



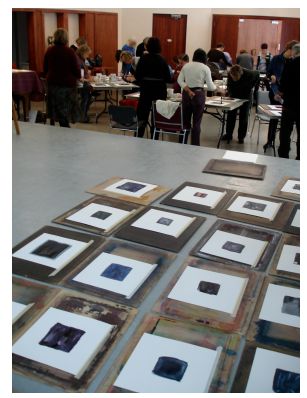
Jef Saunders & Malcolm Glover



Kristina Kiil, Jef Saunders, Lyne Monkhouse and Wendy Wardle  
Our AAATNA executive



Rihana Rutledge & Melanie Nason at the registration desk



Indigo squares in the foreground

## AAATNA 2008 Conference Update

AAATNA's conference held on the first week-end of February was titled **Resilience and Enthusiasm: A Contemporary Challenge** (see full brochure on our website under *Professional Development*). We scheduled our conference before the CAMA (*Canadian Anthroposophic Medical Association*) conference so we could work artistically with their theme of depression. Our three day conference was held north of Toronto in Thornhill at Arscura's studio. In attendance were 18 anthroposophically trained art therapists as well as a mix of 12 students and Waldorf teachers. Marie Chartrand from Montreal, Quebec with 40 years of practice in art, therapy and education, was our facilitator and keynote speaker. At the centre of Marie's work resides the wish to awaken the true human faculties needed to face our modern world and to stimulate awareness and social forces in groups.

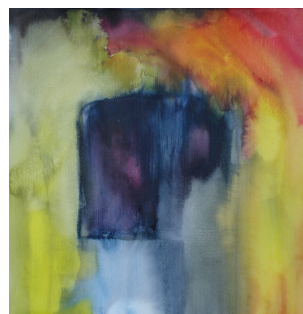
Marie's idea for the conference was to take the theme of resilience as a key concept for maintaining health in us as art therapists as well as our clients, many of whom suffer from depression. Resilience generally means the ability to recover from (or to resist being affected by) some shock, insult, or disturbance. Other words that have been used are 'survivability', 'adaptive capacity' and 'emotional buoyancy'. Its most valued notion holds in the ability to heal our wounded self and to move on, making sense of what happens and forming new emotional and social connections. Resilience can be an education of our deepest faculties at every stage of our human adventure; relating in certain ways to what other generations call the education of courage.

We explored this theme of resilience in depression with Marie through the activities of art, lecture and discussion. Below are paintings from three steps of the main exercise.

At the end of the conference Regine Kurek, director of Arscura School for Living Art, spoke of how important such conferences are in providing opportunities for us as art therapists to tune our own instrument so we are more prepared to 'meet the other'.



Indigo Square representing a 'Stuck' Place



Transforming the indigo square after an intervention.



Resilience Permeability