



# Embracing Ripples of Growth

**LASALLE/ANZATA Symposium 2014**

An International Critical Reflection on the Discourses  
of Contemporary Art(s) Therapy Research and Practice

## SYMPOSIUM PROGRAMME



Friday 31 October  
Saturday 1 November  
LASALLE College of the Arts,  
1 McNally Street, Singapore





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# WELCOME

On behalf of the MA Art Therapy Programme, LASALLE College of the Arts and Australian and New Zealand Arts Therapy Association (ANZATA) let us warmly welcome you to Singapore and to our international art(s) therapy research and professional practice symposium. We are honoured to host this significant two-day intellectual and creative exchange in Singapore for many reasons as it not only acknowledges the rapidly emerging discipline within the region but it also serves to provide a platform for educators, practitioners and researchers to document and discuss contemporary practice.

We are confident that you will be stimulated, intrigued and inspired to continue to enhance your practice and to further contribute to the development of art(s) therapy research and practice within the region and abroad. Do take the time to connect and network with all of our distinguished guests and participants as it is often through these links that future research and collaborative projects take root.

On Day One, where the focus is on research issues in the art(s) therapies, LASALLE College of the Arts has invited a host of distinguished international guests. The presentations, panels, and workshops will explore practical and research issues and discuss current best practices, ways to document and publish arts-based research, and to develop collaborative arts-based initiatives. ANZATA called for proposals for Day Two which represent the practice and research of arts therapists in our region. There is a fascinating variety of presentations and workshops from a wide range of countries, based on clinical practice, current issues in arts therapy, as well as interactive and experiential presentations that enhance creativity. The ANZATA Annual General Meeting will be held in the afternoon and all ANZATA members are asked to attend to vote on important issues for the association. There are a number of options for non-members to attend during this session time.

LASALLE College of the Arts is the Educational Partner of The Red Pencil. This partnership has been beneficial in many ways including scholarships for Postgraduate training, practical experience for current MA Art Therapy students as well as for alumni and other professionals, and for propelling the discipline of art therapy forward nationally and internationally through meaningful and timely service delivery to those children in need.

PERSPECTIVES: Art, Inflammation and Me is a national and international community art project that is on exhibition at the College's Project Space gallery from 1-23 November. This is a collaborative community and awareness project between the MA Art Therapy Programme, the National Arthritis Foundation (NAF), and the community-at-large.

We are grateful for the generosity of The Red Pencil and Faber Castell for supplying the art materials for the symposium. We would also like to extend our appreciation to all those that provided their time, talent, skills, passion, ideas, expertise and creativity in making this symposium a reality. Please do enjoy...

**Ronald PMH Lay**, LASALLE College of the Arts and **Amanda Levey**, President ANZATA



# ABOUT SINGAPORE

## KEY FACTS

Located in Southeast Asia, Singapore has a land area of about 710 square kilometres, making it one of the smallest countries in the world and the smallest in the region.

Although small, Singapore's population stands at slightly over five million people, with English as the main language of instruction, and is spoken by each major ethnicity. Today, ethnic Chinese form 74% of the Singaporean population, with Malays (13%), Indians (9%), and Eurasians and Asians of different origins (3%). Singapore is also home to many expatriates from countries as diverse as North America, Australia, Europe, China, Japan and India.

## SINGAPORE WEATHER

Singapore is known for its hot and humid weather, with little variation throughout the year. The average daytime temperature is 31°C (88°F), dropping to around 24°C (75°F) in the evenings.

## (NO) SMOKING

Smoking is prohibited in air-conditioned areas such as shopping centres, restaurants, entertainment outlets and cinemas, and it is also an offence on public transportation, lifts and certain public areas.

## CONSUMER ADVISORY

Here are some smart shopping tips to ensure that your retail experience is a pleasant one.

1. Prices may vary widely between shops because distributors are not obliged to abide by each product's Recommended Retail Price (RRP). However, almost all local major departmental stores will display prices of goods clearly.

2. Note that purchases made are usually final
3. Check receipts or invoices for accuracy
4. Verify what your 'international warranty' covers

## VISA

Australians and New Zealanders do not require a visa for entry into Singapore.

## MONEY MATTERS

The currency used in Singapore is the Singapore dollar (S\$). Money changing services can be found at the Singapore Changi Airport and at most shopping centres and hotels around the island.

## TAX REFUND

As a tourist in Singapore, you may claim a refund on the 7% Goods and Services Tax (GST) paid on your purchases made at participating retail shops before you leave Singapore. GST refund is applicable for purchases above SGD 100. A handling fee for the refund service will be deducted from the GST amount.

## GETTING AROUND

Be it by bus, Mass Rapid Transport (MRT) or taxicabs, getting around Singapore is a breeze. When you land at Changi International Airport, you can take a MRT from the airport to Bugis MRT station which is about a ten minute walk from LASALLE College of the Arts. However, because of the heat and your luggage, it is advisable to take a taxi (about S\$20). Note: Be mindful that the taxi charges by the meter. Check out [www.smrt.com.sg](http://www.smrt.com.sg) for more info.

For more information about Singapore you might like to visit [www.yoursingapore.com](http://www.yoursingapore.com)

## ATTRACTIONS

Singapore boasts many attractions well worth the visit. Hope you have time to visit a few – they are worth the trip!

### Sights and Sounds (and shopping!)

- Orchard Road
- Chinatown
- Little India
- Arab Street / Kampong Glam

### Nature and Walks (visit <http://www.nparks.gov.sg>)

- Gardens by the Bay
- Singapore Botanical Gardens

### Museums and Culture (visit [www.nhb.gov.sg](http://www.nhb.gov.sg))

- National Museum of Singapore
- Asian Civilization Museum

### Art (visit <http://singart.com>)

- Singapore Art Museum
- Art Science Museum

### Animal lovers

- Singapore Zoo
- Night Safari

### Sentosa

- Universal Studios
- Underwater world

## ACCOMMODATION

Accommodation is plentiful in close proximity to LASALLE College of the Arts. The following is a list of hotels within five minutes walk from the College. However, Bugis, Little India and Dhoby Ghaut MRT Stations are only about ten minutes walk so you can choose to stay at other popular locations like Chinatown or Orchard Road.

### MID-RANGE

- Hotel Ibis Singapore on Bencoolen, 170 Bencoolen St, Singapore 189657 – [www.ibis.com](http://www.ibis.com)
- Parc Sovereign Hotel, 175 Albert St, Singapore 189970 – [www.parcsovereign.com](http://www.parcsovereign.com)

- Village Hotel Albert Court by Far East Hospitality, 180 Albert St, Singapore 189971 – [www.stayfareast.com](http://www.stayfareast.com)
- BIG Hotel Singapore, 200 Middle Rd, Singapore 188980 – [www.bighotel.com](http://www.bighotel.com)
- Perak Hotel, 12 Perak Rd, Singapore 208133 – [www.peraklodge.net](http://www.peraklodge.net)

### BUDGET

- Hotel 81 Selegie, 161 Selegie Rd, Singapore 188318 – [hotel-81-selegie.hotelpl.info](http://hotel-81-selegie.hotelpl.info)
- Fragrance Hotel – Selegie, 183 Selegie Rd, Singapore 188329 – [www.fragrancehotel.com](http://www.fragrancehotel.com)

## CAFES, RESTAURANTS AND NIGHTLIFE

### CAFES NEAR LASALLE

- Cups and Canvas – 139 Selegie Rd
- Geisha Specialty Coffee – 175 Bencoolen St, Burlington Sq

### Note about coffee

Local coffee in Singapore differs from the Arabica beans commonly used in lattes and cappuccinos. Known as 'kopi', Robusta coffee beans are used and prepared by roasting the beans in sugar and butter. This results in a brew that is unique to the South East Asian palette.

### Recommended places for local kopi

- Ya Kun Kaya Toast – 1 Selegie Road, PoMo
- Toastbox – 80 Bencoolen St

### VEGETARIAN OPTIONS NEAR LASALLE

There's a wide variety of vegetarian food available. Here are some that are just around the corner:

- Bespoke Vegetarian Restaurant – Sunshine Plaza
- Herbivore Zen – Fortune Centre
- Gokul – Fortune Centre
- Ananda Bhavan Restaurant – 221 Selegie Rd

### BARS AND PUBS

- Night and Day – bohemian bar attracting artists, writers, and designers – 139 A/C Selegie Rd
- Bar Stories – funky bar also serving food – 57A Haji Ln
- Place to R.E.A.D. – Relax, Eat And Drink, Greek restaurant – 46A Prinsep St
- Orgo Rooftop Bar – views of the Marina Bay – 1 Esplanade Dr

Visit [www.thesmartlocal.com](http://www.thesmartlocal.com) for other suggestions

### Boat Quay/Clarke Quay

Catch an MRT to Clarke Quay station or take the bus to Boat Quay and Clarke Quay beside the Singapore River where there are many pubs and restaurants

- The Penny Black – 26/27 Boat Quay
- Dallas Restaurant and Bar – 31 Boat Quay
- RedDot Brew House – 33/34 Boat Quay
- Ah Sam Cold Drink Stall

## FOODS YOU 'DIE DIE' MUST TRY

If you are into food as most locals are, we recommend you explore restaurants, hawker centres and markets. Here are some dishes you must try in Singapore:

