



Artwork by Georgia Fullerton

SEPT.
25 - 27
2025

DREAMING US FORWARD:

Co-creating Belonging Through the Healing Arts

THE FORT GARRY HOTEL. WINNIPEG, MB



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Join us to be part of a very special collaboration between the **Canadian Art Therapy Association (CATA)** and **Ontario Expressive Arts Therapy Association (OEATA)** in their first shared conference, co-hosted by the **WHEAT Institute**.

The theme for this year's conference is ***Dreaming us Forward: Co-creating Belonging through the Healing Arts***. We will host a diverse array of participants from the creative and expressive arts therapies. At this meeting place of the Red and Assiniboine Rivers, we will gather and network across arts therapy disciplines to cross pollinate and grow our understanding of our work as key to personal and social transformation. We will amplify awareness of artists as community leaders and healers ready to support, challenge, and transform a world facing social and natural crises.

Attendees will experience four interactive keynote sessions, a diverse array of breakout sessions, and a one-day pre-conference outing to the Métis community of St. Laurent, Manitoba wherein Métis art therapists and Grandmothers, Louise Lamothe and Chris Larsen, will offer *Indigenous Women Bridging Two Worlds: Stories of Us, Whispers of the Land, Echoes of our Ancestors*. Through our program, we will build a sense of community, responsibility, and action on the five key conference themes of **Amplify Indigenous Voices, Decolonize, Welcome, Sustain and Unite**.

As for fun, we'll dance the night away to the Mardi Gras sounds of the Dirty Catfish Brass Band Friday evening and celebrate Nuit Blanche with the City of Winnipeg, in its most expansive and unique, outdoor art party of the year. Drop in to the national Human Rights Museum next door at the Forks or head down the street to the Winnipeg Art Gallery WAG-Qaumajuq, home to the largest collection of contemporary Inuit art in the world.

Join us for ideas, inspiration, new friends, and a strengthened sense community. We'll launch each morning with an inspiring movement experience and have many opportunities to create and celebrate the arts. You won't want to miss it.

Yours truly,
CATA/OEATA 2025 Conference Committee



Darci Adam
WHEAT Institute



Terri Robertson
OEATA



Tammy Reynolds
CATA



Stephanie Scott
WHEAT Institute

Congratulations to our merch design contest winner!



Charmaine Husum is a Registered Art Therapist and Somatic Counsellor with over ten years of clinical experience supporting individuals healing from trauma. With a 30-year background in the arts, her international contributions span visual art, film, and therapeutic practice. Charmaine's second book, *Psychedelics and Art Therapy: A Trauma-Informed Manual for Somatic Self-Discovery* (Routledge, 2025), along with her courses and trainings, equips professionals and experiencers with harm reduction protocols and trauma-informed techniques. She is a leading advocate for the integration of Art Therapy within the expanding field of Psychedelic-Assisted Therapy.



"**Chakra Dance**" is a spontaneous therapeutic artwork inspired by Florence Cain's bilateral drawing technique and created during deep meditation. The piece explores the energetic alignment of the chakras and reflects a practice Charmaine regularly shares with clients and students of Kundalini Yoga through her Calgary-based clinic, Centre of the HeArt.

September 25 – 27, 2025

CONFERENCE OVERVIEW

**Thursday
September 25**

Pre-Conference outing to St. Laurent,
Manitoba

Conference Day 1 at the Fort Garry Hotel

**Friday
September 26**

**Friday
Evening**

The Elements of Bee-longing; A Public
Community Arts Event with Dirty Catfish Brass
Band at the Fort Garry Hotel

Conference Day 2 at the Fort Garry Hotel

**Saturday
September 27**

**Sunday
Morning**

Ceremonial Closing at the Forks

PROGRAM SCHEDULE

SEPTEMBER 25 – 27, 2025

**MINOR MODIFICATIONS TO THE SCHEDULE MAY OCCUR*

TIME SLOT	THURSDAY SEPTEMBER 25	FRIDAY SEPTEMBER 26	TIME SLOT	SATURDAY SEPTEMBER 27
8 AM – 5 PM	Pre-conference Métis Community Excursion to St. Laurent, MB: Indigenous Women Bridging Two Worlds: Stories of Us, Whispers of the Land, Echoes of our Ancestors with Louisa Lamothe and Chris Larsen			
8 – 8:45 AM		Registration & Continental Breakfast	8 – 8:45 AM	Registration & Continental Breakfast
8:45 – 9:15 AM		Conference Arrival Wake Up – Rhizome Lines	8:45 – 9:15 AM	Conference Arrival Wake Up – Inhabiting Ourselves: Moving the Self into Belonging
9:15 – 9:45 AM		Conference Opening	9:15 – 9:30 AM	Welcome & Daily Opening
9:45 – 10:45 AM		Keynote: Dreaming Reconciliation in the Arts: Ten Years after the TRC with Niigaan Sinclair	9:30 – 10:30 AM	Keynote: Calling the Garden into Healing: The Relationship of People to Plants with Jazmin Pirozek
10:45 – 11 AM		Break	10:30 – 11 AM	Break
11 AM – 12 PM		Concurrent Workshop Session 1	11 AM – 12 PM	Invoking the Spirit of Expressive Arts Therapy: Beauty is the We Song of Flowers
12 – 12:45 PM		Lunch Poster sessions in Grand Ballroom	12 – 12:45 PM	Lunch Poster sessions in Grand Ballroom
12:45 – 1:45 PM		Keynote: Safe and effective use of self: Exploring Sex and Self through art therapy with Heidi Argyle	12:45 – 1:45 PM	Keynote: The Moral Imagination: The Art and Soul of Building Peace with Bonface Beti
1:45 – 2 PM		Break	1:45 – 2 PM	Break
2 – 3:30 PM		Concurrent Workshop Session 2	2 – 3:30 PM	Concurrent Workshop Session 4
3:30 – 3:45 PM		Break	3:30 – 3:45 PM	Break
3:45 – 5:15 PM		Concurrent Workshop Session 3	3:45 – 5:15 PM	Concurrent Workshop Session 5
8 – 10 PM		The Elements of Bee-longing: A Public Community Arts Event with Dirty Catfish Brass Band	5:15 – 5:45 PM	Closing Remarks
			6 – 6:30 PM	Closing Prayers & Round Dance

Sign In

to access your Eventsquid account, which includes your selected sessions.

