



NEWSLETTER

The 2010 ANZATA/CTAA Symposium planning gathers momentum

The next annual Creative Therapies Symposium is gathering momentum so mark these dates on your calendar!

Theme – ‘Interwoven: Creativity, Community, Connection’

Dates – 25/26 September 2010

Venue – Whitecliffe College of Arts and Design, Auckland

The programme is new and exciting and there will be a range of expressive modalities on offer! Please note that the event will include the CTAA and ANZATA AGM's. Programme will follow.

For further information contact sallylegg@clear.net.nz (ANZATA) or gwenmann@xtra.co.nz (CTAA).



Group synergy facilitates insights and experiences only possible through collective endeavour. These scenes from last year's symposium will recall for many just how enjoyable this is.



JULY 2010

www.cta.org.nz

OFFICIAL NEWSLETTER OF THE CREATIVE THERAPIES ASSOCIATION OF AOTEAROA

NEWSLETTER

Research in the Arts Therapies

Those of you who are interested in research evidence in the arts therapies, especially in the health sector, may like to look at the following website outlining arts therapies research in Scotland <http://www.nhshealthquality.org/nhsqis/2636.html>. Where there is a report: Arts Therapies Art, Dance Movement, Drama and Music Therapy Hitting the HEAT Targets, along with other information.

Registration Update

The progress towards registration is slow, and seems to have just become slower. The Ministry of Health has now come up with an alteration to the criteria and invited NZAC to resubmit taking the new criteria into consideration. You can find the criteria on page 7 of the document on the MOH website [http://www.moh.govt.nz/moh.nsf/Files/hpca-files/\\$file/guidelines-for-regulation-hpca-act.pdf](http://www.moh.govt.nz/moh.nsf/Files/hpca-files/$file/guidelines-for-regulation-hpca-act.pdf). The new criteria appear not to be significantly different to the old. NZAC representatives will meet with Ministry officials on July 21st in Wellington. In the meantime NZAC has called a combined meeting on July 12th for those groups who were party to the submission, which includes CTAA. It would be helpful if you could read this and send me your views on this and other registration questions before July 12th at cmillerc@xtra.co.nz

Caroline Miller

A Forum for Ideas

We would be delighted if all CTAA members felt free to send in contributions to the newsletters that reflect your latest activities and interests.

Perhaps you would like to tell us about a new venture in your work; it would be interesting for members to hear more about what others are up to. Perhaps you would like to share something you've been reading lately that has stimulated your thinking, or speak out about an art therapy issue that is close to your heart. Perhaps you have something to share from your own personal artmaking / creative life.

Your e-mails will find a warm welcome at nicolamcm@xtra.co.nz or torkington@xtra.co.nz



MOVEMENT, MEDITATION, RELEASE, INTEGRATION

An invitation to gather in a warm, nurturing environment and explore the play between sensation, movement, emotion, imagination, relationship and consciousness.

We will use the Authentic Movement process and rituals. The mover moves with eyes closed, listening to inner impulses, allowing movement to arise and be expressed, as they chose. The witness practices a non-judgmental presence. Expressive/reflective art, writing and dialogue processes, integrates and supports experience.

Music and rhythm, guided visualization, relaxation and improv techniques may be also explored.

Our bodies are deep reservoirs of our truth and authenticity, allowing space for this inner dance to arise, be explored, witnessed and shared, brings integration and healing.

June 25, July 2, 9, 23
10.30 - 1.30 pm

\$100 for 4 or \$30 per session

Facilitated by Anne Frances:
MHSc (Expressive Therapies) PGDip (Nursing) BHSc (Nursing).

Please register with SOUL CENTRE
Ph 817 3051 or inquiries to Anne
Mob: 027 209 5516 Email: ahurst@pl.net

RIPPLES



Debbie Mills-Henry—

Hospital Play and Bereavement Specialist Workshop for professionals and volunteers working with children affected by grief and bereavement

'A Journey or a Mission?'

Grief and Bereavement

• Saturday 27th November 2010

Memory making

• Saturday 11th December 2010

When enquiring please state dates you are interested in

COST

\$180 ONE DAY

VENUE

WAIKATO HOSPITAL

Aim of workshop: The Aim of this interactive workshop will be to provide you, (the participant) with some creative ideas and activities that will allow you to pass on to clients you work with.