**Savoury** – Chilli Crab; Bak Chor Mee; Fried Carrot Cake; Popiah & Kway Pie Tee; Prawn Mee Noodles; Hainanese Chicken Rice; Char Kway Teow; Fish Head Curry; Laksa; Roti Prata

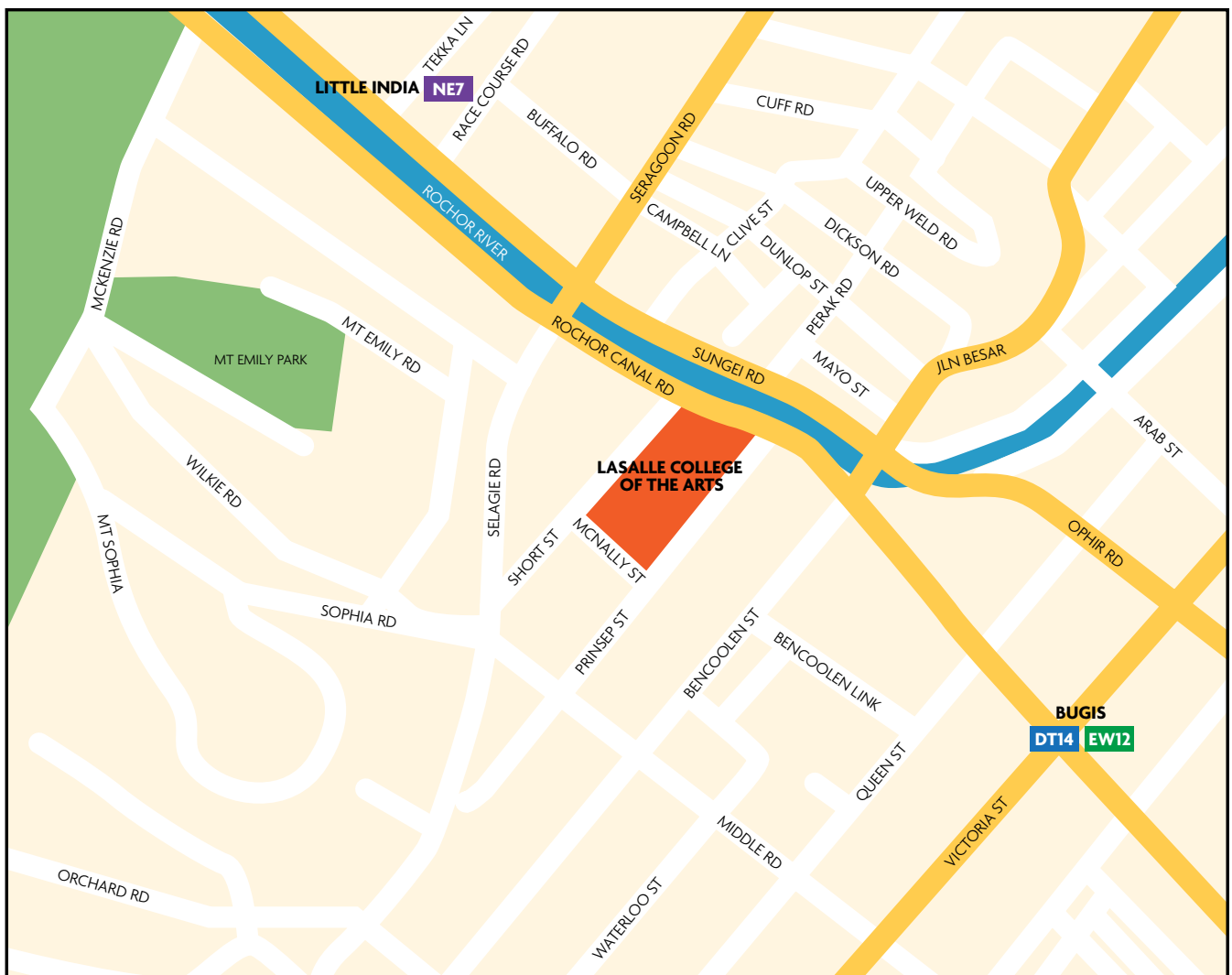
**Sweet** – Ice Kachang; Chendol; Mangosteen; Pandan Cake; Kueh Tutu; Teh Tarik; Kopi; Kaya Toast; Durian; Rambutan





# MAPS

## SINGAPORE SHOWING LASALLE COLLEGE OF THE ARTS LOCATION



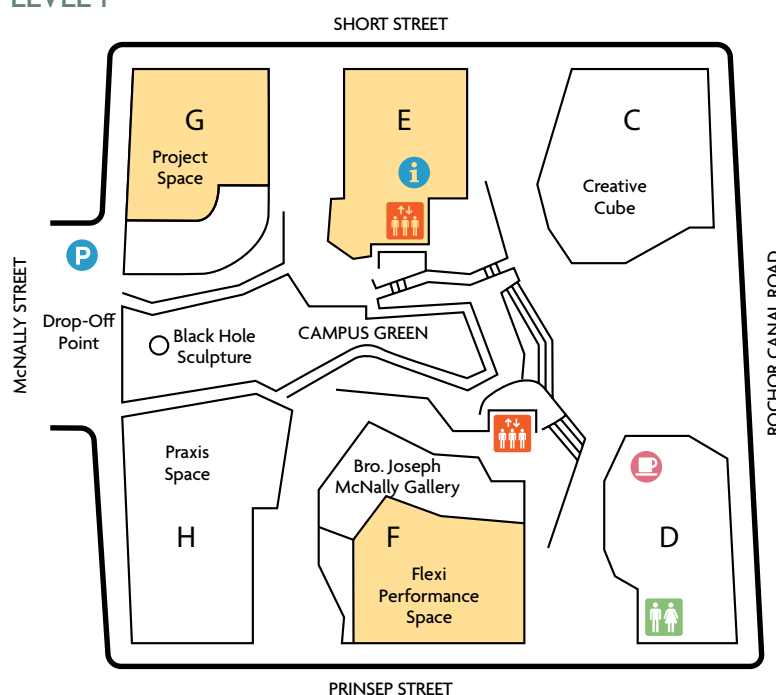
# MAPS

## THE LASALLE COLLEGE OF THE ARTS CAMPUS

### BASEMENT 1



### LEVEL 1



### THE SYMPOSIUM VENUES

The Symposium venues can be found in the buildings that are coloured yellow. There will be clear signage throughout the campus and there will be many student ambassadors to help guide you.

#### Day One □ presented by LASALLE

- Registration will take place in the foyer adjacent to the Singapore Airlines Theatre.
- All morning sessions will be in the Singapore Airlines Theatre.
- Afternoon sessions will be in the Flexi Performance Space and Room E405.

#### Day Two □ presented by ANZATA

You will find the following venues in Building F:

- Flexi Performance Space
- Lecture Theatre 1 (F201)
- Lecture Theatre 2 (F202)
- Pod 1 (F212)
- Pod 2 (F213)
- Pod 3 (F214)

You will find the following venue in Building E:

- Room E405

All these rooms will be clearly signed.

#### Art Exhibition

'PERSPECTIVES: Art, Inflammation & Me' art project will be situated in Project Space. Don't miss this fascinating exhibition during the Symposium.



# DAY ONE LASALLE

	Singapore Airlines Theatre	
8.00-9.00	Tea and Registration	
9.00-9.30	Welcome and Introduction	
9.30-10.30	<b>1. Keynote Address</b> Dr Lynn Kapitan (Mt Mary University, US) RP P.9	
10.30-10.45	Morning Tea	
10.45-11.45	<b>2. Developing a community of inquiry: Fostering conversations about art, evidence and method in health care (Australia)</b> Dr Patricia Fenner (LaTrobe University, Australia) RP P.9	
11.45-12.00	Introduction to afternoon sessions	
12.00-1.00	Lunch	
	Room E405	Flexi Performance Space
1.00-2.30	<b>3. Publications Workshop</b> Dr Sheridan Linnell (University of Western Sydney), Toril Pursell and Jill Segedin RW P.10	<b>4. Arts Therapy Regional Panel</b> Azizah Abdullah (Malaysia) Dr Lertsiri Bovornkitti (Thailand) Caroline Essame (Singapore) Ronald Lay (Singapore) Amanda Levey (New Zealand) Joanna Tan (Singapore) Laurence Vandenborre (Singapore) RP P.11
2.30-3.00	Afternoon Tea	
3.00-4.30	<b>5. Working with difference and diversity: An inquiry into arts therapies in our region (Part One)</b> Dr Sheridan Linnell (University of Western Sydney) RW P.13	<b>6. A Conversation with...</b> Dr Jill Westwood (Goldsmiths University of London, UK) Dr Lynn Kapitan (Mt Mary University, US) Dr Patricia Fenner (LaTrobe University, Australia) RP P.13

**Key:** RP Research Presentation/Panel RW Research Workshop P. Page number of description



# 1 WHAT'S OUR IMPACT? TRANSFORMING ART THERAPY THROUGH CONNECTIVITY, ACTION, AND RESEARCH ADVANCEMENT

Dr LYNN KAPITAN (Mt Mary University, US)

Singapore Airlines Theatre RP

Connectivity is behind today's rapid exchange of knowledge and ideas across increasingly internationalised, diverse, and interdependent communities of practice. How art therapists think and practice – and what we take as knowledge – is the product of countless interactions in this changing landscape. The ripple effect of these exchanges allows for growth and change as it carries knowledge across time, distance, and cultural/disciplinary differences. In this presentation art therapists will be challenged to imagine how their practices, the communities in which they work, and the profession itself would be transformed were they to increase their impact through action, connection, and research advancement.



