

# OEATA



## 2017 ANNUAL REPORT

Presented at the 4th  
OEATA ANNUAL GENERAL MEETING

Monday, November 27, 2017

7:00 pm to 9:00 pm

The Friend's Meeting House  
60 Lowther Ave, Toronto, ON

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~ OEATA ~  
**ONTARIO EXPRESSIVE ARTS THERAPY ASSOCIATION**

**Mission and Vision Statements**

**OEATA's Mission** is to develop, steward and promote the Expressive Arts Therapy profession and the interests of Expressive Arts Therapists. As the united voice of OEATA members, the organization serves to uphold high standards of competent and ethical practice in alignment with the Ontario College of Registered Psychotherapists.

**OEATA's Vision** is for people everywhere to share in the creative powers of expressive arts to transform their inner worlds and communities. OEATA recognizes and fosters the essential values of imagination and creative expression through the arts in psychotherapy, education, social justice and community development.

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## **AGENDA - OEATA 4<sup>th</sup> AGM 2017**

**6:30** Registration open

**7:00 – 7:45 AGM**

- Honouring of the Indigenous Caretakers of the Land
- Welcome and Introduction of Guests
- Declaration of quorum according to OEATA's by-laws
- Presentation of 2017 AGM Agenda
- **Motion** to Accept 2017 AGM Agenda
- **Review and Motion** to Accept Minutes of November 14, 2016 OEATA AGM
- Report from President
- Presentation of Financial Report
- **Motion** to Accept Financial Report
- **Special Resolution and Motion** to AMEND OEATA By-Law 13.1
- Other Committee Reports
- Presentation of Slate of Candidates for Board Members
- **Motion** to Accept Slate of Candidates for Board Members
- Any other Business According to By-laws
- **Motion** to Adjourn 2017 AGM

**7:45 – 9:00 Post AGM Itinerary**

~Special Guest, Zena Lord~

Community Arts Structure

Facilitated by Norma Araiza, Shara Claire and Anthony Bergamin

Q & A • Invitation to Committees • Special Prize Draw

Announcement of Winter Workshop

Mix & Mingle ~ Light Refreshments

9:00 PM Departure

## **PRESIDENT'S 2017 OEATA AGM REPORT**

**Terri Robertson, OEATA President**

**Nov 27 2017**

In 2017 OEATA:

- Worked with the IEATA Conference Committee
- Attended the IEATA Conference on the Indigenous Roots of Expressive Arts Therapy
- Attended the Canadian Art Therapy Association with a networking table. It is confirmed that each province will have its own College of Registered Psychotherapy.
- Attended and presented at the Canadian Association for Suicide Prevention at St. Michael's Hospital
- Hosted a 'Tree Top Canopy' arts structure featuring movement, voice and projections with OEATA members Valerey Lavergne and Terri Robertson with the assistance of visiting EXAT student Mattias Zorzi and Susannah Showers at the CREATE Festival
- Offered a Professional Development workshop "How to grow a thriving Expressive Arts Therapy practice" with Coach, Maggie DiStasi.
- Began working with QuickBooks program, learned how to send receipts
- Created a survey to determine member needs and satisfaction
- Created useful templates (Note-taking, tracking hours aligned with CRPO)
- Shaped framework for low cost Intersectional Anti-Oppression Peer Supervision Groups
- Four dynamic MailChimp Newsletters

- Created new standing banner, bookmarks and OEATA cards for members to hand out to colleagues and at conferences
- Organized the Fourth Annual General Meeting

**Going forward OEATA is planning to:**

- Continue increasing the membership in 2018
- Respond to member needs
- Host ongoing Intersectional Anti-Oppression Frame workshops
- Introduce Circles of Competency
- Open the web for OEATA committee membership
- Plan for Board Succession and Member Mentoring
- Support members with their CRPO application
- Plan workshops offering Professional Development Credits (eg. How to conduct Arts-Based Research and how to present a Poster Session; Self-Care for Front Line Workers; Intersectional Anti-Oppression Practice)
- Continue OEATA's social media presence and keep the Website current with your videos, images, job postings, and news
- Continue building the membership directory
- Review Governance documents for alignment with CRPO
- Encourage members to participate in conferences inside the discipline and beyond

