

# Art Psychotherapy Counselling Services™



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## The Effective Tip Corner

### Eating Disorders in Children and Adolescents

Both of these disorders (anorexia and bulimia) are on the rise among Canada's teenage girl population. Anorexia affects 1 in every 100 to 200 adolescent girls in Canada and a much smaller number of boys. It is estimated that from 1 to 3 of every 100 young people in Canada suffer from Bulimia. A teen who has Anorexia or Bulimia is a perfectionist who suffers from low self-esteem and an un-real belief of being overweight, regardless of how thin he or she is.

If you suspect that a child has Anorexia or Bulimia the first thing you should do is take him or her to see a trained mental health professional to get help.

#### *What are the signs of Anorexia or Bulimia?*

A teen may suffer from Anorexia or Bulimia if he or she:

- is not eating enough, and this will cause his or her weight to drop 15% below what is normal for his or her age and height;
- eats too much food all at once and then focuses on getting the food out of his or her stomach by vomiting, using laxatives or exercising too much.

#### *Why treat Anorexia or Bulimia?*

Adolescents with these disorders are typically very good at avoiding being discovered. If your child has an eating disorder, he or she will have a problem maintaining a minimum body weight and that can lead to several other health problems.

For further information on Eating disorders – [www.sheenasplace.org](http://www.sheenasplace.org)

***“Art Therapy offers the opportunity for expression and communication.”***



***“It is a three way process – between client, therapist, and image or artifact.”***



## Art Therapy Update

### Art and Therapy Quote from Rene Magritte

We came across a great quote from a renowned artist, Rene Magritte:

“Nothing is confused except the mind.” – **Rene Magritte**

At first glance this quote doesn't seem art related at all, but knowing that Magritte said this really changes your perspective. It's actually quite a fitting quote for artists and art therapists alike. If you believe art can reflect and communicate what is happening in a person's mind, then take a look at some of Magritte's art and tell us if you're a little confused or not. But seriously, check out some of his work. We think you'll enjoy it. Even though the mind may be confused, the art you create from your mind isn't. It's simply communicating your confusion.

#### Groups Available

Children New into Foster Care

Empowering Teens

Child Victims of Sexual Abuse

Children of Addicted Parents

## In the News

### Mercury Levels In Children With Autism

In a large population-based study published online, researchers at the UC Davis MIND Institute report that after adjusting for a number of factors, typically developing children and children with autism have similar levels of mercury in their blood streams. Mercury is a heavy metal found in other studies to adversely affect the developing nervous system. The study, appearing in the journal *Environmental Health Perspectives*, is the most rigorous examination to date of blood-mercury levels in children with autism. The researchers cautioned, however, that the study is not an examination of whether mercury plays a role in causing the disorder.

"We looked at blood-mercury levels in children who had autism and children who did not have autism," said lead study author Irva Hertz-Picciotto, an internationally known MIND Institute researcher and professor of environmental and occupational health. "The bottom line is that blood-mercury levels in both populations were essentially the same. However, this analysis did not address a causal role, because we measured mercury after the diagnosis was made."

"Autism is complex, with great variation in severity and presentation; it is highly likely that its causes will be found to be equally complex. It's time to abandon the idea that a single 'smoking gun' will emerge to explain why so many children are developing autism. The evidence suggests that, without taking account of both genetic susceptibility and environmental factors, the story remains incomplete. Few studies are taking this kind of multi-faceted approach," Hertz-Picciotto said.



**Rene Magritte 'The False Mirror' (1928)**

#### Treatment Offered

Individual Art Psychotherapy  
Couples Art Psychotherapy  
Family Art Psychotherapy  
Group Art Psychotherapy  
Trauma Assessments  
Structured Sibling Visitation Sessions  
Parent Therapeutic Access Sessions  
School Support Services  
Psycho-educational Sessions  
Victim Service of York Region

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*“Art Therapy is a form  
of psychotherapy that  
uses art media as its  
primary mode of  
communication.”*



## Recommended Therapeutic Resource

### “Teen Issue Book Series”

#### Series Description

Stress. Suicide. Depression. Abuse. Sexuality. Alcohol and other drugs. Family problems. The death of a Friend. Sad but true, many teens deal with challenging problems and issues like these every day. These straight-talking books give teens the support, information, guidance, and coping skills they need to help themselves - and help each other. *Ages 13 & up.*



## Interesting Monthly Feature

### Virtual Iraq – Treating PTSD with Video Games

*Written by: AMA News*

Can a realistic war game help treat the stresses of real war in a soldier? That the debate going on in the country right now about a game being used to do just that called *Virtual Iraq*. Because video games are a comfortable medium for many, using a game like *Virtual Iraq* to treat war-related posttraumatic stress disorder seems like a perfect fit. On the flip side, many are not comfortable with the idea of undergoing traditional psychological treatment to deal with the very serious issues was can produce in returning soldiers. The game is part of *Virtually Better*, which is run by Josh Spitalnick, PhD, The group developed “Virtual Iraq” and several other virtual reality games to treat posttraumatic stress disorder via a two-year open clinical trial of 20 participants funded by the Office of Naval Research. The program is showing positive results but more rigorous testing is needed to fully understand the advantages or disadvantages of using games as a treatment method.

Robbi Saletsky, PhD, clinical associate professor and director of the Cognitive Behavior Therapy Program for Depression and Anxiety Disorders at Upstate Medical University in Rochester, N.Y., is conducting one of the 15 studies using *Virtual Iraq* around the country. Saletsky said she has found similar virtual reality programs to be successful because they open up options to a population that might not respond well to traditional exposure-method treatments that rely on the patient’s imagination.

Virtual Iraq is modeled after Pandemic’s Full Spectrum Warrior and allows clinical researchers to customize the experience for each patient. Therapists can recreate a traumatic event down to specifics, including the time of day, sites, sounds and even smells associated with the event. A chair simulates movement while 3D goggles enhance immersion into the scene.

Naturally Virtual Iraq and programs like it are only a small part of the treatment plan that doctors would use to treat PTSD, but is having one more tool that works a bad thing? Never. What clinical psychologist need to figure out is does it work better than traditional methods – and more importantly is it in the best interest of patients