**Dr Lynn Kapitan**

PhD, ATR-BC

Lynn Kapitan is a Professor and founding Director of the Professional Doctorate in Art Therapy at Mount Mary University in Milwaukee, WI, where she has taught for over 25 years. She is the Executive Editor of 'Art Therapy: Journal of the American Art Therapy Association', Past President of the American Art Therapy Association, and author of 'Introduction to Art Therapy Research' (Routledge, 2010). She has been an art therapy consultant and community development researcher in Latin America for the past 14 years, and is currently working on a co-authored text based on her cross-cultural research in Nicaragua entitled 'The Transformational Community: A Wholistic Approach to the Arts of Liberation in Community Practice'. Dr Kapitan has presented internationally on multicultural, cross-cultural, community-based, and social justice paradigms of art therapy research and practice, and has consulted with art therapy researchers and authors throughout the world.

# 2 DEVELOPING A COMMUNITY OF INQUIRY: FOSTERING CONVERSATIONS ABOUT ART, EVIDENCE AND METHOD IN HEALTH CARE (AUSTRALIA)

Dr PATRICIA FENNER (LaTrobe University, Australia)

Singapore Airlines Theatre RP



**Dr Patricia Fenner**

DipVisArts, DipEd, MA (Berlin), MA (La Trobe), PhD, AThR

The pathway of art practice in Patricia's working life has traversed the contexts of education, community, public mental health and academia. As Course Coordinator of the Master of Art Therapy at La Trobe University, Patricia fosters the development of a program with a strong emphasis on practice. Her research interests have been largely focused on the role of place in therapy practice, art making in mental health recovery, and group work in cancer care. More recently she has been collaborating with public health academics addressing issues of research method in the spectrum of practices which constitute the arts and health. This includes conceptualising applications of art and art therapy in the varied cultural contexts present in the Asia Pacific region.

## 3

## HOW TO SUBMIT: AN ARTS THERAPIST'S GUIDE TO ACCEPTANCE IN THE PERSNICKETY WORLD OF JOURNAL PUBLISHING

Dr SHERIDAN LINNELL (University of Western Sydney), TORIL PURSELL and JILL SEGEDIN

Room E405 **RW**

What is involved in getting journal articles published? This 'behind the scenes' workshop on the production of ANZJAT (Australian and New Zealand Journal of Arts Therapy) is designed to make clear to anyone interested in publishing an article in the journal what is involved. What are the ANZJAT team's requirements? What kind of materials is the journal looking for and open to? What kinds of submissions are considered? Key members of the ANZJAT team – the editors and coordinator/graphic designer will provide insight into the life of the publication.

This workshop will provide participants with a coherent picture of what, as contributors, is important and useful to know. The main points to be covered: ANZJAT submission criteria; Expanding the scope of submissions; Peer review process; The rhetorical moves of journal articles: A look at how authors engage and convince their readers; Copy editing and production; ANZJAT Style Guide and Word template; APA referencing; and Use of images.

Attendees will be offered practical tutorials and an opportunity to ask questions and engage in discussion. The information attained will be relevant to submitting to other peer-reviewed journals.



From left: Jill Segedin, Sheridan Linnell and Toril Pursell.

### Dr Sheridan Linnell

BA(Hons), MA ATh, PhD, AThR

Dr Sheridan Linnell is Senior Lecturer at the University of Western Sydney, where she leads the Master of Art Therapy and graduate program in counselling. She trained as part of the first UWS art therapy cohort in 1993-94. Sheridan worked for many years in community agencies and independent practice with individuals and families, particularly those dealing with the effects of abuse. She is interested in feminist, narrative and postcolonial approaches to therapy. Sheridan is a published poet whose doctoral and post-doctoral work explores the relationships of discourse, subjectivity, ethics and aesthetics in art therapy, narrative therapy and approaches to social research.

### Toril Pursell

BA(Art & Anth), Cert Child & Adolescent Psychoanalytic Psychotherapy, MA ATh, AThR

Toril Pursell is a collector of the written word and of illustrations – books, academic journals, poetry, articles. She is currently based in Victoria and employed as a therapist, assisting refugee survivors of torture and trauma. In recent years she has presented her work at professional conferences throughout Australasia. Previously, Toril worked in adult mental health, with children and at-risk youth, and with culturally diverse groups; she has also been involved in community development and research. She is curious and passionate about the politics of language and representation, and how communication can take different forms.

### Jill Segedin

BA, MA, MFA

Jill Segedin has over twenty years experience working as a graphic designer and for the past six years she has worked for ANZJAT. She is part of the Australian and New Zealand Journal of Arts Therapy (ANZJAT) Exec and coordinates and designs the journal. She guest tutors students in design aspects for research projects and she is well-versed in academic writing and referencing. Jill is also an artist and has recently completed her MFA at Whitecliffe College of Arts and Design.

## 4 ARTS THERAPY REGIONAL PANEL

RONALD LAY (Singapore)

AMANDA LEVEY (New Zealand)

JOANNA TAN (Singapore)

LAURENCE VANDENBORRE (Singapore)

CAROLINE ESSAME (Singapore)

Dr LERTSIRI BOVORNKITTI (Thailand)

YESMIN CHAN (Singapore)

AZIZAH ABDULLAH (Malaysia)

Flexi Performance Space 



### Ronald PMH Lay

MA, AThR, ATR-BC

Ronald currently lectures in and directs the MA Art Therapy Programme at LASALLE College of the Arts in Singapore. He provided art psychotherapy to primarily geriatric individuals at a large forensic mental health facility in Northern California for twelve years. He developed and supervised their internship programme, provided clinical supervision, designed treatment protocols and provided training to professionals. He speaks internationally on topics such as forensic mental health, art therapy, older adults, and wellness. He maintains credentials and professional memberships both locally and internationally. The California State Legislature awarded him the prestigious Sustained Superior Accomplishment Award on two occasions.



### 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.



### Joanna Tan

BA, MA, AThR

Joanna Tan graduated from Edith Cowan University (WA) in 2004 when art therapy as a profession was then little known in Singapore and the region. When she returned she began her 'Heartspace' private practice and open studio at St Mary of the Angels. In 2006 she was appointed Clinical Supervisor for the MA AT programme at LASALLE School of the Arts and returned in 2013 as a Supervisor for one semester. Her full-time work as an art therapist over ten years has given her the opportunity to work therapeutically with a diverse array of adults and children, individuals and groups. She is an educator, retreat facilitator and artist. Joanna is currently on the ANZATA committee and is chair of the Regional Committee in Singapore.



### Laurence Vandenborre

MA, MA AT, AATA, AThR

Laurence is Belgian and a permanent resident in Singapore, and is a Registered Art Therapist, with her own private practice. Occasionally she is involved at LASALLE as a visiting lecturer and an advisor to research theses. She is the founder of 'The Red Pencil', an International Art-Therapy Humanitarian Mission whose mission is to bring the benefits of art therapy to all children on their pathway to well-being. Those situations include long-term hospitalisations, natural disasters and conflict zones.





### **Caroline Essame**

BSc COT, PGDip Art Ther, AHPC

Caroline Essame is British art therapist, occupational therapist and educator based in Singapore. Her 30 years clinical expertise includes adult mental health, psychosomatic disorders, geriatrics, special needs and early childhood. She runs her own company 'CREATE, Creative Arts, Therapy and Training' and offers professional development to teachers, artists and welfare workers, and clinical services for children with additional needs at Kaleidoscope Therapy Centre and for the Association for People with Special Needs (APSN). She has work experience in Singapore, India, Malaysia, Hong Kong and the United Kingdom and has presented and published work for the past 24 years on the importance of creativity in clinical and educational practice. Projects in the region include the first creative arts centre for children on the autistic spectrum in Malaysia and a programme for new models of creative play for children with special needs in rural India.



### **Dr Lertsiri Bovornkitti**

BFA, DCA

Lertsiri works in the Art Education Program at Srinakharinwirot University, Bangkok, and is an elected member of the Royal Institute of Thailand. He is one of the leading key scholars in the field of art therapy in Thailand with publications and dissemination of his art therapy work through a variety of art therapy conferences. He has succeeded in having art therapy included as course units in undergraduate and graduate art education curriculums at the Srinakharinwirot University, and the use of art and creative expressions in traumatic relief works for victims of various natural disasters in Thailand.



### **Yesmin Chan**

BA, PGDipDesign, MA AT

Yesmin was a registered nurse (UK) before obtaining her Honours degree and Master degree in Art and Design. She then worked as the chief designer for IBM (Europe). Combining her strengths and passions in both medical and art trainings, Yesmin subsequently acquired her second Master degree in Art Therapy in Singapore, and is now the president of Art Therapists' Association Singapore. Currently working for Raffles Hospital. She has special interests in working with children & women, and working at oncology settings.