I am so glad we are here together going forward. As Expressive Arts Therapists and Practitioners, we honour the arts and relational health. If you can imagine all the care that you put into your ExAT practice, that is how OEATA is caring for you. Board work is a very useful skill set and while we seek members with knowledge and experience, OEATA is open to mentoring. We welcome your new energy, ideas and skills. In addition, working on the board can count as currency hours towards your CRPO registration. Come Grow your Edge, Connect with Us.

To my colleagues on the Board, I thank you for stepping up to the fire, weaving the web of community and stewarding the smooth sailing of OEATA. I want to thank Melanie and Judy, our guiding angels who always step up to help. To Carol for being so present for listening and advising. To Tony, Shara and Norma for stepping up to all the detailed tasks necessary. To Margo and Tristan for showing up and adding concrete skills. To our members I thank you for your curiosity, questions, feedback and support. For potential members, I say 'Jump in, get wet, dry off at the fire...OEATA is great at making our own fun.'

Thank you Sincerely

**Terri Roberton, President Ontario Expressive Arts Therapy Association**

## Treasurer's 2017 Financial Report

**Shara Claire, OEATA Treasurer**

- New members/renewals generated considerable revenue for OEATA
- Online Member Directory increased the strength of our public profile
- Board insurance is now in place
- New payment options: paypal and e-transfer
- Quickbooks training on the horizon
- Funding allows for professional development and continuing education workshops for members

### Current Year 2016/17

**Ontario Expressive Arts Therapy Association  
Profit and Loss  
October 2016 - September 2017**

Opening Bank Account Balance	\$ 7,734.17
Income	
Membership dues	\$4,215.00
Other Deposits	\$0
Total Income	\$4,215.00
Gross Profit	\$4,215.00
<b>Expenses</b>	
Bank charges	\$52.72
Promotional	\$1932.05
Space Rentals	\$265.00
Board Insurance	\$648.00
Total Expenses	\$2897.77
Profit	\$1317.23
Closing Bank Account Balance	\$9,605.77

**Last Year 2015/16**

**Ontario Expressive Arts Therapy Association  
Profit and Loss  
October 2015 - September 2016**

	<b>Total</b>
Opening Bank Account Balance	\$ 5053.54
<b>Income:</b>	
Membership dues	\$5690.00
Other Deposits	\$0
Total Income	\$5690.00
Gross Profit	\$5690.00
<b>Expenses:</b>	
Bank charges	\$122.61
Promotional	\$976.10
Office Supplies	\$24.75
Board Insurance & Other Legal	\$660.00
Total Expenses	\$1783.46
Profit	\$3906.54
Closing Bank Account Balance	\$7734.17

**Motion to accept Financial Report**

**\*Special Resolution and Motion to Amend OEATA BY-LAW  
ARTICLE 13.1 - FINANCIAL ADVISOR AND/OR AUDITOR  
dated October 26 2014**

After recently checking with the CRA it was discovered that OEATA does not require a financial auditor, therefore OEATA wishes to propose a special resolution to amend the by-law.

Current by-law:

**OEATA By-Law 13.1 Financial advisor and/or Auditor:**

At each Annual General Meeting members will appoint a professional accountant such as Chartered Accountant, Certified General Accountant or Certified Management Accountant and/or Auditor who may be a volunteer and will not be a member of the Board:

- prepare a financial statement report of OEATA for the members at the AGM;
- hold office until the next AGM; and
- receive remuneration decided by the Board

Amendment:

**MOTION for ARTICLE 13.1 - FINANCIAL ADVISOR AND/OR AUDITOR in the OEATA By-laws dated October 26 2014 to be Amended to:**

- Have as its heading **Financial Statements**
- And make clear under section 13.1 that
- At each Annual General Meeting members will be provided with unaudited financial statements unless otherwise required by one of the appropriate government regulatory bodies

## **OEATA 2017 COMMITTEE REPORTS**

### **Governance & Operations Committees**

Co Chairs: Terri Robertson, Anthony Bergamin, Norma Araiza  
Committee Member: Melanie Nesbitt

#### **Governance Committee Report**

Chair: Terri Robertson

OEATA by-laws are current as of 2014. The document is available by request via [info@oeata.ca](mailto:info@oeata.ca). This year OEATA made a motion to amend it's by-law for Financial Auditing and ARTICLE 13.1 (See Treasurer's Report above).

