



**Cameray**  
Child & Family Services



# Using Expressive Therapy with Children & Youth: Building Your Toolbox

*This fast-paced one-day workshop features four models of expressive therapy! It is appropriate for child and family therapists, psychologists, school counsellors, mental health clinicians, social workers, members of school-based teams, youth and family workers and community service providers. It is designed to provide specific tools to professionals who work with children and youth.*

**Friday, November 24th, 2017**

**8:45am – 4:00pm**

Registration begins at 8:15am

## **MORNING WORKSHOPS:**

- **Art Therapy Interventions: Beyond Arts & Crafts** presented by [Lesley Holm, RAT](#)
- **An Introduction to Trauma Informed Yoga** presented by [Nicole Marcia, MA, C-IAYT, YACEP, TCTSY-F](#)

## **AFTERNOON WORKSHOPS:**

- **Getting to Know You: Exploring Emotions and Behaviours with Music Therapy** presented by [Tatyana Dobrowolski, MTA](#)
- **Family Play Therapy Techniques** presented by [Phoebe Tsang, RMFT-S, RPT & Rosamond Chan, MC, RCC](#)

## **WORKSHOP RATES:**

**\$160** Early Bird

**\$175** (after September 30<sup>th</sup>, 2017)

**\$120** student rate (limited seats available)

## **LOCATION:**

**The Italian Cultural Centre**

3075 Slocan Street, Vancouver, BC

\* Lunch Included \* Free Parking \*

For more info, contact: Roxane Veltkamp, Executive Administrator

Tel: 604-436-9449 Ext. 276 Email: [admin@cameray.ca](mailto:admin@cameray.ca)

*This workshop is a fundraiser for Cameray Child and Family Services*



## **WORKSHOP DESCRIPTIONS**

### **Art Therapy Interventions: Beyond Arts & Crafts**

*Lesley Holm, RAT*

This workshop will provide clinicians with an understanding of what art therapy is about and how art interventions can be used to enhance verbal therapy approaches to treatment. We will go beyond using art and crafts to build rapport with clients and explore how art interventions might be adapted to certain client needs and populations.

### **An Introduction to Trauma Informed Yoga**

*Nicole Marcia, MA, C-IAYT, YACEP, TCTSY-F*

In this introductory workshop participants will learn about how yoga can be used to cultivate resilience and self-regulation to support us to live more connected and embodied lives. Traumatic events happen to everyone and can range from a distressing childhood to singular, painful disruptive events. Such events can result in isolation and feelings of helplessness. Traumatic stressors can result in chronic pain, disordered eating, addiction, insomnia, anxiety and depression. Trauma informed Yoga can help by introducing better coping skills, and helping to connect to the present moment.

### **Getting to Know You: Exploring Emotions & Behaviours with Music Therapy**

*Tatyana Dobrowolski, MTA*

This workshop will focus on emotional and behavioural challenges and musical tools to aid in expression and control. It will provide an overview of the techniques used in Tatyana's Music Therapy sessions, covering active and passive interactions with music to help experience and express emotions as well as redirect them. Favourite musical activities to help encourage following, leading and cooperating will also be shared. Variations for individuals and groups will be discussed.

### **Family Play Therapy Techniques**

*Phoebe Tsang, RMFT-S, RPT & Rosamond Chan, MC, RCC*

With their training background in Family Therapy, Phoebe and Rosamond acknowledge that the families of their child clients have the resources to grow and heal together. Drawing on their extensive training and experience as Child and Family Therapists, this workshop demonstrates how to use all family members' capacities for expressive play in conjoint family sessions. Techniques covered will include the Family Aquarium technique (originally from Eliana Gil) and other games to use with families as both assessment and treatment tools.

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## **SPEAKER BIOGRAPHIES**

**Lesley Holm** is a Registered Art Therapist at the Vancouver Psychology Centre. Over the past thirteen years, she has provided art therapy in schools, not for profit agencies, and private practice. Her clinical interest is in working with children and youth with anxiety and their families. She has specialized training in providing therapy for children and families impacted by divorce and separation.