Day One: To allow participants to gain knowledge of how to work with teens and children affected by an anticipated or sudden death. Looking at life cycles, feelings and what death might mean to each developmental stage - how you will have to work differently according to the age of the child. Gain knowledge of how children and teens may be affected with bereavement, what questions they may ask, how to prepare them for funerals, saying goodbye and what activities you can use to support them at this difficult time.

Day Two: Memories are so important...for a child/teen that may be dying and for the loved ones that are left behind. These memory activities for the whole family are a great way to allow people to discuss good and bad times, keep memories safe when a loved one has died and maybe for a closure of some family members. Activities will be demonstrated this day showing you how to allow clients to treasure some of their memories - creating some beautiful memorable pieces. Participants will get an opportunity to create their own during this day.

For more information contact: Debbie Mills-Henry
PO Box 107 Ngaruawahia PH 07 825 4407 E deb_palmtree@yahoo.co.uk

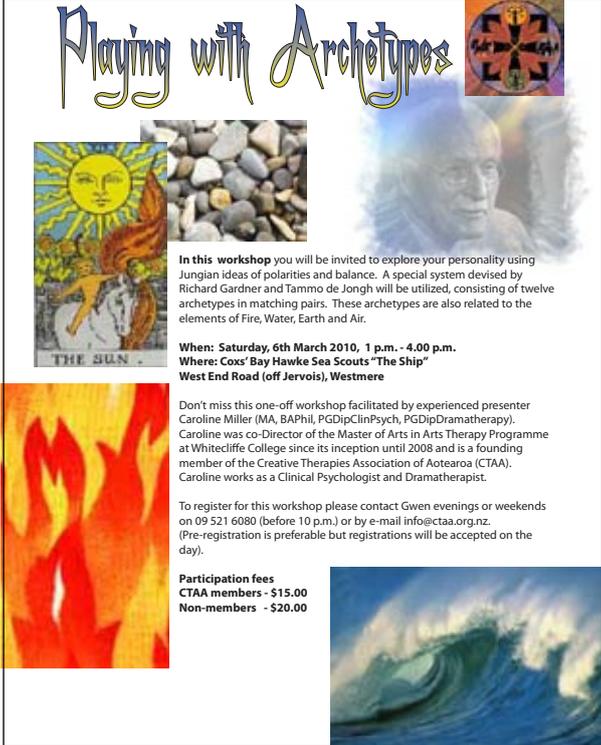
WORKSHOP REVIEWS

Playing With Archetypes

presented by Caroline Miller

The CTAA commenced the year with a workshop facilitated by one of its founding members, Caroline Miller. The workshop, which was held at the Hawkes Scouts Hall in Cox's Bay, was titled 'Playing with Archetypes'. In this workshop participants were invited to explore Jungian ideas of polarities and balance using Richard Gardner's system consisting of 12 archetypes. Caroline first introduced us to some warm-ups which were expressive and fun. We then progressed to do some deeper work which consisted of selecting an archetype that we identified with and moving on to the opposite archetype. The combination of drawing and writing alongside contemplation and the use of dramatic techniques led to many wonderful and surprising insights as participants learned about integrating opposing aspects within themselves. Thank you Caroline for a thought provoking presentation!

Mariana Torkington



Playing with Archetypes

In this workshop you will be invited to explore your personality using Jungian ideas of polarities and balance. A special system devised by Richard Gardner and Tammo de Jongh will be utilized, consisting of twelve archetypes in matching pairs. These archetypes are also related to the elements of Fire, Water, Earth and Air.

When: Saturday, 6th March 2010, 1 p.m. - 4.00 p.m.
Where: Cox's Bay Hawke Sea Scouts "The Ship" West End Road (off Jervois), Westmere

Don't miss this one-off workshop facilitated by experienced presenter Caroline Miller (MA, BAPhil, PGDipClinPsych, PGDipDramatherapy). Caroline was co-Director of the Master of Arts in Arts Therapy Programme at Whitecliffe College since its inception until 2008 and is a founding member of the Creative Therapies Association of Aotearoa (CTAA). Caroline works as a Clinical Psychologist and Dramatherapist.