#### **Ethics Committee Report**

Chair: Terri Robertson

Please review your OEATA Code of Ethics and Standards of Practice at [oeata.ca](http://oeata.ca) every year for updates. We are aligning with CRPO.

#### **Nominations Committee Report**

Co-Chairs: Norma Araiza & Anthony Bergamin  
Committee Member: Melanie Nesbitt

The Nominations Committee is responsible for discovering, contacting and nominating members of our EXAT community and supporting members of similar fields. These members might be interested in participating and contributing in one or more committees or as part of the Board of Directors.

All members of the Board suggest names of people who are actively involved in the practice of Expressive Arts Therapy at different levels, as well as members of similar fields who would show interest in contributing to our field. The nominations committee contacts the potential candidates and through an anonymous process to maintain confidentiality, with the necessary exception of the Chair, confirms with the rest of the Board to make sure there are no conflicts of dual relationships.

The role of the Nomination Committee is to:

- review the balance and composition of the Board and its Committees, ensuring that they remain appropriate;
- be responsible for overseeing the Board's succession planning requirements including the identification and assessment of potential

- Board candidates and making recommendations to the Board for its approval; and
- keep under review the leadership needs of, and succession planning for, the Group in relation to both its executive directors and other senior executives. This includes the consideration of recommendations made by the Chief Creative and Chief Executive Officer for changes to the executive membership of the Board.

### **Stepping down 2017**

For the period of 2016-2017, one member joined the Board: **Margo Charlton, Member-at-Large**, who has been of great value to the Board for her expertise in governance and development. Unfortunately, Margo was not able to finish her term due to other commitments. She also felt that not being a practicing EXA therapist was an important factor for letting somebody else to fill her position.

**Carol Barrett, Vice President** for the last term, is leaving the Board. We are sad to see her go and we are so grateful for her enormous contributions to the Board and the EXAT field. *Thank you Carol!*

### **OEATA Board Members Continuing for the previously elected November 2016 – 2018 Term:**

Terri Robertson, President  
Shara Claire, Treasurer  
Anthony Bergamin, Secretary

As a result there were up to 4 positions open for nomination; 1 Vice President and up to 3 Members At Large as per OEATA by-laws.

For the term 2017-19, we have nominations for a new Vice President and 1 Member at Large. OEATA Voting Members may vote for the following nominated candidates:

**Norma Araiza, Candidate for Vice president**  
**Joyce Mak, Candidate for Member at Large**

## Membership & Communications Committees

Co-Chairs: Terri Robertson and Anthony Bergamin

### Membership Committee Report

Chair: Terri Robertson

I am pleased to report that OEATA gained 29 new members in 2017 with a current membership of 108, up from 79 members in 2016.

Membership breakdown:

1. Geographical distribution:
  - 9 – from British Columbia (Burnaby, Delta, Gibson's, Heriot Bay, Vancouver)
  - 2 – from Alberta
  - 35 – from Ontario outside the GTA  
[Aurora, Barrie, Bracebridge, Brantford, Burlington, Haliburton, Hamilton, Havelock, Kitchener, Lakewood, Madoc, Milford, New Lowell, Oakville, Ottawa, Owen Sound, North Bay, Perth, Pickering, Richmond Hill, Rockwood, St. Catherines, Sioux Look Out, Slate River, Strathroy, Thornhill, Waterloo, Whitby]
  - 1 – Greenwood, Nova Scotia
  - 60 – from the GTA.
  - 1 – Wollaston, Ma
2. Distribution by category:
  - 2 – Affiliate
  - 9 – Associate Expressive Arts Practitioner
  - 4 – Inactive
  - 67 – Professional
  - 26 – Student
  - 0 – Supporting

**Reminder: OEATA Membership fees are due January 31 of each year.** New and renewing members can pay via the OEATA website with Paypal and bank e-transfer. A mailed in cheque or money order is also an accepted form. We are continuing to resolve any technical issues with the online payment system as they arise.