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MEET YOUR CO-HOSTS



 [Learn More](#)

CATA-ACAT works in cooperation with provincial art therapy associations to raise professional standards in the interest of public safety and trust. This includes upholding ethical standards; setting standards and processes for professional and registered designations for art therapists; working with art therapy training programs to ensure that they meet CATA's educational standards; publishing a tri-annual online magazine and bi-annual academic journal, support and encouraging research about art therapy and raising awareness about of art therapy in Canada.



 [Learn More](#)

The Ontario Expressive Arts Therapy Association (OEATA) serves as an association for expressive arts therapists and related practitioners that promotes and maintains the competent and ethical practice of expressive arts therapy. The association recognizes and fosters the essential values of imagination and creative expression through the arts in mental health therapy and psychotherapy.



 [Learn More](#)

The Winnipeg Holistic Expressive Arts Therapy (WHEAT) Institute provides holistic diploma programs in Art and Expressive Arts Therapy as well as Expressive Arts Certificates. The only training program in Canada to provide Cree and Métis language courses and land-based culture camps to support the TRC Calls to Action, we integrate holistic connections with history, nature, culture, theory, embodied learning, and Indigenous ways of knowing in our philosophy, curriculum, and practice.

PRE-CONFERENCE

THURSDAY, SEPTEMBER 25
8 AM – 5 PM

MÉTIS COMMUNITY EXCURSION TO ST. LAURENT, MB

Indigenous Women Bridging Two Worlds: Stories of Us, Whispers of the Land, Echoes of our Ancestors with Métis art therapists and Grandmothers, **Louise Lamothe** and **Chris Larsen**, is a land-based creative gathering that honours the strength, stories, and ancestral knowledge of Indigenous women, while welcoming the contributions of all cultures in the spirit of unity and shared stewardship. Through collective reflection and hands-on making, participants will create a collaborative art piece using buffalo hide, Hudson's Bay blanket, wool rovings, and wood. This work will carry a message of dreaming our world forward—honouring our responsibility to protect land and water, while weaving together traditional wisdom, contemporary resilience, and cross-cultural connection.

Fresh Lake Manitoba pickerel luncheon and entertainment by the local Métis band **The Gaudry Boys**.

Art materials and bus transportation to be provided.



Jacinte Lambert



Louise Lamothe



Chris Larsen



The Gaudry Boys



September 26 & 27, 2025

ARTISANS & EXHIBITORS

Friday

8 AM – 5 PM in the Grand Ballroom at
the Fort Garry Hotel

8 AM – 5 PM in the Grand Ballroom at
the Fort Garry Hotel

Saturday



FRIDAY, SEPTEMBER 26

GRAND BALLROOM

8:00 – 8:45 AM
REGISTRATION & CONTINENTAL BREAKFAST

8:45 – 9:15 AM
CONFERENCE ARRIVAL WARM UP

RHIZOME LINES

Let's arrive alone and together through a butoh inspired movement warmup. Conference participants will be guided towards arrival through a short meditation, breathwork sensation and stillness, and butoh dance improvisation experiences inspired by poetry and image.



Tanja Woloshen

9:15 – 9:45 AM
OPENING PRAYER

WITH VAL VINT AND MIRIAM DUFF,
MISHKODE BIZHIKI ANISHINAABEK



Val Vint



Miriam Duff

ELDER REMARKS

WITH ALBERT MCLEOD



Albert McLeod

Keynote Speaker

Friday, September 26

Grand Ballroom

9:45 – 10:45 AM

Dr. Niigaan Sinclair

“Dreaming Reconciliation
in the Arts: Ten Years
after the TRC”



2025 marks ten years since the final report of the Truth and Reconciliation Commission, which inspired some of the most important and beautiful steps of growth this country's ever seen. Nowhere is this more evident than in the arts, which has provoked and documented necessary changes with brilliance and beauty. It's also been ten years of some of the most turbulent, complicated, and divisive and violent times of our lives – with much anxiety, pain, and trauma. Art is now needed more than ever to help us understand things we are seeing and a world emerging that we have never seen before.

Dr. Niigaan Sinclair is Anishinaabe from Peguis First Nation. He is an award-winning writer, editor and professor of Indigenous Studies at the University of Manitoba who was named by Maclean's magazine in 2022 as one of the most influential people in Canada. Niigaan is a multiple nominee of Canadian columnist of the year (winning in 2018) and his commentary appears weekly on multiple platforms across Canada – from the pages of The Winnipeg Free Press to TV shows on CBC, APTN and on his co-hosted podcast Niigaan and the Lone Ranger. His first book Wīnipêk: Visions of Canada from an Indigenous Centre (McClelland & Stewart, 2024) was a national bestseller that won the 2024 Governor General Award for Non-fiction. He is a former secondary school teacher who won the 2019 Peace Educator of the Year from the Peace and Justice Studies Association based at Georgetown University in Washington, DC.