### **Azizah Abdullah**

BGuiding&Counselling, MSc(Counselling), PhD, IEATA

Azizah currently is an academic staff at School of Education and Modern Languages, Universiti Utara Malaysia (UUM). She undertook her PhD at the University of Strathclyde, United Kingdom. While in the UK, she has been trained in creative arts and play therapy training programmes from a range of key scholars in Europe and USA. She also a member of World Association of Person-centred Experiential Counselling and Psychotherapy (WAPCECP), Play Therapy United Kingdom (PTUK), Society for Psychotherapy Research-European Chapter (SPR-EC), and International Expressive Art Therapy Association (IEATA). Apart from that, she also has presented several papers from her PhD research at international conferences in the UK and USA.

## 5 WORKING WITH DIFFERENCE AND DIVERSITY: AN INQUIRY INTO ARTS THERAPIES IN OUR REGION (PART ONE)

Dr SHERIDAN LINNELL (University of Western Sydney, Australia)

with ANITA LEVER and MATERIAL MATTERS

Room E405 **RW**

A narrative, arts-based inquiry into personal, cultural and professional difference and diversity will be conducted through two successive workshops, one on each of the two symposium days. Drawing on collective biography methods, workshop participants will produce and rework written, visual or performance texts in response to this theme and how it might enrich the development of arts therapies in our region. These texts could be brought back to the symposium plenary. This workshop is conceptualised as co-research. Participants will be invited to co-author papers based on the workshops and written permission will be sought to cite their texts and artworks.

The workshop leader will distribute a reading prior to the symposium. Participants should bring writing materials/a journal, any additional arts materials they prefer to work with and/or (if they have and wish to work with them) iPads or similar. They will be invited to briefly reflect on/write or make sketches about their work in their own time between the two workshops.

Anita will include 'Material Matters' fabric project to complement this workshop.

### Dr Sheridan Linnell

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### Anita Lever

BFA, MArt Admin, MA(ATh), AThR

Anita recently graduated with a Master of Art Therapy from the University of Western Sydney, Australia and holds a Bachelor of Visual Arts and Master of Art Administration, UNSW Australia Art + Design. She is a practicing art therapist within mental health both within mood disorders and eating disorders programs delivering both individual and group art therapy. She also designs and implements art and craft projects/installations under the name of 'Cross Pollination Projects' within the hospital environment for both patients and staff participation and display. Anita's own art practice is focused around experimental, mixed media work that she occasionally exhibits in Sydney.

**Please note:** Day Two, Workshop 7 follows on from this workshop. If you have booked to do Workshop 7 on Day Two, you are required to attend this session on Day One.

## 6 CONVERSATIONS WITH...

Dr JILL WESTWOOD (Goldsmiths University of London, UK)

Dr LYNN KAPITAN (Mt Mary University, US)

Dr PATRICIA FENNER (LaTrobe University, Australia)

Flexi Performance Space **RP**

Research within professional art(s) therapy, especially as it rapidly develops within our region, is important on so many levels. As such, this panel will strategically stimulate and encourage much needed discussions on research as well as the pragmatics and the realities of engaging in arts therapy research. Participants have the opportunity to engage leading topic-specialists, to ask the difficult questions and to consider how they too, can contribute to the growing body of research and literature. Participants are encouraged to come prepared with focused questions for the panel.



### Jill Westwood

PGDipATH, BA(Hons), MA(RCA), PhD, AThR, A(s)Ta

Dr Jill Westwood PhD is a registered art psychotherapist in UK and Australia. She is Programme Convenor of the MA Art Psychotherapy at Goldsmiths, University of London; and, an Adjunct Fellow, School of Social Sciences and Psychology at the University of Western Sydney, Australia where she completed her PhD on art therapy education in Australia. Her interests include; art therapy and contemporary art, art therapy in organisations and art therapy education.

# DAY TWO ANZATA

	Flexi Performance Space	Lecture Theatre 1 F201	Lecture Theatre 2 F202	Pod 1 F212	Pod 2 F213	Pod 3 F214	Room E405
SESSION A 9.00-10.30	1. Researching through the arts: Storymaking assessment Adrian Lania & Joanna Jaaniste <div><div>DW</div><div>P.15</div></div>	2. Art therapy in palliative care Tze Tjuin Siow <div><div>AP</div><div>P.15</div></div>	3. A grounded theory analysis of adolescent experiences living with ADHD and receiving art therapy Sara Powell <div><div>AP</div><div>P.15</div></div>	4. The body and the art therapy process Emylia Safian <div><div>AW</div><div>P.16</div></div>	5. Embracing minds of persons with dementia with compassion and acceptance Rosita Lui & Tan Hsiu Li <div><div>AW</div><div>P.16</div></div>	6. Research and assessment in person-centred arts therapy Marion Gordon-Flower <div><div>MP</div><div>P.16</div></div>	7. Working with difference and diversity: An inquiry into arts therapies in our region Sheridan Linnell (follow on from Day One) <div><div>MW</div><div>P.17</div></div>
10.30-11.00	Morning Tea (venue)						
SESSION B 11.00-12.30	8. Enduring liminality: Mindful playing in the ruins of the Canterbury quakes Deborah Green <div><div>MW</div><div>P.17</div></div>	9. Art therapy for multicultural families facing a divorce, using the attachment theory Sivan Golan Weinstein <div><div>AP</div><div>P.18</div></div>	10. Mindfulness and art therapy: Trans-disciplinary approach to parent-child therapy Pearlyn Lee & Joy Ong <div><div>AW</div><div>P.18</div></div>	11. Portrait of an eating disorder: A reflection on working with anorexia nervosa patients Dian Handayani <div><div>AW</div><div>P.18</div></div>	12. Trauma and attachment informed art therapy training in a cross-cultural context Carla van Laar, Atira Tan, & Helen Lenga <div><div>MW</div><div>P.19</div></div>	13. Embracing what will come to pass Yenn Ang & Ong Theng Choo <div><div>AW</div><div>P.19</div></div>	14. A drop in the ocean: art therapy as a subversive practice in Singapore (ripples or waves) Kirsty McTaggart <div><div>AW</div><div>P.20</div></div>
12.30-1.30	Lunch (venue)						
SESSION C 1.30-3.00	15. Tropical Art Camp: Art retreat exchange program, with children from Fukushima Tomo Aoshima Williams & Daphna Arbell Kehila <div><div>MP</div><div>P.20</div></div>	ANZATA AGM All members are encouraged to attend <div><div>AX</div><div>P.20</div></div>	16. The role of art therapy in addressing aggression of a male adolescent with autism Ong Chui Nghoh <div><div>AP</div><div>P.21</div></div>	17. Hands for hope: A model for psychosocial intervention Shah Fiany & Terence Tan <div><div>MW</div><div>P.21</div></div>	18. Enhancing therapist capacity for resonance Stacey Bush <div><div>MP</div><div>P.21</div></div>		19. Exploring dissonant emotional experiences and enhancing resilience in young people Marissa Teo <div><div>MW</div><div>P.22</div></div>
3.00-3.30	Afternoon Tea (venue)						
SESSION D 3.30-4.30	20. Mapping the edges of pain: Adapting a western arts therapy model with refugees Toril Pursell & Nyrelle Bade <div><div>MW</div><div>P.22</div></div>	21. Ethical considerations when exhibiting client artwork San Leenstra <div><div>AP</div><div>P.23</div></div>	22. Connection using E-art therapy Janet McLeod <div><div>AP</div><div>P.23</div></div>	23. One world - multiple perspectives Huma Durani <div><div>AW</div><div>P.23</div></div>	24. Art therapy's role in facilitating social behaviours in pre-school children from lower-income families Loh Wan Ting <div><div>AP</div><div>P.24</div></div>	25. On mark making and leaving a mark: art therapy with preschool children Pensri Rowe <div><div>AP</div><div>P.24</div></div>	26. Stories unfold Jane Gover <div><div>MW</div><div>P.24</div></div>
PLENARY 4.30-5.30	27. Plenary Panel of Arts Therapy Educators, and Playback All Welcome <div><div>P.25</div></div>						
Key: <div><div>AW</div> Art Therapy Workshop</div> <div><div>MW</div> Multi-modal Workshop</div> <div><div>DW</div> Dramatherapy Workshop</div> <div><div>AP</div> Art Therapy Presentation</div> <div><div>MP</div> Multi-modal Presentation</div> <div><div>P.</div> Page number of description</div>							



# 1 RESEARCHING THROUGH THE ARTS: STORYMAKING ASSESSMENT

ADRIAN LANIA AND JOANNA JAANISTE

Flexi Performance Space 

There is increasing pressure on arts therapists worldwide to provide assessment and outcome data to the institutions which employ them, as well as to funding bodies and professional colleagues. Adrian and Joanna both use story a great deal, so Mooli Lahad's Six piece story-making and BASIC Ph help the arts therapist to find out about people's stress levels and resistance, but also just how an individual meets the world with their stress on board. We want to share our experience of using this method as well as encouraging participants to tell their story through visual art, and to consolidate it through drama.

## Dr Joanna Jaaniste

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

Joanna recently graduated with a PhD, researching dementia and Dramatherapy. She enjoys story work, roleplay and improvisational and her approach is influenced by Jung's and Steiner's work. She has extensive experience in mental health and teaches on the Art Therapy Masters Course at University of Western Sydney (UWS).