**Nicole Marcia** is the founder and director of Fine Balance Yoga. Since 2004, she has taught therapeutic yoga classes and offered individual sessions to trauma survivors, and trained Yoga and health care professionals in trauma-informed yoga theory and techniques. Nicole has a master's degree with a specialization in yoga therapy from Lesley University in Boston, MA. From 2008-2017, she served as the Director of Therapeutic Yoga Programming for the Provincial Health Services Authority at the Burnaby Centre for Mental Health and Addictions and the Riverview Hospital. She is the Program Director for Incorporating Yoga as a Trauma-informed Practice to Enhance Drug Treatment Outcomes for Justice Involved Youth with Yoga Outreach. In 2017, she completed a certification in Trauma Center Trauma Sensitive Yoga (TCTSY) facilitation at the Trauma Center at the Justice Resource Institute in Boston, MA. Nicole is a project coordinator and instructor at Langara College Continuing Studies, in addition to being a yoga therapist at Onsite, the treatment arm of North America's first safe injection site in Vancouver's downtown east side.

**Tatyana Dobrowolski** is an Accredited Music Therapist who works at Mountainside Secondary School and Saint James Music Academy. She is also a singer-songwriter. The students she works with range from grade 1 to graduation. These students face a variety of challenges such as anxiety, depression, behavioural challenges, and low self-esteem. She combines her experience as a music therapist with her experience as a musician to work on these issues through musical instruction and songwriting.

**Phoebe Tsang** has a Masters in Counselling. She is a Registered Play Therapist of the Association for Play Therapy and an Approved Clinical Supervisor & Clinical Fellow of the American Association of Marriage and Family Therapy. She has been working as a Child and Family Therapist at Vancouver Coastal Health since 1999. Phoebe's work is influenced by family system therapy, play therapy, attachment theory, Somatic Experiencing, as well as the neuroscience research on mindfulness. She provides play therapy, parent-child therapy, group therapy, marital therapy as well as family therapy.

**Rosamond Chan** is a Registered Clinical Counsellor. She has been in the counselling field for more than 15 years and has served children and families in community mental health teams, public health programs, schools, community-based agencies and university. She is currently working at Vancouver Coastal Health and has a small private practice in Kerrisdale. In addition to Masters-level training in family therapy, Rosamond's work is also influenced by some post-master training in play and expressive therapy, Structural Family Therapy, Attachment Theory, Cognitive Behavioral Therapy and mindfulness-based interventions.

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## REGISTRATION FORM

# Using Expressive Therapy with Children & Youth: Building Your Toolbox

**Friday, November 24<sup>th</sup>, 2017 - 8:45am – 4:00pm**

Registration begins at 8:15am

Hosted at the Italian Cultural Centre, 3075 Slocan Street, Vancouver, BC

### Four Ways to Register:

- (1) **By Mail:** Cameray Child & Family Services  
#102 - 5623 Imperial St., Burnaby, BC, V5J 1G1, Attention: Roxane Veltkamp
- (2) **By Email:** workshops@cameray.ca
- (3) **By Fax:** 604-436-1990 – Attention: Roxane Veltkamp
- (4) **By Phone:** 604-436-9449 Ext. 276

### Two Ways to Pay:

- (1) **By Cheque:** Payable to Cameray Child & Family Services
- (2) **By Credit Card:** Complete card information below or over the phone

### WORKSHOP RATES:

\$160 Early Bird  
\$175 (after September 30<sup>th</sup>, 2017)  
\$120 student rate (limited seats available)  
**Registration ends November 17<sup>th</sup>, 2017**

### Contact Information:

Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Suite/Apt: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: (for presenter handouts) \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Dietary Concerns: \_\_\_\_\_

### Billing Information:

Name attached to the credit card: \_\_\_\_\_

Address attached to the credit card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date (Month and Year): \_\_\_\_\_ CVD: \_\_\_\_\_

\*Cancellations: Training fees are refundable, subject to a \$25 administration fee, provided we receive notification at least 7 calendar days before the training date. *\*Please note that there is no half-day registration available\**