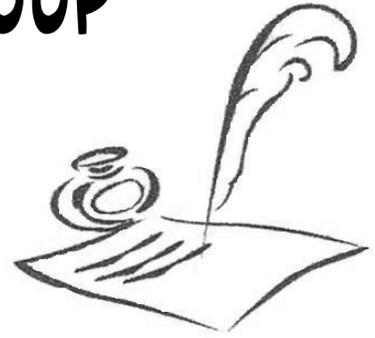


THE SENSITIVE SCOOP

Consumer Newsletter



For *any* Woman living with Mental Illness

Editor: Jo-Ann Paley
Assistant Editor: Brandi Randell

Issue 46, July & August 2007

The Sensitive Scoop is now accessible on the MSS website at www.mss.mb.ca

Earlier this spring the Manitoba Schizophrenia Society Women's Program held a fundraiser dinner for the next edition of Footsteps, 2007. We would like to thank the following businesses and individuals for their kind contributions in helping to make the evening a success.

Artbeat Studio – Lucille Bart, Executive Director
Design-A-Cut
A Flower Affair
Mondragon Bookstore and Coffeehouse
Mom's Perogy Factory
The Second Cup
The Second Cup – Trisha Charles
Pica Boo Spring Rolls and More... - Marissa Arco
Abyssinian Commercial Trade at Cityplace
Investor's Group – Allan Ulasz
Robin's Donuts
Health Science Centre – Pastoral Care

4th Flr, 62 Albert Street, Winnipeg
214 – 393 Portage Avenue, Winnipeg
833 Sherbrook Street, Winnipeg
91 Albert Street, Winnipeg
832 Sinclair Street, Winnipeg
238 Portage Avenue, Winnipeg
Edmonton and Graham, Winnipeg
632 Jefferson Avenue, Winnipeg

363 Broadway Avenue, Winnipeg

Verna Wright, Avon Representative
Sheila Levine
Mrs. Ann Paley
Jo-Ann Paley
Marlene Vieno
Christina Raill

Ruth McLean
C. McClure
Alice Kaplan
D. & B. Kaplen
Pat and Darryl Kosheluk

Thank you to the following individuals who worked on preparation, registration, meal setup and cleanup for the event.

Viola McKay, Pat Kosheluk, Di Petrash, Debra Yanofsky, Christina Raill, Jo-Ann Paley, Ruth McLean, Alice Kaplan, Sheila Levine.

Thank You

Expressive Arts Therapy

Expressive Arts Therapy is an interdisciplinary arts approach to working with suffering, celebration and personal self-development. As an Expressive Arts Therapist I work utilizing all the arts disciplines i.e. visual art, movement, dance, music, sound, drama, writing and poetry. The difference between Expressive Arts Therapy and Art Therapy is that Art Therapy typically has a psychology base as its foundation whereas Expressive Arts Therapy has an arts base as its foundation.

Since the beginning of time humankind has created art to tell stories, record important events, to create ritual to mark the passing of time or transition to a different stage of development, to offer political commentary, advocate for change and to honour or memorialize suffering. Artistic expression assists us all to create meaning from our lives. Expressive Arts Therapy focuses on expression and acknowledges that we may not always have words to convey the meanings of our experiences particularly traumatic or difficult ones. We may be able to articulate our suffering through sound, image movement, dramatic enactment or poetry.

Sometimes we are overwhelmed by our emotions and in this circumstance the therapist would work to contain the expression in safe and soothing ways. At other times we may be stuck or frozen emotionally and the therapist would work to amplify the expression. Creating art is like play. It calls us into the present moment and into relationship with our bodies and our spirit. It allows us through self-connection to discover what lies within us. The process of connecting with our creativity is healing as in a sense it brings us home to our true selves and what really matters. In therapy clients interpret their own work. Expressive Arts therapists do not diagnose or label people. The focus in therapy is more on the process of creating art rather than the product that gets created. How does the client approach the work? What meaning does it have for him or her? Does the work portray the message that the client wants to communicate? Is the client learning what has meaning for them?

Working with the arts is particularly helpful to women as it helps them find their own voice, a voice that is often drowned out by a male dominated society. Women create life through the bearing and raising of children and essentially have a relational sense of self. Women create community, dialogue and act as mediators in the world. The multifaceted roles and demands placed on women make it easy for a woman to become detached from her sense of self and personal priorities and values are lost amongst the demands of the world and others.

People often get caught up in the art product and adults often feel uncomfortable because they say they are not artists and that they can't draw, sing, make music etc. **We are all artists.** Expressive arts therapy works with high intensity, low skill. It is not about creating art as a commodity but rather it is about finding the form of creative expression that communicates the message that the client wants to send or discover. For instance a client creating an image of early traumatic events might paint an ugly, horrifying picture that is beautiful because it communicates the client's reality. The therapist receives the image as a gift and understands the client's experience in a more clear way. The job of the therapist is to create a safe environment for artistic expression and exploration and to act as a witness to the client's story. They use their knowledge of the arts and therapy to act as a holder of the therapeutic space, to bear witness and respond in the moment to the client's work. The therapist is required to be a presence in the client's life so that they feel that they have been seen, heard and understood.

Expressive Arts Therapists are trained at the graduate level. They require an undergraduate degree in the arts and/or experience and education in a helping or counseling profession. In the training process the therapist must work with all the arts disciplines so that they know how different modalities and mediums affect them and others. They perform and present their work to their fellow classmates and instructors. They must be regularly and consistently involved in their own artistic expression and development. Three years of full-time graduate studies is required including 500 supervised clinical hours, documented studio hours and three years of personal therapy with an arts focused therapist. For further inquiries you can contact me at 772-0377 Ext. 228.