Friday, September 26

Concurrent Workshops Session 1



Ecosystemic Perspectives in Art Therapy: Land, Identity, Relational Processes, and Material Dialogue

11 AM – 12 PM

GRAND BALLROOM

Maria Riccardi, Andréa Bédard-Gascon, Gabrielle Gingras, and Heather McLaughlin



This panel explores ecosystemic art therapy through land, neurodiversity, therapist process, and materiality. It highlights nature as co-therapist, late-diagnosed women's stories, the therapist as co-creator, and materials as living systems of meaning.



Autism and Beyond Words: Creative Congruence Time (CCT) for Building Meaningful Connections

11 AM – 12 PM

SELKIRK BALLROOM

Ellen Yang

This workshop introduces Creative Congruence Time (CCT), a presence-based, expressive arts approach that fosters meaningful connection with autistic individuals through co-creation, emotional attunement, and nonverbal expression using movement, sound, and image-making.



Torn Fabric, Shared Threads: Weaving Connections through Wounded Places

11 AM – 12 PM

GATEWAY

Melissa Hedlund Nelson, Lisa Dinnocenzo, and Elizabeth Hill



In uncertain times, art therapy provides a transformative space for healing. This workshop uses shredding, stitching and weaving as metaphors for deconstruction and reconstruction, fostering resilience, connection, and new narratives. Through guided art processes, participants explore healing as a communal, creative act grounded in art, metaphor, and shared meaning.

Friday, September 26

Concurrent Workshops Session 1



Healing (Trauma) Containers: An Expressive Arts-Based Investigation with White Settler Family Members

Amanda K Gross

11 AM – 12 PM

TACHE ROOM

In this interactive workshop, participants will create a small sculpture (trauma) containers as Amanda shares stories and reflections from her doctoral research in which she worked with white settler family members to consider themes of anti-racism, decolonization, and deconstructing multigenerational family patterns. Amanda's dissertation, *Living (Trauma) Containers for Healing Justice, Transformation, and Collective Liberation: An Autoethnographic Expressive Arts-Based Investigation with White Settler Family Members*, integrated autoethnographic, expressive arts, and arts-based methods to engage in dialogue around relevant excerpts from her book, *White Women, Get Ready: How Post-Traumatic Mistress Syndrome Leads to Anti-Racist Change*.



The Art of Belonging: The Psychedelic Journey through an Expressive Arts Therapy Lens

Mariya Garnet Prokopenko

11 AM – 12 PM

LA VERENDRYE ROOM

This experiential workshop immerses participants in a full-cycle psychedelic journey through Expressive Arts Therapy. Covering preparation, integration, and supervision, it offers tools to deepen connection, support clients, integrate insights, and reflect on the facilitator's role.

12 – 12:45 PM

LUNCH & POSTER SESSIONS

Grand Ballroom at the Fort Garry Hotel



**Community Connections –
The work of the Kenora
Association for Community
Living's Arts Hub**

Laura Cotton



**Through the Lens of an
Anxious Art Therapist:
An Art-Based
Heuristic Inquiry**

Abby Bohun



**Liminality and ritual: the
labyrinth as pedagogy
in ExA education,
research and practice**

Maria-Helena Pacelli



**Design of Extended
Reality Expressive Arts
Activities**

Amanda Tkaczyk



**The Body of Art
Therapy**

Chantal Parenty



Louise Lamothe



**An Ar(au)tistic
Exploration in Authentic
Embodiment**

Michaela Kaplan



**When Silence Speaks: A
Self-Exploration
Through Art Therapy**

Chelsey Greig



Melody Newcomb

**Additional poster sessions are being added – stay tuned for updates.*

Keynote Speaker

Friday, September 26

Grand Ballroom

12:45 – 1:45 PM

Heidi Argyle

“Safe and Effective Use of Self: Exploring Sex and Self through Art Therapy”



Safe and effective use of self is an integral to ethical and informed psychotherapy practices. Heidi will present a case which explored themes of body image and sexuality through art therapy. Presenting the necessity of exploring themes and interventions as a therapist, this presentation seeks to reflect on an art therapist's personal practice of art making to inform client work. There will be a body based experiential component to the presentation.

Heidi Argyle is a radiant creator, playful by nature, a powerful leader, intelligent to a fault and believes in providing sanctuary to those who need it. She believes art can be the bridge to good stuff we didn't know we needed. A graduate of The Toronto Art Therapy Institute and Martin Luther University, Heidi is in private practice working with marginalized sexualities, neurodiverse folks and young adults. Heidi serves as President for the Canadian Art Therapy Association (CATA), is a teacher and instructor. Heidi is a Registered Canadian Art Therapist (RCAT), and Registered Psychotherapist in Ontario (RP), Kink Knowledgeable Therapist, and Certified Sex Therapist (ASTO).

Friday, September 26

Concurrent Workshops Session 2



Art as a Phenomenological Story

2 – 3:30 PM

GRAND BALLROOM

Tina Overbury, Patsy Searle, and Lucille Proulx



Sometimes you tell the story, and sometimes the story tells you. This 90-minute session featuring Tina Overbury, Lucille Proulx, and Patsy Searle invites the room to experience how art does more than heal what is – it can also dream us forward. An afternoon of storytelling with a closing panel discussion, this session features three women with phenomenal stories—where 'story' becomes both witness and guide. Tina shares the healing experience of creating and performing OMYGOD, a solo show that wrote its way through her on her 50th birthday—uncovering buried grief, ancestral memory, and the untold stories of women across generations. Lucille brings The Towel, a visual memoir sparked by an image that foreshadowed her breast cancer diagnosis and called her back to her Métis-French roots and life's work in art therapy. Patsy invites us into an intermodal journey of grief and reclamation—through poetry, sound, and Métis rug hooking—as she reconnects with identity, language, and cultural memory. Three women. Three phenomenal stories. Together they explore the question: How can our stories dream us forward?

