel

Doctorate of Medicine, Psychiatry, MAAT

Please see page 9 for full bio.

Registration

Prices

Early Bird Rate by 30 September

	One Day Early Bird	One Day Standard	Two Days Early Bird	Two Days Standard
ANZATA or CTAA Members	\$80	\$100	\$150	\$170
Non-Members	\$100	\$120	\$180	\$200

Please note: Presenters are not required to pay for the day on which they present.

How to register

Registration can be completed online on the ANZATA website.

Please go to www.anzata.org/anzata-events/ and follow the easy steps.

If you have any difficulty please contact Jill Segedin – web@anzata.org.

If you are not able to book online please contact Janet McLeod – committee4@anzata.org.