## Adrian Lania

MA Psy, DipEd, DipArtsTherapy, AThR (Drama), MAPS

Adrian is currently undertaking PhD research at UWS in the field of Dramatherapy. He is also trained in psychology and education. In the last ten years, Adrian has been working with children and young people using Dramatherapy methods. Creatively, Adrian engages in performative arts as a member of Sydney Playback Theatre.

# 2 ART THERAPY IN PALLIATIVE CARE

TZE TJUIN SIOW

Lecture Theatre 1 – F201 

In palliative care, art therapists enable patients to integrate current strengths and maintain a sense of dignity and equanimity through the use of art. End-of-life issues are multi-level and multi-faceted and through psychodynamic approaches, insight into the deeper root causes can be gleaned in order to address these issues. The use of art therapy in palliative care will be explored through presentation of case studies. Several cases will be reviewed to demonstrate the efficacy of art therapy in addressing patient psychosocial and psycho-emotional needs. These cases will highlight the various responses of patients and the variety of outcomes from therapy.

## Siow Tze Tjuin

MA AT

Siow Tze Tjuin is currently the art therapist at Dover Park Hospice. She has practiced at KK Women's and Children's Hospital, Changi General Hospital as well as in community care. Tjuin is also active in the training of healthcare professionals and teaching within the wider community. In the last year, she has presented on the use of art therapy in Palliative Care at the Asia Pacific Hospice Conference, Singapore Hospice Council Multi-Disciplinary Palliative Care Forum and most recently, the Singapore Palliative Care Conference.

# 3 A GROUNDED THEORY ANALYSIS OF YOUNG ADOLESCENTS EXPERIENCES LIVING WITH ADHD & RECEIVING ART THERAPY

SARA POWELL

Lecture Theatre 2 – F202 

AT is a popular intervention for adolescents with ADHD in Singapore, yet there is a lack of research in this area. This preliminary study aimed to understand young adolescents' experiences of ADHD, and their personal evaluations of receiving AT to help manage their condition, utilising a grounded theory methodology, semi structured interviews were conducted with four Singaporean young adolescents aged 12-15 years, diagnosed with ADHD, and whom had received art therapy. This research has implications for healthcare professionals including that art therapists continually improve the way in which young adolescents are supported in managing their ADHD.

## Sara Powell

BFA, PgCert Research Methodologies, PgDip Learning Development, MA AT,

Sara is the co-founder of Art Therapy International Centre (ATIC) Singapore, and has recently moved to the United Arab Emirates (Dubai) to set up ATIC Dubai. Sara has recently undertaken a preliminary research 'A Grounded Theory Analysis of Young Adolescents' Experiences Living with ADHD and Receiving art therapy' in affiliation with James Cook University. Sara has co-written a chapter on art therapy in Singapore with children and families living with ADHD which will be published in 2014. Sara specialises providing intervention for children and adolescents with special needs, learning difficulties, behavioural issues, palliative care, addiction, gender identity, eating disorders and in the treatment of delinquent behaviours.

## 4 THE BODY AND THE ART THERAPY PROCESS

EMYLIA SAFIAN

Pod 1 – F212 

The workshop will bring together body-centred and artmaking experiential activities to explore somatic expressions in the art therapy process. Participants will engage in, respond to, and reflect on individual and dyadic activities. The workshop aims to enter a discourse on culturally carried 'language of distress' whereby the body may become a metaphor for psychological-related issues. In light of contemporary trauma research that provide evidence that 'trauma is stored in bodies', this workshop will examine connections between physiological senses and the artmaking process.

**Emylia Safian**

MA Art Therapy, BA Psychology & Humanities, AThR

Emylia is a practicing art therapist and educator with specialist training in stress, trauma and loss. Her practice gravitates towards mind/body sciences and integrates physiology with psychology for an encompassing approach in capitalising human development. Since 2007, she has been in partnership with educational institutions, voluntary welfare organisations, government agencies and NGOs within Southeast Asia, working with persons in situational and developmental crisis. She is currently a lecturer at her alma mater, LASALLE.

## 5 EMBRACING MINDS OF PERSONS WITH DEMENTIA WITH COMPASSION AND ACCEPTANCE THROUGH ART THERAPY

ROSITA LUI AND TAN HSIU LI

Pod 2 – F213 

The workshop includes the following:

1. Presentation of the theories, statistical information of dementia in Singapore
2. Definition of dementia and symptoms of dementia faced by caregivers
3. Applying art therapy with persons with dementia in Singapore
4. Practical art experiential

**Rosita Lui**

MAAT

Rosita graduated with a Master of Art Therapy from LASALLE College of Arts, Singapore and has a Bachelors degree in Visual Arts from University of Western Ontario, Canada. She is an independent art therapist and the treasurer of Art Therapists' Association Singapore. Currently she works at Alzheimer's Disease Association, Singapore.

**Tan Hsiu Li**

MAAT

Hsiu Li took her foundation training of art therapy from La Trobe University, Australia and her Master of Arts Art Therapy from LASALLE College of Arts, Singapore. She has a Bachelor degree in Science (Psychology) from Central Queensland University. She is currently working at a local shelter as a full-time art therapist.

## 6 RESEARCH AND ASSESSMENT IN PERSON CENTRED ARTS THERAPY

MARION GORDON-FLOWER

Pod 3 – F214 

The development of the Arts Therapy 5-Point Star Assessment in practice within the health and disability sector in Auckland, has led to an international research project to test the relevance and applicability of approaches within a broader context, towards evidence based practice. This presentation will discuss how the research project was established, the methodology, scope, limitations and outcomes. The following questions will also be addressed: Where does this assessment tool fit within a wider context of assessments used in person centred arts therapy? What is the value in using an assessment tool in practice? (Reference: Miller, C. Ed. 2014)

**Marion Gordon-Flower**

BMA, DipT, MAAT (Clinical), CertSupervision, AThR

Marion has been arts therapist and service development leader at IRIS Rehabilitation in Auckland since 2009, working within a person centred framework and multidisciplinary team. She is the principal researcher in the Arts Therapy 5-Point Star Research Project, which is monitored by New Zealand Health and Disability Northern X Ethics Committee. She has contributed two chapters to the recent publication, Miller, C. (Ed.). (2014). Assessment and Outcomes in the Arts Therapies: A Person Centred Approach. London: Jessica Kingsley Publishers.

## 7 WORKING WITH DIFFERENCE AND DIVERSITY: AN INQUIRY INTO ARTS THERAPIES IN OUR REGION (PART TWO)

DR SHERIDAN LINNELL

Room E405 MW

A narrative, arts-based inquiry into personal, cultural and professional difference and diversity will be conducted through two successive workshops, one on each of the two symposium days. Drawing on collective biography methods, workshop participants will produce and rework written, visual or performance texts in response to this theme and how it might enrich the development of arts therapies in our region. These texts could be brought back to the symposium plenary. This workshop is conceptualised as co-research. Participants will be invited to co-author papers based on the workshops and written permission will be sought to cite their texts and artworks.

The workshop leader will distribute a reading prior to the symposium. Participants should bring writing materials/a journal, any additional arts materials they prefer to work with and/or (if they have and wish to work with them) ipads or similar. They will be invited to briefly reflect on/write or make sketches about their work in their own time between the two workshops.

**Dr Sheridan Linnell**

MA (Hons), MA ATH, PhD, AThR

Sheridan leads the Master of Art Therapy and Graduate Counselling Programs at the University of Western Sydney. Her work explores discourse, subjectivity, power, relationship, ethics and aesthetics within therapeutic practice and addresses the role of the arts and narrative in social inquiry. Sheridan is co-editor of ANZJAT, a leading arts therapy journal listed in ERA12, and the author of a monograph on her experiences of doing practitioner research. She explores the use of narrative methods in therapy, community work and research. She is interested in how collective biography and poetic inquiry can contribute to arts-informed research into arts therapies.

**Please note:** Workshop 7 follows on from a workshop on Day One, so if you select Workshop 7 here, you will be requested on Day One at the symposium to go to the appropriate workshop.

## 8 ENDURING LIMINALITY: MINDFUL PLAYING IN THE RUINS OF THE CANTERBURY QUAKES

DEBORAH GREEN

Flexi Performance Space MW

The Canterbury earthquakes and their seemingly unending aftermath cast many of us Christchurch residents into a situation of 'enduring liminality'. We are threshold people living in twilight amidst the ruins and road-cones as we await the rebuild. Within this context, I re/member my complex wounded/healer 'quake-arts' therapy practice through an arts-based autoethnographic PhD journey. This short presentation and lively workshop will open for you some fruitful reverberations between concepts borrowed from anthropology regarding ritual and liminality, and arts therapeutic practices of mindfulness and improvised play, that may soul-build resilience and endurance in situations of complex and ongoing trauma.

**Deborah Green**

BA(Drama) (Hons), PgDip(Adult Education), MEd, MAAT (Clinical), AThR

Debi worked as applied theatre practitioner and HIV/AIDS/lifescills/development educator and counsellor within the South African University and Health sectors. Her focus on quake trauma began in February 2011 following which she worked with groups of children and adults, was contracted to the Canterbury District Health Board and now works one-on-one with quake affected adults and children. She holds an Honours degree in Drama, Masters Degrees in Education and Arts Therapy (Clinical) and is pursuing her doctorate through the University of Auckland focusing on her experiences during the earthquakes.