Also, please let OEATA know if you are registered with the CRPO and if you Supervise.

Send questions to [membership@oeata.ca](mailto:membership@oeata.ca)

## **Communications Committee Report**

Co-chairs: Anthony Bergamin & Terri Robertson

The OEATA Communications committee has been continuing the maintenance of the OEATA website, OEATA Newsletter, Facebook pages as well as print and other media (Twitter still to come?)

Highlights for 2016/17:

- Continued updating of the “**OEATA Member Directory**” on the OEATA website; there are **29 active member profiles** as of November 2017. We hope that all OEATA Members will consider logging into the site to take advantage of the opportunity to create and list their member directory profile – please feel free to ask us for assistance.
- Continued updating of “**Current Members List**” – OEATA Members’ names appear listed alphabetically as highlighted clickable links connected to their profile page once a profile has been created. Members’ names without profiles also appear in regular type below the list active profile links.
- Continued maintenance of the **OEATA FAQ** website page
- Continued listing of relevant **Continuing Education** opportunities and **CRPO updates** via the **OEATA News & Updates** website page
- A new **OEATA Newsletter** delivery platform using **MailChimp**
- Continued updates to the **OEATA Facebook** page
- Continued general maintenance of the **OEATA website** with professional help when needed from our website developer, Ruth Maude of Dandelion Web Design.

## **Advocacy & Professional Development Committees**

Co-Chairs: Shara Claire, Norma Araiza, Carol Barrett

### **Professional Development Committee Report**

- This committee is focused on helping our EXAT practitioners continue to develop as professionals.
- Documents & guidelines to support practitioners in forming their own peer supervision groups in accordance with CRPO's requirements are underway
- We are open to your ideas. Please tell us about what you feel you need from your professional association. We wish to serve our community! [info@oeata.ca](mailto:info@oeata.ca)
  - Stay tuned for OEATA Workshops on: Self-Care for Front Line Workers, How to be an Ally: Working with an Intersectional Anti-Oppression Framework, Presenting at Conferences: The case for Arts-Based Research...details to come for 2018

### **IEATA Conference in Winnipeg Oct 4-8th, 2017:**

**Report by OEATA President Terri Robertson**

### **Indigenous Roots of Expressive Arts Therapy**

### **Transformation, Social Justice and Social Change — Globally and Locally**

At the conference, as art committee and social action committee, we set up a world mandala for conference participants to make their mark. It was amazing to watch it evolve and grow, right to the last moments in our closing circle dance, people were adding their message onto it. We also had a participant networking table, for people to share their art, books, CDs, business cards and brochures. Connections are so important, especially since many of us work on our own.

A beautiful granite monument was dedicated to the families and lost family members of Missing and Murdered Women at the Forks in Winnipeg. It was designed by artist, Louis Ogemah, his vision supported by 5 others including Lita Fontaine. I was honoured to be part of the amazing two day workshop 'Sharing Indigenous Worldview through art - An Indigenous Artist/Educator's perspective' facilitated by Urban Shaman founder [Lita Fontaine](#). This first art gallery by and for Indigenous Artists in Canada opened in 1996. We learned of the connections

between the animal, plant, element and human nations and how we function interdependently. We learned visual arts structures based on traditional Woodlands style using a technique by Christi Belcourt whose work can be found gracing the walls of the Art Gallery of Ontario; went for a fabulous walking history tour of the Forks where we experienced the Oneda cosmology sculpture next to the memorial for Missing and Murdered Indigenous Women. We had an introduction to the 7 Teachings (see Lita's recent mural in a public school below). We learned of the returned Strawberry Ceremony that was being celebrated by many women during this moon. I also met Alana Eaglefeather who was a keynote at the conference and is a PhD candidate at the Blue Quills University in Alberta. This is a phoenix of an Indigenous Worldview Knowledge centre which has arisen from the ashes of the former residential school history...A wonderful example of Indigenous strength in self-determining restorative restitution.