To register for this workshop please contact Gwen evenings or weekends on 09 521 6080 (before 10 p.m.) or by e-mail info@ctaa.org.nz. (Pre-registration is preferable but registrations will be accepted on the day).

Participation fees
CTAA members - \$15.00
Non-members - \$20.00

Transformative Path Through Charcoal and Painting

presented by Neeltje Prior Bollen

Attending Neeltje's workshop was quite a different experience to others I have participated in, in recent times. Neeltje comes from a very different world view (and life experience) to my own, and this intrigued me. I was fascinated that an art therapist was successfully linking in with medical practitioners to assist in addressing medical concerns through a creative output. It also felt like quite an honour to get to work with someone who has been in the business, gaining deeper insight and experience, for so long, and keeping the work of past practitioners alive and developing.

In the workshop, we worked with black charcoal on white paper, massaging the charcoal powder into the surface which then became almost 'pliable', so we could manipulate the lightness and darkness just by working on the surface with our fingers. It was great to be able to regularly step back from



our images and see how the effect of shadow and illumination developed and being able to see others' experiments as well.

Purely as visual technique, this is subtle and atmospheric. Neeltje had a few pieces of art work on display that had been created using this approach - some in black and white, some in colours; some quite abstract and others more like illustrations of angels or figures. I could also see how, once you got the hang of what was possible, it could be a very satisfying organic process with its 'hands-on' technique - quite sensual, and with potential to process internal experiences or possibly spiritual material. It was good to hear that Neeltje runs weekend workshops to give such opportunities to develop and deepen the process. I was delighted that she was willing to share this introduction with us and offer such a unique experience.'

Beth St Claire



**Thanks Neeltje
for sharing
a unique
and unusual
experience**



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in black and white,
some in colours**



Autumn is the season for harvest and storing the goodness

presented by Maree Brogden

Maree introduced her workshop by reading an excerpt from Juliet Batten's book: Celebrating the southern seasons. According to Batten, rituals

autumnal breeze and bask in the last ray of warmth before moving our inner perception of the season across the room. Embodying the very personal feeling that autumn evokes for us, we flowed, twirled, rolled and batted our feet against the floor; participants harmoniously gathered, made connection, responded to one another with movement, light touches or looks, alternatively letting go and coming back within themselves.

We were then invited to draw sketches reflecting our dance. The drawing praised containment, connections, warmth and circles of love, fire and light coming from the heart, passion and gestation before new birth. A scent of rich humus and

honoring autumn are about gathering, slowing down, going inward and reflecting. And so we did...Firstly, we all shared the offerings we thought represented autumn best for us on the occasional altar. It was an explosion of sensations, with the rich colours of autumn leaves and berries. Participants talked about the warmth of wood fires, sexy woolly jumpers, the return of socks and the reflective inspiration of the moon. Finally, we had a sonic and tactile experience as one participant invited us to imagine ourselves walking on a soft carpet of crispy autumn leaves. This was an excellent introduction enriched by everyone's experiences of autumn and a call to awaken our senses. Maree guided us outside to breathe in some fresh peaceful

a wealth of colourful representations came from the ground.

Finally, we rose from the floor, shared our insight and then moved our very personal autumnal dance in pairs. A true celebration of the many gifts of autumn.

Maree's gentle manner took us softly and soundly into the warm and sensual interiority of an autumn atmosphere. Afterwards I felt as calm and as peaceful as an autumn sky with enough fire burning inside me to last all winter.

Agnes Sigley



The Large Group Experience

On the weekend of 16-18 April I joined about 30 psychotherapists and counsellors in a very deep and rewarding experience called a Large Group Experience. This group has been running for several years now, organized by a group of psychotherapists and conducted by Teresa von Sommaruga Howard who lives in London and comes over to New Zealand twice a year to perform her work as a group-analytic psychotherapist. Teresa is a very wise and experienced facilitator and manages to "mother" the group in a special way, allowing pain and hard feelings to surface yet making sure participants feel held and nurtured.