Friday, September 26

Concurrent Workshops Session 2



Sharing Our Origin Stories

2 – 3:30 PM

SELKIRK BALLROOM

Mandy McManus Dixson and Deja Harris

This collaborative presentation will explore the importance of gaining perspective and gathering the stories and knowledge of Indigenous elders through traditional beadwork and capturing small illustrations of memories.



Both presentations and art-making will amplify the value that stories of joy and wisdom from elders in indigenous communities have for clinical and communal approaches for art therapy and art therapists.

Creation Story of an Elders Art Hive from a Decolonized Lens & Sacred Ecology (**Mandy McManus Dixson**)

Illustrating Narratives of Joy with Intergenerational Artmaking with the United Houma Nation (**Deja Harris**)



Turning Towards Each Other: Countering Discrimination through Arts-based Community Care

2 – 3:30 PM

GATEWAY

Lucy Lu

When we turn towards each other as racialized people(s) to encounter joy, trust, and belonging, we generate an energy to resist discrimination and respond to isolation, division, and despair. This presentation will share the process of allyship and anti-racism work by coming alongside communities through arts-based care practices. Community care offers a framework as a response to collectively experienced trauma by racialized individuals that considers the needs of the individual and collective. From this model of community care, we collaborated with Sisters Dialoguea grassroots non-profit organization supporting Muslim women in countering gendered Islamophobia to generate spaces for community building and belonging through art therapy healing circles, playback performances, and interactive workshops. Participants will be invited to reflect on community care through the arts.

Friday, September 26

Concurrent Workshops Session 2



Queer-Affirming Practices: Crafting Therapy Spaces of Belonging

**2 – 3:30 PM
TACHE ROOM**

Jillian Bagan

Discover how small signals of welcome like Safe Zone sticker scan spark deeper reflection on what it means to offer queer-affirming care. Through art-making and dialogue, we'll explore how to build spaces that feel genuinely safe, inclusive, and rooted in belonging.



Reclaiming the Sexual Self Through Art Therapy

2 – 3:30 PM

LA VERENDRYE ROOM

Madison Traverse and Rachel Krause



This presentation explores how art therapy can support clients in reclaiming their sexual selves and fostering embodied belonging, drawing on feminist, trauma-informed, and anti-oppressive approaches. Based on thesis research and group facilitation, it highlights how integrating feminist and sexuality theories can expand art therapy practice. Through experiential artmaking and discussion, attendees will reflect on how to co-create spaces of safety, agency, and authenticity enhancing clinical comfort in addressing sexuality, uniting cross-disciplinary insights, and supporting transformative.

Friday, September 26

Concurrent Workshops Session 3



The Space Between Us - Cultivating Belonging through Storytelling

**3:45 – 5:15 PM
GRAND BALLROOM**

Rapinder Kaur, Sally Chung, and Jane Kwon



This presentation explores the power of illustrated storytelling to nurture presence, connection, and belonging in caregiver-child relationships and within the inner child. Co-authored by three art therapists, In the Space Between Us integrates anti-oppressive and decolonized approaches, drawing on Korean and Panjabi ancestral knowledge to support emotional attunement and reduce barriers to connection. Participants will be guided through the books themes and offered an experiential creative reflection to explore how story and art can support healing, empowerment, and intergenerational resilience.



Wisdom of Signals (Soul- dreaming)

**3:45 – 5:15 PM
SELKIRK BALLROOM**

Sharlene Friedman and Christina Becker



Exploring belonging through story, dreams and art-based enquiry. Through listening to dream imagery, using stories, myths and archetypal imagery and art-based enquiry, we will touch on experiencing signals of souls messaging bring the personal in collective and collective into personal.



Supervision as an Ecosystem: Taking Care of Our Garden; An Art Therapy Workshop for Established Supervisors

**3:45 – 5:15 PM
GATEWAY**

Lori Boyko and Tanis Dick



The Supervisory role is often overlooked, and the experience of isolation can be common. As two of the conference's underlying themes are belonging and connection, the presenters visioned this as an opportunity to illuminate and foster connection, belonging, inclusion and community among Supervisors. This workshop provides a well-resourced and confidential environment. Through collective discussion, reflection and collaborative artmaking participants will co-explore aspects of the Supervisor role, including guiding frameworks, dilemmas and gatekeeping, responsibility, risks, ethics, cultural perspectives and joys. The opportunity to maintain this established supportive group post conference will be considered, alongside visioning change and growth for the future of Supervision in the Creative Arts Therapy fields in Canada.

Friday, September 26

Concurrent Workshops Session 3



**Tribal Theory Global and Expressive
Arts: Transcend Trauma, Nurture
Belonging, Heal the Circle**

3:45 – 5:15 PM

TACHE ROOM

Julia Tribe and Barbara Allyn

Engaging in the healing practices of Sensory Dialogue, Symbolics, & Ceremony, we employ collage adornment & performative improvisation as immersive and interactive methods to explore, unravel, reveal, and reclaim our lived experiences at a cellular level while elucidating a deeper understanding of self, safety, and belonging.



