Contents

President’s welcome  
Amanda Levey 4

Editorial – Ways of knowing: Voice, image and diversity in arts therapy narratives  
Toril Pursell and Dr Sheridan Linnell 7

Contributors to this edition of ANZJAT  
11

Contributions

Towards an Indigenous Australian knowing: A personalised perspective on art therapy – Carmen Lawson talks with Tarquam McKenna  
A/Prof Tarquam McKenna 15

Discovering authentic voice: An expressive arts therapy exploration of voice  
Rosalie Ann Stanton and Dr Linda Wilson 27

Shelving grief: Heuristic benefits of producing a glossy ‘coffee-table’ book from a grief journal  
Dr Caitlin Street 38

Illuminating voices: Perspectives on professional identity  
Jo Kelly 45

Nicola sings a response  
Carla van Laar 56

Reviews

Framing marginalised art, by Karen Jones, Eugen Koh, Nurin Veis and Anthony White  
Reviewed by Prof Colin Rhodes 58

Art psychotherapy and narrative therapy: An account of practitioner research,  
by Dr Sheridan Linnell 61

Reviewed by Dr Jan Allen

Creative approaches in dementia care, edited by Hilary Lee and Trevor Adams  
Reviewed by Dr Heather Hill 64

Trauma healing at the Clay Field: A sensorimotor art therapy approach,  
by Cornelia Elbrecht 67

Reviewed by Maggie Wilson
Nicola sings a response

Carla van Laar
MIECAT

Nicola Lester sings the lyrics of her composition, Be, surrounded by the scattered evidence of motherhood, the presence of her two pianos and my artwork on the wall.

“When you ask the questions, there’ll be thunder to come and you can’t be standing freely til you see what has been done…”

Nicola composed her album Colours in her studio, accompanied by my painting of a woman with arms outstretched on top of a cliff. She first encountered the image at my exhibition at MIECAT, Seeing Her Story. The exhibition was an early activity in my arts-based research project exploring ‘What can happen when a woman’s stories are seen?’

Some examples of the interactions that occurred were:
- Me painting an image from my memory and imagination,
- Nicola being ‘moved’ by the image at my exhibition,
- Nicola responding to the image through her musical compositions,
- Me witnessing Nicola sing her response,
- Sharing conversation with other research participants at a focus group dinner party,
- All this becoming part of the story of my research as I investigate “What can happen when a woman’s stories are seen?”

Some of what can happen includes:
- Sharing our experiences,
- Relationships growing and deepening,
- Feeling connected and supported,
- Co-creating meanings.

Nicola’s musical and storied responses reveal her experience of the image as a dynamic mirror of her changing inner world.

This image shares my story of Nicola as she sings to me.

“You are a goddess to me in this moment,” I tell her.