**Please note:** Participants should be dressed to move energetically.



## 9 ART THERAPY FOR MULTICULTURAL FAMILIES FACING A DIVORCE, USING THE ATTACHMENT THEORY

SIVAN GOLAN WEINSTEIN

Lecture Theatre 1 – F201 **AP**

Art therapy for multicultural families facing a divorce, using the attachment theory. Divorce is a dynamic process that influences all members of the family and thus requires a comprehensive and diverse family treatment. Art therapy enables one to use diverse techniques to mirror one's attitudes and behaviors to each one of the family. A non-verbal process is used in treating a multicultural family. One of the aims in such a treatment is to create a secure family base according to the attachment theory. The subject will be discussed and two Singapore cases will be presented.

**Sivan Golan Weinstein**

MA AT, AThR, PsyD candidate

Sivan is an art therapist and is currently engaged in studies for Doctorate in Psychology specialised in Family and Couples. She has professional experience working with children, adolescents and adults in a variety of clinical settings including schools, hospitals and private clinics. She has worked with a wide variety of clients diagnosing and treating ADHD, Asperger Syndrome, Autism, emotional difficulties, depression, relocation to a new culture and divorce. Sivan's MA research looked at the application of art therapy as a tool to assess and treat relocated families and children.

## 10 MINDFULNESS AND ART THERAPY: A CASE STUDY OF TRANSDICIPLINARY APPROACH TO PARENT-CHILD THERAPY

PEARLYN LEE AND JOY ONG

Lecture Theatre 2 – F202 **AW**

This case study demonstrates the use of mindfulness, along with a collaborative effort between an art therapist and a counsellor in their work with a parent-child dyad. A combination of mindfulness techniques and reflections through art was employed to provide both parent and child a safe therapeutic space for self-exploration, as well as opportunities to share their experiences in a manner where personal boundaries were respected. The parent-child therapy also focused on strengthening emotional ties and reinforcing bonds between the dyad. This paper also seeks to highlight the benefits of employing a transdisciplinary approach in psychotherapy within a tertiary hospital environment in Singapore.

**Pearlyn Lee**

BSocSc(Psych), MAAT, AThR

Pearlyn is a registered art therapist based in KK Women's and Children's Hospital, Rehabilitation Department. She provides inpatient and outpatient art therapy for paediatric patients, focusing on psychosocial and emotional well being relating to psychiatric conditions, trauma, and medical needs. Pearlyn holds a Master of Art Therapy from La Trobe University in Melbourne, Australia.

**Joy Ong**

MCounselling, CTRTC, CGAC, CQSC

Joy is a case manager with the Department of Psychological Medicine, KK Women's and Children's Hospital. She provides counselling for children and adults coping with mental health conditions. Joy has been working as a counsellor for over seven years with at-risk children, youths and families in the community. She enjoys using art and other creative therapies in her work with them.

## 11 PORTRAIT OF AN EATING DISORDER: REFLECTIONS ON WORKING WITH ANOREXIA NERVOSA PATIENTS IN SINGAPORE

DIAN HANDAYANI

Pod 1 – F212 **AW**

How do we as art therapists perceive Anorexia Nervosa patients and their issues as expressed in their artwork, particularly given Singapore's rich culinary heritage of Chinese, Indian, Malay and Indonesian influences? Anorexia Nervosa is known to have a debilitating and disruptive effect on sufferers. This experiential workshop will offer participants an insight into how art therapy is used as an adjunct treatment for patients with Anorexia Nervosa. There will be an art making session and a group discussion to reflect on countertransference issues when working with this clientele.

**Dian Handayani**

MA AT, AThR

Dian is an art therapist with the Eating Disorder Intensive Treatment Program at Singapore General Hospital. In 2010, Dian obtained an MA in Art Therapy from LASALLE College of The Arts, Singapore where she was awarded a Graduate Teaching Assistant Scholarship. She is a member of Australian and New Zealand Arts Therapy Association. Her main focus is on eating disorders and the application of the psychodynamic approach in art therapy. For her masters thesis, Dian studied the effectiveness of art therapy intervention in resolving self-esteem issues of students.

## 12 TRAUMA AND ATTACHMENT INFORMED ART THERAPY TRAINING IN A CROSS-CULTURAL CONTEXT

CARLA VAN LAAR, ATIRA TAN & HELEN LENGA

Pod 2 – F213 

The Art2Healing Project collaborates with organisations across Asia working for the empowerment of women and children from sex trafficking and exploitation. Since 2004, strong relationships have been built to enable ongoing art therapy training. In June 2014, arts therapists Atira Tan and Carla van Laar partnered with psychologist Helen Lenga to develop a trauma and attachment informed arts based training program for Nepalese social change workers. This workshop presents how working together with local agencies evolved understandings of creative approaches within various levels of systemic community work including healing for individuals, prevention, capacity building, sustainable organisations and social change.

### Atira Tan

Director/founder of the Art2 Healing Project, Atira has initiated arts therapy and trauma recovery programs in eight Asian countries over the past ten years. She is an expressive arts therapist, yoga teacher, women's health facilitator, lecturer at Phoenix Institute, TEDx speaker and contributor in 'Art Therapy in Asia'.

### Carla van Laar

MCAT

For over twenty years Carla has worked utilising the arts in well-being with individuals, communities and our global society. She has worked in clinical and senior management positions in Australia and the Asia/Pacific region in contexts of psycho/social care, custodial environments, mental health services, private practice, publishing and education.

### Helen Lenga

BSW, BBS, MAPS

Helen, psychologist, has worked with trauma for over 30 years. Formerly a member of Melbourne Playback Theatre Company, she lectures in Counselling and Art Therapy Masters courses at Latrobe University. Founder/director of the international Gong Shi Project, Helen runs a private practice and consults with organisations promoting mental health and wellbeing of adults, young people and children.

## 13 EMBRACING WHAT WILL COME TO PASS: ART THERAPY AND PALLIATIVE CARE FOR CHILDREN WITH CANCER.

YENN ANG & ONG THENG CHOO

Pod 3 – F214 

When a child is diagnosed with cancer and is faced with a terminal condition, there is a ripple effect for the family. In addition to alleviating physical pain which is commonly the primary focus for caregivers, the child's emotional needs are just as important in maintaining quality of life and holistic healing. Art therapy integrates with palliative care to facilitate decision-making and emotional growth of the child and family in preparation of what is to come, as the child regains control over her/his life, recalls memories and makes meanings for himself/herself.

### Yenn Ang

MA AT, AThR

Yenn Ang, an AT with Children's Cancer Foundation, Singapore. Yenn specialises in using art and medical objects as emotional expression in the treatment of cancer care and to enhance the quality of life in young patients. Yenn also runs art therapy groups for pediatric oncology wards at KK Women's and Children's Hospital and National University Hospital.

### Ong Theng Choo

MA AT, AThR

Ong Theng Choo, an art educator and AT with Ministry of Education, works with adolescents in schools using art as a modality for self-discovery and growth. Yenn Ang and Ong Theng Choo are also members of 9° shift, an art therapy collective that promotes the therapeutic values of art in Singapore.

## 14 A DROP IN THE OCEAN: ART THERAPY AS A SUBVERSIVE PRACTICE IN SINGAPORE (RIPPLES OR WAVES)

KIRSTY MCTAGGART

Room E405 

In this workshop and presentation we will be considering the practice of art therapy in Singapore, demonstrating through the exploration and consideration of a client work, the links between society and self, individual and collective, and the 'journey' for the client, art therapy and the therapist. This will be considered as a microcosm of practice and linked to art therapy research where we will look at dynamics of the reluctance to engage in 'research' as an echo of our identity as art therapist/artist. We will consider the role of the 'other' and visit the subversive and the radical and wonder together about our 'own kind of evidence' (Gilroy) in relation to the politics of power. PGDip Art Therapy.

Kirsty McTaggart

PGDip Art Therapy

Kirsty is a UK registered art psychotherapist and lecturer with over 14 years experience working professionally in a psychodynamic modality with adults, children, young people and families. This work has been in a variety of services from Child and Adolescent Mental Health in the NHS, hospitals, schools and charitable organisations. With relocation to Asia in 2010, Kirsty has been working as an art psychotherapist creating services for children and adolescents and adults in the Institute of Mental Health and latterly as a Lecturer and Clinical Placement Coordinator with the MA Art Therapy programme at LASALLE. Kirsty's interests in research are varied but at this time she is particularly engaged with thinking about our experience of the 'other', as art therapists, as researchers, as ourselves.

## 15 TROPICAL ART CAMP: ART RETREAT EXCHANGE PROGRAM IN SINGAPORE, WITH CHILDREN FROM FUKUSHIMA

TOMO AOSHIMA WILLIAMS

Flexi Performance Space 

Tropical Art Camp is a Community Therapy pilot project that revolves around a ten-day Art Retreat Exchange Program in Singapore for up to ten children from Fukushima. The program is designed around the fundamental tenets of the discipline of art therapy as a framework. It offers a variety of enriching experiential learning opportunities, such as art making, cultural exchange, outdoor and leisure activities, supported by therapeutic intervention and up to six months of follow-up and community support programs in Fukushima after the retreat. This is to help the children to digest their experiences in Singapore and internalise their leanings.