**Embodying Desire: Using Creative
Expression for Intimacy,
Relationships and Sexuality**

3:45 – 5:15 PM

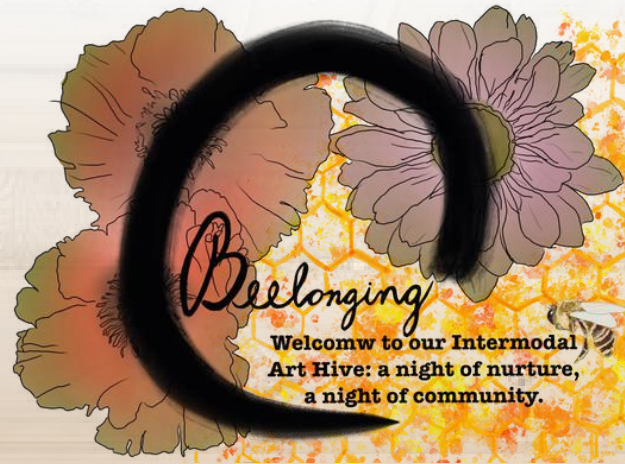
LA VERENDRYE ROOM

Susie Showers

A trauma-informed exploration of erotic desire, and maps to navigate intimate connection with yourself and with others. This is an immersive workshop centred on relationships. Integrating somatic techniques with art therapy, drama therapy, and sex therapy approaches. Help your clients gain: a deeper awareness and understanding of desires and sexuality vocabulary to express desires and limits a library of somatic pleasure practices tools to communicate with (potential) partners, both verbal and nonverbal. Please consider your comfort and familiarity with topics of sexuality and touch. Drama therapy and embodied work can quickly contact our vulnerability, so you may wish to schedule in self-care around this immersive workshop.

THE ELEMENTS OF BEE-LONGING; A PUBLIC COMMUNITY ARTS EVENT FEATURING THE DIRTY CATFISH BRASS BAND

EVENT SPONSORED BY  **Wheat**



**FRIDAY, SEPTEMBER 26
8 – 10 PM**

GRAND BALLROOM

You are invited to join us in an inter-modal art-making extravaganza merging poetry, song, movement, music and art-making.

Are you ready to re-member yourself into Belonging?

To weave yourself back into the great, breathing tapestry of Life?

The ancient elements are calling

Earth from the marrow of your bones,
Water to soften what's been held too long,
Air, the whispered breath of our ancestors,
Fire to kindle the truth within and spark the soul alive,
Aether to remind you: you were never separate.

Come let your bones remember, your soul stir and answer the sacred call of the two-legged ones: to tend to Life and rise as the ones these times call forth.

The elements are calling, will you answer?

Join us for an evening of music, art, expression, and deep remembering; remembering our ancient tribal roots where music, art, dance and expression infused our every breath and the wisdom of the elements informed our ways of being.

You're invited. Come belong yourself back into the web of Life with us.

- Johanne Ascoli



Johanne Ascoli



cc Chau



Heidi McCurdy



Heidi Stouffer



Linnea McPhail



Nathalie Tremblay



Terri Robertson



Chantal Parenty



Louisa Lamothe



Darci Adam



Val Vint

DIRTY CATFISH BRASS BAND

Accompanied on this rare occasion, by the inspirational, *improvised* sounds of the **Dirty Catfish Band**, we will de-colonize the dance floor with a bee hive of activity around our conference themes of Amplify Indigenous Voices, De-colonize, Sustain, Welcome and Unite. Enter the liminal, imaginal space of bee-ing with a hive of like-minded spirits, and co-create good ways of being together on Friday, September 26th.

"Dirty Catfish Brass Band's aim is to inspire, create and instigate – but, mostly, they just want you on your feet. Undeniably tight, yet reckless as hell, Dirty Catfish Brass Band deals in powerful phrasing and performances drenched with rhythm. Invoking the sounds of brass bands and funk ensembles, the collective dares to reimagine the streets of a prairie city as one that is hot, alive, and brimming with soul.... Get ready to move."



SATURDAY, SEPTEMBER 27

GRAND BALLROOM

8:00 – 8:45 AM
REGISTRATION & CONTINENTAL BREAKFAST

8:45 – 9:15 AM
CONFERENCE ARRIVAL WARM UP

INHABITING OURSELVES: MOVING THE SELF INTO BELONGING

Rooted in the wisdom of the five elements—earth, water, fire, air, and aether—and the five rhythms of life as mapped by Gabrielle Roth (flow, staccato, chaos, lyrical, and stillness), this 30-minute practice invites you into breath-led, body-honouring movement. Guided by music, imagination, intuition, and the inner compass of sensation, we will ride waves of energy: from the yin of flow to the yang of staccato, through the liminal edge of chaos, into the poetic juiciness of lyrical, and home again in the stillness of Self.



Johanne Ascoli

9:15 – 9:30 AM
ELDER REMARKS

WITH LITA FONTAINE



Lita Fontaine

SHARING ABOUT FACT-MB, FACT – BC, AND PRPA ONTARIO



Melody Newcomb



Sharona Bookbinder



Heidi McCurdy



Terri Robertson

Keynote Speaker

Saturday, September 27

Grand Ballroom

9:30 – 10:30 AM

Jazmin Pirozek

“Calling the Garden into
Healing: The Relationship
of People to Plants”



Honouring the plants by communicating with them directly by using melody and song for connection. The melody of songbirds accelerates plant growth by opening their breath through sound. This action of connecting with the plants creates a community of harmony that each plant and person can experience.

We will explore direct plant connection and communication through song and breath, and how people have provided this relationship throughout human existence. We will also explore how we have asked plants for healing our bodies and minds and how we have developed healing practices that employ our relationship with plants.