Debra Dusome R.N., B.A., EX.A.T.

On the topic of art and its role in therapeutic healing from the viewpoint of two consumer/artists, from Art Beat Studio

My name is Vanessa Russell and I am an artist. I like to paint the most and am currently taking a watercolor class at the Winnipeg Art Gallery. When I create art, I feel peace. A canvas, paper, clay, almost anything is like an invitation to do something special, different, fun, relaxing, or challenging. The great thing about art is that everyone can do it, and lots of people have something they can share with the world and not just visual art but acting, singing, and dancing. Sometimes when I paint or sketch I am taken to another world that brings me joy when I've seen what I've created. Art has endless possibilities.

Vanessa was one of the original members of our Women's Program at the MSS.

Another familiar face around town, Kelvin Adair Free

The schizophrenic experience is not as bizarre as one might think. In my view, it is a dream invading waking life. My understanding, having talked to many people about their mysterious experiences, this dream invasion of reality occurs quite often. Only the duration and intensity of the experience makes it schizophrenic. I consider myself fortunate to have had my own schizophrenic experiences. Through the creative process, I have come to understand my experience as a potential illumination.

Aware of the creative powers in the universe because of my Christian faith, I have literally created something from nothing. My work is a symbol of my ideas and their relationship to my psyche. Ideas are the most powerful of forces and yet have no substance in and of themselves.



Unique Project Tackles Inner-city Poverty

A pilot project believed to be the first financial services centre of its kind in Canada is seeking to address inner-city poverty by offering low-income people an alternative to payday-loan operations, cheque-cashing outlets and pawnshops.

The Community Financial Services Centre (CFSC) is the culmination of many years of planning involving over a dozen Winnipeg organizations. It began in 1997, when concerned citizens formed the Alternative Financial Services Coalition (AFSC) to address the issue of access to reasonably priced financial service alternatives for low-income people in Winnipeg's North End. Their work led to the concept of a community-based solution. The North End Community Renewal Corporation (NECRC) agreed to lead the two-year project to develop and pilot the CFSC. Starting in early 2006, a project team from NECRC and ACU worked to complete the design for the CFSC, including specific products and services.

What makes CFSC unique is that it has found ways to get around many of the obstacles low-income residents face when dealing with traditional financial institutions, if indeed they are able to at all. Many low-income earners lack identification and have been unable to open bank accounts. Without accounts, they are forced to pay high fees to turn cheques into cash.

CFSC takes clients referred from local agencies and creates photo identification for them. Clients also receive personal financial counseling and can opt to open an account with ACU. They are then able to deposit cheques and, in many cases, withdraw the funds the same day at ATMs onsite. Typically financial organizations put holds on cheques for as long as seven days, making it difficult for people living from cheque to cheque. Clients who are ACU members also have access to small personal loans (for as little as \$20) and other financial services.

"ACU has a long standing commitment to provide access to financial services to low-income individuals and communities many banks have abandoned," says ACU's Community Economic Development Manager Russ Rothney. "With the CFSC, we hope clients will come in the door looking to cash cheques but will leave with the financial knowledge they need to make their lives better."

The above article was reprinted with permission from Assiniboine Credit Union

Women's Program Schedule

July and August 2007

Meetings are held each Thursday, 1:30 pm to 3:00 pm at 4 Fort Street unless otherwise indicated. Please call Karen to confirm your attendance at 786-1616

JULY

July 2007

- Thurs., July 5th **Writer's Group** – To be held at MSS – (4 Fort St.). We encourage people to share the poems and stories they've written with the group participants and do brief writing exercises. Please join us to enjoy the camaraderie and make new friends.
- Thurs., July 12th **Art Therapy** – Adri Leinburger, BSA, Volunteer at ArtBeat Studio, will speak about and demonstrate how Art Therapy can be used in your recovery.
To be held at MSS (4 Fort St.)
- Thurs., July 19th **Walk to the Forks** – Meet at MSS (4 Fort St.) and for those interested in coming we will walk to the Forks.
- Thurs., July 26th **Sharing and Planning** at MSS

AUGUST

August 2007

- Thurs., Aug. 2nd **Writer's Group** – Poetry in the Park
- Thurs., Aug. 9th **Picnic in the Park** Meet at MSS and walk across the street to the park for a picnic.
Please call 786-1616 to register.
- Thurs., Aug. 16th **Mini golf** – Tuxedo Golf Course, 400 Shaftesbury.
Cost per person - \$4.25 – Meet there at 1:30 PM. Please call 786-1616 to register.
- Thurs., Aug. 23rd **Tai Chi** – Come and enjoy some stretching and movement.
- Thurs., Aug. 30th **Movie day** at MSS.

Artbeat Studio Presents

Fireflowers

5th Biannual Exhibition

Opening Reception July
19th, 2007

Exhibition runs until July 28th

Shena Somerville
Glenna Belanger
Scott Glendinning
Raime Goldberg
Silas Janzen
James MacInnes
Ronald Richard
Ingrid Sigurdson

Artbeat Studio
Floor 4-62 Albert St.
(204) 943-5194

www.artbeatstudio.ca

James Adamson

Presents

Aliens and Make-up

Art Exhibition

Opening Reception August 9th,
2007

Exhibition runs until August 16th

Artbeat Studio
Floor 4-62 Albert St.
(204) 943-5194

www.artbeatstudio.ca

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