Tomo Aoshima Williams

BA (Hons), MA Art Psychotherapy

Qualified Art Psychotherapist trained at Goldsmiths University in U.K. Tomo has been working with children with emotional and behavioral difficulties and their families for nine years both in Singapore and UK. Since moved to Singapore in 2012, she established her own company, Moonlight Luminaria Pte Ltd, offering art therapy, parenting support and clinical supervision. She has also designed and is project managing an Art Therapy Residential Retreat Program in Singapore for children from Fukushima, Tropical Art Camp, in partnership with The Red Pencil International and The Singapore Red Cross.

Daphna Arbell Kehila

MA (Expressive Therapy)

Daphna is the owner of West East Pte Ltd in Singapore and provides expressive therapy for various populations. She is currently working towards a PhD in adult education.



## ANZATA ANNUAL GENERAL MEETING

Lecture Theatre 1 – F201

It is vitally important that all ANZATA Members attend the Annual General Meeting and have a say in the continual development of our organisation.

We are very pleased for this opportunity to have a large representation of our Singapore members.



### Member Motions

If you have ideas of any changes that you would like to see in the association, you can write a motion for the membership to consider, discuss and vote on.

We welcome submissions for motions from members. Please send to [secretary@anzata.org](mailto:secretary@anzata.org) by Wednesday 1 October.



## 16 THE ROLE OF ART THERAPY IN ADDRESSING AGGRESSION OF A MALE ADOLESCENT WITH AUTISM

ONG CHUI NGOH

Lecture Theatre 2 – F202 AP

Aggression is a common behavioural concern observed in adolescents with autism. Often feelings of frustration, anger and anxiety become overwhelming leading to impulsive aggression. This single qualitative case study examined the role of art therapy in addressing aggression of a 15-year-old male adolescent with autism in a special education school. Through 18 individual sessions, the client demonstrated the ability to regulate his emotions using art materials and reduced his aggression. The use of an intersubjectivity approach in art therapy also helped the therapist to attune to the vitality affects experienced by the client during the intervention.

Ong Chui Ngoh

MA AT

Chui's interest in people motivated her to specialise in the field of human resource development at the beginning of her career. This later brought her to Australia, where she completed her Master of Training & Development at University of Melbourne. Her desire to contribute more to the society has recently led her to the completion of Master of Arts in Art Therapy at LASALLE College of the Arts. During her clinical art therapy internship, she interacted with young people from both mainstream and special needs schools. Chui loves the outdoors as it energises her and often brings her new learning.

## 17 HANDS FOR HOPE: A MODEL FOR PSYCHOSOCIAL INTERVENTION

SHAH FIANY AND TERENCE TAN

Pod 1 – F212 MW

Artsolute presents the practices and methodologies of how art was used to bring joy to over 400 patients in twelve weekends at the National University Hospital as well as provide a psychosocial intervention for 60 youths and children and their communities in the Philippines devastated by Hurricane Haiyan. Several examples of how volunteer teams brought smiles and warmth to the many people encountered will be shared as well as how the artists and volunteers also found new meaning in their work. A Q&A session will enable participants to find out more about how Artsolute has used its concepts of empathy and empowerment to organise art intervention workshops around SEA and how they too could organise their own.

Shah Fiany

Fiany is a graduate in Child Psychology and Early Education from Ngee Ann Polytechnic. She has been working with Artsolute since 2013, involved in various projects such as Puppets and Passages in Tacloban and Artwards. She is currently working with the team to create a programme for youths in school to cope with socio-emotional difficulties through art – namely puppetry.

Terence Tan

Masters Theatre studies

With a Master's Degree in Theatre Studies and several years' experience in Singapore theatre, Terence established the non-profit agency 'Artsolute' to develop art and creativity for social development. With Artsolute, he collaborates with organisations such as My Art Space (Singapore), the National University Hospital (Singapore), Gaia Foundation (Indonesia), and the Vulnerable Youth Development Association (Laos) to further creativity as a means of community development.

## 18 ENHANCING THERAPIST CAPACITY FOR RESONANCE

STACEY BUSH

Pod 2 – F213 MP

'Enhancing therapist capacity for resonance' is an interactive presentation with the intention of fostering therapist growth. It is seeded in Stacey's doctoral thesis 'Being with/ in the space of us: An emergent arts inquiry'. The focus of this presentation is on sharing the research findings and experientially engaging processes of focusing in on resonance and bringing felt sense into dialogue with others. We will work multi-modally in a series of interactions (cycles of experiencing) to explore how resonance can be identified more clearly by attending to felt sense, and used expressively in therapeutic interactions.

Stacey Bush

Prof Doc, CAT; MA, ECAT

Stacey is currently employed as academic staff at The MIECAT Institute, Melbourne. In this capacity she is involved in teaching in the graduate Diploma program and supervising Masters by Supervision students as well as Research students including Doctoral candidates. Stacey has previously worked as an arts therapist with children experiencing grief and loss, in both one-on-one and group contexts, at Paradise Kids in Brisbane, Australia.

## 19 EXPLORING DISSONANT EMOTIONAL EXPERIENCES AND ENHANCING RESILIENCE IN YOUNG PEOPLE THROUGH THE USE OF THE CREATIVE ARTS

MARISSA TEO  
Room E405 MW

The project aims to surface and address dissonant experiences of a group of six young people aged 18-21 using a multi-modal approach of the creative arts as a platform for intersubjective companioning. Twelve creative arts therapy sessions were conducted with the aim to support the young people to understand, name and manage their emotional experiencing. It is intended that this process of self-inquiry would provide strategies that support the participants to better cope with difficult experiences in the future.

### Marissa Teo

MA (Research in Experiential and Creative Arts Practice), BA(Hons) Psych  
Marissa is creative arts therapist and counsellor for youth in Singapore. She has five years experience working with 'at risk' youth in the Ministry of Social and Family Development (MSF) as a Family Welfare and Child Protection Officer; and subsequently as a counsellor in ITE College West from 2010-2013. During her time as a counsellor, she designed and implemented therapeutic programmes to provide support for 'at risk' youth. These include SCU Dramatics, a therapeutic drama and social advocacy group for youth; and Project 'I am', a creative arts therapy programme for 'at risk' youth. Today, she continues to create and implement therapeutic programmes for youth within schools and institutions in Singapore. Marissa has background training in drama and the performing arts by DramaPlus Arts, and her qualifications include a second upper honours degree in Psychology with Sociology. She completed her graduate certificate in Experiential and Creative Arts Practice in 2012, and will complete her masters in the same field by the end of 2014.

## 20 MAPPING THE EDGES OF PAIN: ADAPTING A WESTERN ARTS THERAPY MODEL WITH REFUGEES

TORIL PURSELL AND NYRELLE BADE  
Flexi Performance Space MW

Clients from refugee backgrounds often present with a complex interplay of 'pain': emotional, psychological, physical and somatic. Arts therapy can offer accessible ways to gather stories, form relationships, and come to grips with or help alleviate pain.

This workshop will discuss some of the potential cross-cultural issues that arise when mapping different types of pain. Participants will weave their own piece while hearing stories of arts therapy in practice, and then reflect on what this might mean for them personally and professionally. Ultimately, the intention is to become more aware of the impact of culture, how pain is expressed and raise questions about how and why arts therapy is employed in particular ways.

### Toril Pursell

MA ATh, Cert Child & Adolescent Psychotherapy, BA Art & Anth, ATHR  
Toril is a Melbourne-based art therapist working full-time with refugee survivors of torture and trauma. She is currently co-editor of ANZJAT and commencing sessional teaching for the MA Art Therapy course at the UWS. Toril is on the MIECAT Academic Advisory Board and was formerly an ANZATA Com Member.

### Nyrelle Bade

Dip TRans Couns, Dip Trans AThr, Grad Dip ECAT, MA AT candidate  
Nyrelle is a multimodal arts therapist in private practice offering outreach arts therapy in Melbourne. She specialises in working with clients who have multiple and complex needs, experienced neglect, abuse or trauma. She has been an active member of the ACATA committee since 2009 and is their current President. Nyrelle is Vice Chair for the Art2Healing Project – a not for profit creative arts therapy organisation primarily offering programs based in Asia.

## 21 ETHICAL CONSIDERATIONS WHEN EXHIBITING CLIENT ARTWORK

SAN LEENSTRA

Lecture Theatre 1 – F201 AP

An article written for JAAH (Journal of Applied Arts & Health) titled 'Art as evidence: Ethical considerations when using client artwork in exhibitions' will be the basis for this presentation (which is currently in the process of being published). This presentation will open up a discussion around ethical considerations when client artwork is exhibited, what are things to consider when an exhibition of client artwork is taking place? San will share images of client artwork (with written consent from the clients) made in an adult mental health quality improvement project in Bendigo, Australia and discuss pathways to exhibit such client artwork including considerations within an ethics of care framework.

**San Leenstra**

MA Family Therapy, AThR

San ('Sun') Leenstra graduated as Arts Therapist in 1998 in the Netherlands and has worked as ever since in mental health and disability with a broad client-range, working for organisations as well as private practice. She also obtained a Masters degree in Family Therapy at LaTrobe University. She works as senior practitioner in Specialist Services, with complex clients and families. San is vice-president of ANZATA (the Australian and New Zealand Arts Therapy Association) and Rural Liaison of AAPT (Australian Association of Family Therapy). San also regularly provides staff training and has interest in lecturing, research and writing.