Jazmin Pirozek, HBA, MSc practices and teaches traditional and contemporary methods regarding the Boreal and Amazon forest plants. Currently, Jazmin is a consultant combining scientific and traditional methods, focusing on remediating chronic illnesses for the people of Northern Ontario, Canada. She is on the Psychedelic Association of Canada (PAC) board of directors. Jazmin has applied concepts of Nishnawbe Aski Nation Health Transformation perspectives in her work to combine Traditional and Contemporary Health practices to create better access to Integrative medicine for all.

INVOKING THE SPIRIT OF EXPRESSIVE ARTS THERAPY: BEAUTY IS THE WE SONG OF FLOWERS

SATURDAY,
SEPTEMBER 27
11 AM – 12 PM

GRAND BALLROOM

Paolo Knill was one of the major pioneers in the establishment of the field of expressive arts therapy. Among his many talents, he was a master of leading community art structures with large groups. In many of his community art experiences, he led the process with a guiding image or metaphor and developed the community of non-dancers and non-singers into a dance company often accompanied by polyphonic choirs and poetic text. Among many streams of influence, his work in community art was informed by the neo-expressionist German dance artist Pina Bausch and by his studies in musicology and his own compositions which ranged widely across many musical traditions both modern and ancient.

Paolo passed away in September of 2020. There are many students and colleagues who are continuing his work all over the world---in the network of international training institutes, including The CREATE Institute in Toronto and Expressive Arts Vancouver in Canada, at The European Graduate School in Switzerland (EGS) where Community Art is part of the curriculum and at The WHEAT Institute whose many Expressive Arts faculty members have trained at EGS.

In this community art piece, we will work with a familiar theme coined by Paolo---Beauty is the We-Song of Flowers. His image supports the idea that a community is a collection of individuals on a common field, and, like flowers, they have their affinities and groupings. Even with all their individual and group differences, they exist together on the same field, sharing the same sun, the same water and the same soil.

Beauty is the we song of flowers

On an alp
Flowers bloom
Each its own blossom
Pink White Red Purple Blue
A disparate harmony
Beauty is the we song
Of flowers

– Stephen K. Levine



Ellen Levine



Melanie Nesbitt



Ayana Spivak



Julia Tribe



Terri Robertson



Heidi McCurdy



Darci Adam



Paolo Knill
1932 – 2020

Keynote Speaker

Saturday, September 27

Grand Ballroom

12:45 – 1:45 PM

Bonface Beti

“The Moral Imagination:
The Art and Soul of
Building Peace”



In this hour, we all bear a moral light,
To envision, a world free from conflict,
embrace complexity and innovate,
Crafting creative pathways to genuine peace.

In this realm, our dreams ignite,
The moral imagination takes flight.
Together, we weave peace from threads of grace,
Creating a tapestry of hope in every space.

Through art, our souls entwine,
Voices harmonize, a healing sign.
Together we rise, our hearts open wide,
In the dance of connection, we abide.

With every stroke and each note,
We conjure a world where love can float.
Belonging blooms in vibrant hues,
As we dream forward, igniting the muse.

Welcome to: Dreaming Forward: Co-Creating Belonging Through Healing Arts 2025.

Bonface Beti is an African storyteller and multidisciplinary arts practitioner working at the intersections of theatre-based processes, peacebuilding and healing-centered approaches to social transformation. He has worked worldwide. He holds an MA degree in peacebuilding from the University of Manitoba in Canada. He was admitted into the CAGs PhD program in use of Expressive Arts in Conflict transformation at European Graduate School in Switzerland and is now completing his PHD studies in Peace and Conflict Studies at University of Manitoba. He has served as a committee member for the Cultural Humility and Diversity Committee at the North America Drama Therapy Association, member of the board for the Pedagogy and Theatre of the Oppressed (PTO) as well serving as committee member on the International Expressive arts Association (EXA). He's currently working as a trainer and facilitator for Settlement service professionals supporting vicarious resilience work for refugees and newcomers to Canada at Aurora Family Therapy Centre. He's also working on integrating the wisdom of peacebuilding approaches to expressive arts at WHEAT Institute.

Saturday, September 27

Concurrent Workshops Session 4



The Essential Role of Art Therapy and Indigenous Wisdom in Trauma-Informed Psychedelic Healing

2 – 3:30 PM

GRAND BALLROOM

Charmaine Husum

This dynamic workshop explores the often-overlooked role of art therapy and Indigenous wisdom in psychedelic-assisted therapy. Grounded in trauma-informed and harm-reduction frameworks, this session features a powerful transpersonal art directive to support preparation for and integration of non-ordinary states of consciousness (NOSC). Participants will engage in expressive, symbolic art-making to access inner resourcing and embodied meaning-making. We will examine how to ethically honour Indigenous ceremonial traditions while resisting commodification and appropriation. Blending somatic inquiry, expressive arts, and transpersonal psychology, this workshop invites a deeper, more inclusive and culturally aware approach to healing.



Embodying the Intersections of Cultural Identity through Drama and Dance / Movement Therapy

2 – 3:30 PM

SELKIRK ROOM

Rowena Tam and Emilie Durville



The Social Graces (SG) Project is a workshop designed for practitioners in the creative arts therapy field. Co-facilitated by a certified dance/movement therapist and a drama therapist, this experiential learning initiative introduces participants to Burnham's (2013) concept of Social Graces.



EXA and Dementia: The Big Surprise!