### **CATA Conference October 13-15, 2017 Vancouver, BC**

#### **Report by OEATA President Terri Robertson**

From IEATA I attended the CATA conference in Vancouver with our new swag in tow... new banner and Bookmarks (get yours at the upcoming AGM Nov. 27!). The workshops and networking were fantastic. I learned that Veteran's Affairs is looking for RP's who can work with PTSD and trauma through the Arts. In the US there is a program, "Creative Forces" which uses Creative Therapies with veterans. They are working on bringing this program to Canada. Contact me if you are interested. - Terri Robertson

## **Continuing Education Committee Report**

The Continuing Education is a new committee looking for more members. OEATA is developing:

- Continuing Education Credits
- Continue offering CRPO support & discussions
- Career Salons
- OEATA plans to continue to develop and offer professional and career development workshops for members in 2018!

### **September 21<sup>st</sup> 2017 OEATA Continuing Education Workshop**

#### ***“How to Start and Grow a Thriving Expressive Arts Therapy Practice”***

##### **Report by Vice President Carol Barrett**

On September 21st, 2017, OEATA hosted the first in a series of workshops “*How to Start and Grow a Thriving Expressive Arts Therapy Practice*” presented by Maggie DiStasi of Process Based Living. It was a lively and inspiring evening with time to mingle, network and engage in discussion. Throughout her presentation Maggie shared valuable information such as: resist creating a website until you know more about your practice; do create inexpensive business cards, and network with groups and organizations you might not immediately think of, those who might know someone they could refer as a client. Those present were asked to reflect on: *what do you imagine your practice to look like? and what would it look like if anything were possible, if there were no obstacles?* Maggie challenged our beliefs around “sales”. How can we inform those who aren’t familiar with Expressive Arts Therapy? How is your *elevator pitch*? In 30 sec - 1minute can you describe the practice of Expressive Arts Therapy? And finally, Maggie DiStasi asked us to remember that Expressive Arts Therapists we have something valuable to offer and the public needs to know where and how to find us.

Many thanks to Maggie DiStasi for a thoughtful and generous presentation, to Andrea Nesbitt for volunteering her time and expertise as a photographer and stand-in technical support. Thanks to those at the Friends Meeting House, who made us feel welcome.

Maggie Di Stasi can be contacted at: [www.processbasedliving.com](http://www.processbasedliving.com)

**The Slate of Nominees for the  
2017 - 2019 OEATA Board of Directors (2 year terms)**

**Norma Araiza - Candidate for Vice President**

**Joyce Mak – Candidate for Member at Large**

**Motion to Accept Slate of Candidates for Board Members**

## **Biographies**

### **Terri Robertson**

**Current OEATA President (2<sup>nd</sup> year of 2 year term 2016-18)**

CREATE class of 2009, Terri Robertson, pioneered the practicum sites at Margarets and at Bridgepoint Active Health. With knowledge of the arts and research, she was on the executive stewarding OEATA as the first Vice-President since 2009, and as president since 2015. She guest lectures on the topic of Arts-Based Research in Art & Psychology and Research Methods courses at George Brown College and Ryerson. In 2010 she presented her graphic story research in the poster session at the Health Equity Conference held at Ryerson, and in 2011 was invited to give a presentation at the Annual Daphne Cockwell School of Nursing Research Symposium. She works with Margarets.ca

### **Carol Barrett**

**Current OEATA Vice President (stepping down 2017)**

Carol Barrett began her career as a professional dancer working in England with Northern Dance Theatre and London Festival Ballet. Carol later taught dance classes for children and adults in Ottawa where she became involved with therapists and agencies concerned with the health and well being of young dancers. This experience led Carol to the Expressive Arts Therapy training at ISIS-Canada (now named The CREATE Institute). For the last ten years Carol has facilitated expressive arts groups at YWCA Toronto for women healing from the effects of abuse. Carol completed an M.A. in Expressive Arts Therapy and Psychology at the European Graduate School in Saas Fee, Switzerland. In April 2017 became a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. Carol offers Expressive Arts Therapy, clinical supervision and consultation through her private practice. Carol has been Vice-President of OEATA since 2015.