## 22 CONNECTION USING E-ART THERAPY

JANET MCLEOD

Lecture Theatre 2 – F202 AP

The increasing use of technology and social media brings opportunities for arts therapy. In this workshop Janet will call on her experience of co-facilitating the Art Therapy + Happiness Project. This online workshop brings together the creative process with the principles of positive psychology. She will use experientials to demonstrate how this project helps to increase resilience and inspires participants to use of creativity for wellbeing. The success of this project has led to proposals for similar online projects targeted for those suffering from chronic health conditions. These will also be presented.

**Janet McLeod**

MBA, MAAT (Clinical)

Janet is an art therapist, artist, photographer and puppet maker. She co-facilitates the Art Therapy + Happiness Project with Cathy Malchiodi. Janet also works in private practice and has a special interest in trauma informed art therapy, positive psychology, mindfulness, depression and chronic pain. She is secretary of the Australian and New Zealand Arts Therapy Association (ANZATA) and is committed to growing the positive profile of the art therapy profession in our region.

## 23 ONE WORLD- MULTIPLE PERSPECTIVES

HUMA DURRANI

Pod 1 – F212 AW

Globalisation in the last century has snowballed the interchange of worldviews, products, ideas, and other aspects of culture. Evolving demographics necessitate that mental health professionals fine-tune to these changes as they increasingly tackle diverse, sometimes unfamiliar cultures and traditions. As responsible practitioners it behooves art therapists to raise the bar of their practice by being mindful of prejudices and preconceptions and espouse a multi-perspective and multi-cultural approach when dealing with clients. The aim of this workshop is to explore the cultural diversity in the emotional responses of the participants to stereotypes, diverse beliefs and traditions, disabilities and so on.

**Huma Durrani**

MA Art Therapy S'pore Hornsby Dip.S pld. UK, BA Hons.

Huma is a Pakistani Singaporean who currently resides in Jakarta. She graduated with degree in Textile Design from Pakistan before moving to Singapore where her passion for art together with a keen interest in psychology culminated in an MA AT from LASALLE College of the Arts. Prior to this Huma was a practicing as an educational therapist working with children with learning difficulties, an area of interest for her spurred by her son's diagnosis of autism. The inherent healing potential contained within creative expression continues to inspire Huma who now specialises in doing art therapy with children with a wide range of psycho-emotional issues and learning disabilities. Huma has recently published a paper in the Journal of Psychotherapy Integration researching attachment in children with autism through art therapy. Currently she is in the process of writing a memoir about her experience as a special mother of a special child.

## 24 ART THERAPY'S ROLE IN FACILITATING SOCIAL BEHAVIOURS IN PRE-SCHOOL CHILDREN FROM LOWER-INCOME FAMILIES

LOH WAN TING

Pod 2 – F213 

A recent report shows that there is a learning gap between children from lower-income homes and those from rich and middle income families. The question that arises is how can these disadvantages be overcome? Focusing on narrowing the gap, this paper explores what is art therapy's role in facilitating improved social behaviours in pre-school children from lower-income families through a qualitative group case study method.

**Loh Wan Ting**

MA Art Therapy

Fascinated with the potential of encounters for play, chance and happenings in our surroundings, Wan Ting draws inspiration from everyday objects, people and stories as an artist/art therapist. She recently attained her Masters in Art Therapy from LASALLE College of the Arts. She has previously worked with children from lower-income families and children with special needs.

## 25 ON MARK MAKING AND LEAVING A MARK. PROCESSING THE EXPERIENCE OF ART THERAPY WITH PRESCHOOL CHILDREN.

PENSRI ROWE

Pod 3 – F214 

This paper will reflect on the writer's art making, made in response to weekly individual art psychotherapy sessions with preschool children from families identified as vulnerable. A selection of these art responses will be employed as reference points for exploration of themes emerging in the work with this group of three to five year olds; these include attachment patterns, responses to grief and loss as well as the children's developing social identities. The images contain aspects of the strong transference and counter-transference dynamics that occur when working with this age group. In this way the images become a processing and reflective tool from which to gain greater perspective on the work, particularly in the absence of greater verbal expression with this age group.

**Pensri Rowe**

BVA, MAAT, AThR

Pensri currently works within an allied health team within an Early Childhood Education NGO, as well as in private practice as an art psychotherapist. She works individually and in groups with educators, children and their families, and as a supervisor. She also maintains an art practice which is integral to sustaining her therapeutic work. Pensri's practice is relationship based and informed by psychodynamic principles. Pensri has experience working with clients from diverse backgrounds in a range of settings, including people experiencing difficulties associated with: grief and loss; trauma, neglect and abuse; mental and physical illness; substance abuse; and disabilities.

## 26 STORIES UNFOLD

JANE GOVER

Room E405 

The 2010 arts project, Stories Unfold, was designed to reach older community members with restricted mobility. Each participant contributed their stories and accompanying images to bigger shared stories that grew as they travelled round. This concept can be expanded to support not only isolated older people but individuals who access home and community care services to become active members in a creative exchange. It is through the combination of their own supported arts making process and their involvement in the larger story, that a connection to community is made.

**Jane Gover**

DipArtEd, MFA, AThR

Jane has 30 years experience of working in the related areas as a professional artist, qualified visual arts educator and Registered Art Therapist. She has worked across the life spectrum from pregnant mums, with their tots, to students of all ages, and with older women experiencing a life transition. She has facilitated art experiences in classrooms, museums, in her studio, through local council projects and more recently art therapy sessions. She has worked in Australia, the UK, Germany, Hong Kong, Singapore and France.



## 27 PLENARY PANEL OF ARTS THERAPY EDUCATORS, AND PLAYBACK THEATRE

KATE DEACOCK (University of Western Sydney, Australia)

Dr PATRICIA FENNER (LaTrobe University, Australia)

Dr RAINBOW TIN HUNG HO (University of Hong Kong)

Dr LYNN KAPITAN (Mt Mary University, US)

RONALD LAY (LASALLE College of the Arts, Singapore)

AMANDA LEVEY (Whitecliffe College of Arts and Design, New Zealand)

Dr JILL WESTWOOD (Goldsmiths University of London, UK)

**Flexi Performance Space**

### Plenary Panel of Arts Therapy Educators

This is a rare opportunity to have so many distinguished representatives from the such a wide array of the Arts Therapy Training Programmes, both locally and internationally. This panel will provide a forum for reflection on the events and outcomes of our two days together here in Singapore.



### Playback Theatre with Bhaskar's Arts Academy

Established in 1952, Bhaskar's Arts Academy is one of Singapore's oldest performing arts groups. International practitioner, Sanjay Srinivas, of the academy offers American Playback Theatre as a regular course. The Playback 'form', as developed by Jonathan Fox and Jo Salas, has its sources in improvisational theatre, storytelling and psychodrama. Playback theatre is accessible and fun, and yet carries dimensions of depth and sophistication. It is artistic, healing, community building, visionary, all at the same time. All welcome.

### Kate Deacock

MA Art Therapy, AdvDip Fine Arts, GradDip Family Therapy

Graduated amongst the first cohort of Master of Art Therapy students at UWS. Worked in womens' therapy services and for Relationships Australia, NSW with women, children, couples and individuals and more recently contracted group work with various NGOs. Has worked on the UWS course on a casual basis for many years and more recently has been hired on a fixed term basis. Roles include lecturing, supervision, experiential group facilitation and Clinical Studies and Placement Coordination. Attempts to maintain an art practice out of her studio, exhibiting and winning prizes occasionally.

### Dr Patricia Fenner

see page 9.

### Dr Rainbow Tin Hung Ho

PhD, BC-DMT, CMA, CGP

Dr Rainbow Ho is the director new Master of Expressive Arts Therapy programme at The University of Hong Kong. She holds degrees in Biology, Anatomy, and Social Work and Social Administration, professional diplomas in performing arts (dance) and movement analysis, and pedagogy of dance and somatic movement therapy. She is active in community services of promoting sports, physical exercises, recreational activity, and healthy life style in clinical and healthy populations in Hong Kong.

### Dr Lynn Kapitan

see page 9.

### Ronald Lay

see page 11.

### Amanda Levey

see page 11.

### Dr Jill Westwood

see page 12.



# FEES & HOW TO BOOK

## FEE SCHEDULE\*

	<b>Both Days Early Bird (until 30 Sept)</b>	<b>Both Days Standard</b>	<b>One Day Early Bird (until 30 Sept)</b>	<b>One Day Standard</b>
<b>Non-members</b>	\$500	\$650	\$400	\$450
<b>ANZATA members</b>	\$350	\$450	\$250	\$350
<b>Presenters (non-member)**</b>	\$350	\$350	\$350	\$350
<b>Presenter (ANZATA member)**</b>	\$250	\$250	\$250	\$250

### Note:

\* All prices are quoted in Australian Dollars.

\*\* Presenters receive one day free if registering for both days of the Symposium.

### Please note:

Morning tea, afternoon tea, lunch and water for each day is included in the registration fees for all participants.

## HOW TO REGISTER

Registration must be completed online on the ANZATA website.

Please go to [www.anzata.org/anzata-events/](http://www.anzata.org/anzata-events/) and follow the easy steps.

If you have any questions please contact Liz Fitzgerald – [enquiries@anzata.org](mailto:enquiries@anzata.org).