2 – 3:30 PM

GATEWAY

Janet Walker

I will share a years worth of EXA workshops with elders at Eden Gardens Compassionate Dementia Care. Weekly EXA workshops led to an public art show and a participatory art event. Examples of art modes and activities Reactions of my elder artists Feedback from staff and volunteers at Eden Gardens The surprise: how this became the favourite part of my week A sense of awe and excitement while doing this work Things you'll need to know to work with this population Similarities and differences to work with other populations and ages Resources for working with dementia Experiments included Brain Dance, clay, paint, drawing, poetry, storytelling, rhythm, drums, singing, folk dancing, creative dance, passing games, improvisation games, charades, leaf collection for mosaics, "land art", puppets, song composition, sculpture, and active imagination. Do not underestimate the elderly!

Saturday, September 27

Concurrent Workshops Session 4



Co-creating Belonging and Emotional Wellbeing in Singaporean Youths through Thrive: An Arts-Based Intervention

2 – 3:30 PM

TACHE ROOM

Natalie Kang

This session explores Thrive, an arts-based group intervention supporting adolescent wellbeing in Singapore secondary schools. Drawing from student artwork, thematic analysis, and therapist reflections, the presentation illustrates how creative expression fosters emotional regulation, peer connection, and belonging. Set within a high-pressure academic and multicultural context, Thrive highlights the potential of arts-based approaches to co-create emotionally safe, inclusive school environments. Attendees will gain insight into a culturally responsive model for supporting youth through the healing power of the arts.



The Journey to Belonging

2 – 3:30 PM

LA VERENDRYE ROOM

**Faith Ellen Anderson
Laura Cotton
Erika Olson
Lee Ann Hawkins
Tersoo Tsvende**

Community Connections: The Journey of Belonging focuses on the shift in perspective that can occur when people of all abilities are given opportunities to learn, grow and explore together. It depicts a short history of institutionalization and deconstructs the false beliefs (social myths) that historically removed individuals from their homes. We emphasize the profound importance and human need for creative self-expression and the right of all people, regardless of their ability, to discover and explore their own unique gifts within community. When people gather around a common interest, differences become less apparent, humanity shines through and we all belong.

Saturday, September 27

Concurrent Workshops Session 5



The Healing Medicine of Art through an Accessible Spiritual Health Art Circle with Persons with Disabilities

3:45 – 5:15 PM

GRAND BALLROOM

Join **Val Vint**, Knowledge Keeper, Drum Carrier, and Metis artist, **Miriam Duff**, Expressive Arts therapist, and **Andrew Terhoch**, Spiritual Health Practitioner, as they share the story of an accessible spiritual health arts-based pilot at St. Amant centered around patience, choice, autonomy, attunement, and intentionality. Our work specifically focuses upon supporting creative expression and spiritual care of a community of people living with health conditions, in some cases palliative, and that include cognitive, mobility and communication differences. We are using a multidisciplinary, collaborative approach, including Spiritual Care, Music Therapy, Expressive Arts Therapy, Artists, and Indigenous Teaching and Practices, as well as the multidisciplinary healthcare team members to support people through a process of discovery.



Bridging Narratives: Being an Expressive Arts Therapist in a Medical Model of Mental Health Care

3:45 – 5:15 PM

SELKIRK BALLROOM

Heather Frayne

Learn about bringing arts-based therapies to a medical model of mental health care for youth & families. Leave with a framework for case conceptualization that incorporates phenomenological, asset-framing, person-in-environment, micro/mezzo/macro, bio-psycho-social, and arts-based perspectives.



From Sensation to Symbol: Integrating Somatic Wisdom in Art Therapy Sessions

3:45 – 5:15 PM

GATEWAY

Katrina Grabner

This experiential workshop introduces a somatically integrated approach to art therapy, drawing from Somatic Experiencing, Focusing-Oriented Art Therapy, and Polyvagal Theory. Beginning with a three-session case study, we will explore how they felt sense (interoception), exteroception, containment, movement and the imagination can be woven with image-creation and meaning-making in a fluid, trauma-informed, nervous system aware, art therapy process. A demonstration of this approach will be provided followed by participants being invited into a guided, group experiential, to engage deeper with this way of practicing art therapy.

Saturday, September 27

Concurrent Workshops Session 5



Group Art Therapy with Immigrant Adults: Imagining New Ways to Belong

3:45 – 5:15 PM

TACHE ROOM

Vera Heller

Through research projects involving group art therapy with immigrants, this presentation will highlight how artmaking and storytelling foster participants capacity to imagine new ways to belong. Central to understanding immigrants integration, belonging is envisioned from two different perspectives: the feeling of being attached and the feeling of being accepted.



Co-creating belonging through the Arts with Refugees and Immigrant Adults

Carmen Oprea



Soulful ExA Therapy: A Preliminary Research Study Presentation

3:45 – 5:15 PM

LA VERENDRYE ROOM

Susanne Dorder

In this engaging expressive arts presentation, Susanne Dorder will share insights from her ongoing study, Soulful Expressive Arts Therapy: Evoking Mental Wellness in Black Students, highlighting key outcomes and findings. Focusing on how expressive arts therapy offers a culturally relevant healing approach for racially Black communities, particularly those from sub-Saharan Africa and its diasporas, the session will also be focusing on the Intermodule Approach of Expressive Arts Therapy. Participants will actively engage in art-based activities and discussions, exploring how creativity contributes to mental wellness. With nearly 20 years of experience in psychotherapy and more recently education, Susanne's passion for creative living is rooted in her diverse African/Caribbean and Surinamese Chinese/Amerindian heritage, emphasizing the importance of creative expression for healing and growth.

SATURDAY, SEPTEMBER 27

GRAND BALLROOM

5:30 – 5:45 PM

CLOSING REMARKS FROM THE CONFERENCE COMMITTEE



6 – 6:30 PM

CLOSING PRAYERS AND ROUND DANCE CIRCLE



Val Vint

Nuit Blanche Winnipeg

Saturday, September 27

no sleep, just art ...