I found this workshop very valuable as it gives a chance for psychotherapists and other mental health professionals, whose nature of work is very intense, to share their emotions, deepen understandings of what is going on for them and connect with colleagues

that are happy to explore together meanings and undercurrents and process them in a safe environment.

As the venue was the Royal Akarana Yacht Club at Okahu Bay, we were surrounded by water and it sometimes felt like an island where we were allowed and challenged to examine ourselves and reflect on our relationships, a special opportunity to learn and grow both personally and professionally.

This was for me a journey of discovery and I highly recommend it to therapists.

Edna Heled

BOOK REVIEW

Using Expressive Art to Work with Mind, Body and Emotion Theory and Practice

Mark Pearson and Helen Wilson
Jessica Kingsley Publishers 2009
Reviewed by Caroline Miller

The introduction to this book has the title-After We've Talked – What Then? which introduces the book's focus on therapy approaches which emphasise and stimulate emotional expression, and which are not totally dependent on verbal communication. The authors seek to define expressive therapies, and to record the history and origins of expressive therapies. Some examples are given of their use by the authors, and each chapter after the first gives examples of exercises which the reader might use.

Expressive Therapies, for these authors, are based on the idea that the best way to learn is experientially, and that using creative

arts therapies provides clients with 'tools that facilitate expression without undue focus on language' (p.37). A key tenet appears to be that releasing emotion frees the mind to be creative and responsive in meeting the challenges of life. So there is an emphasis on how emotions affect thought, which is refreshing after many years of emphasis on how thinking affects emotions. Of course, they are interwoven, but the perspective of this book makes an interesting starting point for a potentially fresh approach. As a central idea, the Expressive Therapies approach calls on Jungian ideas of the inclination of the psyche towards wholeness or individuation. Expressive Therapy is described as 'an invitational, self-discovery approach, encouraging insights and change from within the client.'(p.44).

The authors base the development of this Expressive Therapies model on more than twenty years each of working in this way, with all age groups and with a wide range of presenting problems. They have also worked extensively as trainers and educators. Mark Pearson is currently Director of the Expressive Therapies Institute of Australia and a lecturer in counselling at the University of Notre Dame Australia in Fremantle, Western Australia. Helen Wilson is a lecturer in counselling at the same university. She has written and taught on counselling programmes in Singapore,

Malaysia, New Zealand and Australia, and has been a counsellor in private practice for twenty years

The chapter headings indicate the authors' attempts to provide a comprehensive review of the links between Expressive Therapies (as developed by them) and creative arts therapies and various somatic-based therapies, as well as psychodynamic verbal approaches. The following chapter headings indicate the scope of the review they have undertaken, to place their approach historically and theoretically.

1. Evolution and Practice of Expressive Therapies
2. Towards Freedom, Choice and Empowerment: Evolution of Theory
3. Attachment, Integration and Renewal
4. Emotions and our Body: Working with Somatic Awareness
5. Emotion-focussed Processes
6. Expressive Writing as Emotional First Aid
7. Exploring Art as Therapy
8. Use of Music in Expressive Therapies
9. Dreamwork
10. Transpersonal Influences: Spirituality and Counselling

This book provides a comprehensive review of a number of therapies, and in doing so is a useful reference book. It would provide a good overview for someone new to the field. The editors recommend the book as providing 'a highly effective addition to the professional repertoire of counsellors, psychologists, psychotherapists, social workers and teachers.' I think it would be more useful to members of those groups in providing an overview of a number of potentially connected approaches, and a starting point for them to follow-up with a more specific interest in Expressive Therapies, or in any of the other therapies described.

Useful Books for those working with Children in Groups

Bannister, A. & Huntington, A. (2002) **Communicating with Children and Adolescents Action for Change** (Jessica Kingsley)

Crimmens, P. (2006) **Drama Therapy and Storymaking in Special Education.** (Jessica Kingsley)

Dwivedi, K.N. (Ed). (1999) **Group Work with Children and Adolescents.** (Jessica Kingsley)

Geddes, H. (2006) Attachment in the Classroom. (Worth)

Geldard, K. & Geldard, D. (2001). **Working with Children in Groups.** (Palgrave)

Weber, M.W. & Haen, C. (2005) **Clinical Applications of Drama Therapy in Child and Adolescent Treatment**