**Norma Araiza**

**Current OEATA Member at Large. Nominated for Vice President, 2017-19**

Norma Araiza is a performer/choreographer/instructor of Yoeme (Yaqui) descend, originally from Mexico. She has studied different disciplines within the arts in order to find her own unique style that blends dance, theatre, vocals and percussion, with cultural and traditional themes especially from her Indigenous background. She uses these modalities in her Expressive Arts Therapy practice.

Norma has completed her Master's Degree in Dance Ethnology at York University, and graduated from the Expressive Arts Therapy Program at CREATE Institute in 2006. Since her graduation, Araiza has been lucky to work as an EXA therapist. She is currently working at Hospice Toronto as the EXAT Program Coordinator. She facilitates sessions using Expressive Arts Therapy in groups and with individual clients in different settings such as hospitals, community centres, schools, non-profit organizations, etc. She enjoys being involved in the OEATA community to bring to it her expertise and her cultural approaches, as well as to learn from the other members.

**Shara Claire**

**Current OEATA Treasurer (2<sup>nd</sup> year of 2 year term 2016-18)**

Shara Claire has practiced as an expressive arts therapist since her 2005 graduation from The CREATE Institute, now serving as Associate Teacher in the 3rd year of the program . She is currently in private practice in the east end of Toronto, and is at work on her MA in expressive arts therapy at the European Graduate School in Saas-Fee, Switzerland. Shara assisted with the editing and production of POIESIS: A Journal of the Arts and Communication, for 10 years. Shara is a practicing devotional chant artist and meditation teacher in addition to her expressive arts work. She is pleased to continue serving her community through the board of OEATA.

**Anthony Bergamin**

**Current OEATA Secretary (2<sup>nd</sup> year of 2 year term 2016-18)**

Anthony (Tony) is a Toronto based expressive arts therapist and singer and actor with a focus on voice, movement and performing arts in his ExAT practice. Anthony graduated from the University of Toronto (1997) with an Honours BA in English & Psychoanalytic Thought after completing 2 years in the Voice Performance program. He completed his ExAT training at the formerly named International School for Interdisciplinary Studies (now The CREATE Institute) in Toronto (2008), he holds a Certificate in Roy Hart Voice Work from the Roy Hart Theatre and also completed the TICP Essentials of Psychoanalytic Psychotherapy Certificate (2015). Anthony has been part of the OEATA executive committee since 2010, is the current OEATA Secretary and co-chair of the Communications committee. He is also a CAPT member and is working on application to the CRPO.

**Melanie Nesbitt**

**OEATA Past President (ex-officio, non-voting with Board)**

Melanie Nesbitt is a 2009 founding member of OEATA and remains vital in supporting the OEATA Board by attending meetings and sitting on the Governance & Operations Committees. Her experience, wisdom and continued guidance is deeply valued by the Board – We cannot thank you enough Melanie!

**Joyce Mak – OEATA Member at Large Nominee**

I am a child psychologist-in-training through OISE's School and Clinical Child Psychology program. My dissertation examines how to help international Chinese high school students form friendships with Canadian students through facilitated group interaction. I am currently a Psychology Intern at Surrey Place Centre where I conduct individual, dyadic, and group therapy with children and teens with autism and/or developmental disabilities and support their family members. I have been a mentor to youth and a long-time volunteer with Across U-hub, a Chinese-Canadian youth development organization in Markham. My artistic heritage comes from a childhood full of singing and acting in children's choirs at school and church, and through Chinese calligraphy and water-colour painting lessons. I took the Introduction to EXA beginning in September 2016 due to the recommendation of a good friend, and I enjoy being able to draw upon the skills and theories to help clients and to help myself grow as a therapist.