Celebrate Nuit Blanche with the City of Winnipeg, in its most expansive and unique, outdoor art party of the year!

Nuit Blanche is a free nighttime exploration of contemporary art held in Winnipeg's historic Exchange District and Downtown.



YOU ARE INVITED TO JOIN US FOR A CEREMONIAL CLOSING CIRCLE

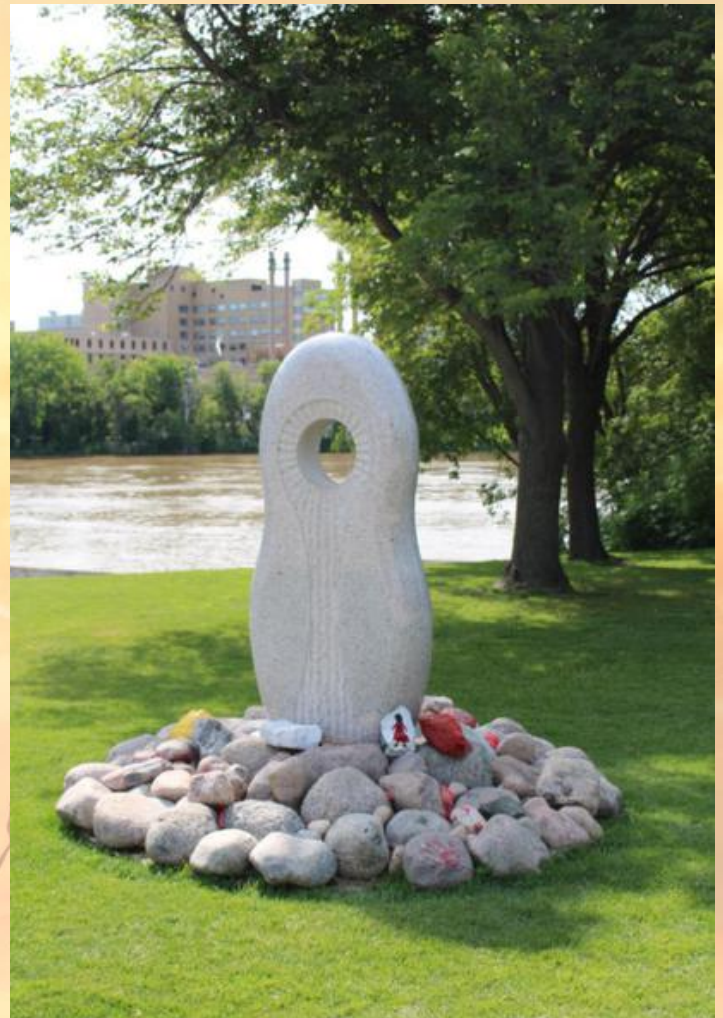
SUNDAY, SEPTEMBER 28
10 – 11 AM

THE FORKS

Join with Pre-Conference facilitators, **Chris Larsen** and **Louise Lamothe**, as they assist us in acknowledging and nourishing the seeds of *Dreaming us Forward*, as we bring the circle they opened on the first day of the conference to a close. We will meet at the Monument for Missing and Murdered Indigenous Women – *pictured to the right* – located near the historic rail bridge and the Oodena Celebration Circle.

This two-meter-high granite statue is designed in the shape of a woman. It serves as a place for families to grieve and remember loved ones who have been murdered or have disappeared, and aims to raise awareness about the issue of MMIWG. The monument, the first of its kind in Canada, was a joint project between the province and Ka Ni Kanichihk.

10-minute walk from the Fort Garry Hotel.
A group will depart at 9:45 AM



Louise Lamothe



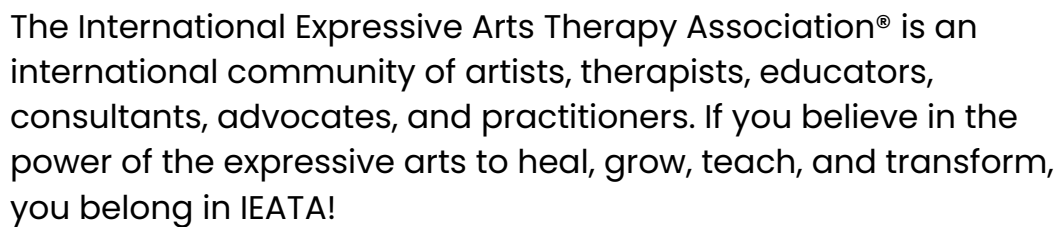
Chris Larsen

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Kelly Fargala Event Management

HOTEL, SPA AND CONFERENCE CENTRE





Artwork by Georgia Fullerton

SEPT.
25 - 27
2025

DREAMING US FORWARD:

Co-creating Belonging Through the Healing Arts

THE FORT GARRY HOTEL. WINNIPEG, MB



Thank You Volunteers!

Alana McLeod
Anna Bigland-Pritchard
Antonietta Nesbit Miolla
Ashley Feduniw
Ayana Spivak
Chantal Parenty
Chris Larsen
Heather McDevitt
Heidi McCurdy
Hillary Jackson

Joye Platford
Louisa Lamothe
Magdalena Angel
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Melanie Nesbitt
Melody Graham Flores
Michaela Kaplan
Michelle Osmanov
Miriam Duff
Priscila Diaz

Renee Wallace
Susan Eilers
Susanne Dorder
Tzafi Weinberg

We look forward to seeing you next year!