

When Memories Diverge: Art Therapies Supervision Across Differences

Yasmine Awais & Daniel Blausey

Supervision is the generational transmission of memory, knowledge, and skills. Our identities and social location influence how we see ourselves in the world, which, in turn, impacts our clinical work with clients and supervisees alike. This workshop will honour memory and difference in the context of arts therapies supervision. Within the supervisory relationship, lived experiences and memories often diverge due to the differing levels of experience, cultural, and racial backgrounds of the supervisee and the supervisor. We will highlight how identity differences and similarities between the supervisor, supervisee, and/or client within systemic differences of supervisor-supervisee-institution and supervisor-supervisee-community influence therapy. Probes will focus on why supervision is important, preferred methods of communication, ways to have difficult conversations, and how to get the most out of supervision.

As part of the workshop, we will practise artmaking by creating art to better grasp the relationship between supervision and social location to understand power, privilege and identities. Artmaking will highlight the social locations of the supervisor and supervisee to better acknowledge the impact of cultural intersections and dissimilarities on supervision. Reframing differences that may have morphed into harmful biases can be confronted and a more thoughtful interpretation and exploration of social justice theories and cultural differences will be introduced.

Lastly, the intent of the workshop is to prepare participants to understand how honest and vulnerable disclosures, supervisory relationship building, and difficult discussions can occur across differences. This entails the ability to recognize the significance of memory, culturally relevant needs, support the concept of managing up, and considering differences. The presenters will guide this process while monitoring countertransference, creating time for the reframing of the past, while allowing the art to tell the story.

Biography

Yasmine Awais is a PhD candidate in Social Welfare at The Graduate Center, City University of New York. She is dual licensed as a creative arts therapist and professional counselor and maintains art therapy credentials of registration, board certification (ATR-BC) and clinical supervision (ATCS). Her research interests center diversity: the practice of and the people who engage in this project – educators, students, and therapists. Awais' clinical and supervisory experience includes working with and for a wide range of individuals, families, and communities. Awais is a member of the *Critical Pedagogies in the Arts Therapies* core group and serves on the editorial review board of *Art Therapy: Journal of the American Art Therapy Association*. Awais co-authored the text *Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors*, which was recently released by Routledge (2021).

Daniel Blausey is the founder of Studio Blue: Creative Arts Therapy PLLC in New York City. He is an art therapist, educator, and artist who is licensed as a creative arts therapist and holds the art therapy credentials of registration, board certification (ATR-BC) and clinical supervision (ATCS). Since the mid-1990s, Daniel's areas of clinical focus have included life transitions, survivors of childhood sexual abuse, sex positivity, HIV/AIDS, and clinical supervision. He has extensive program development and supervisory experience working across professional disciplines and cultural differences. He is currently a PhD student at Lesley University where his research interest includes sex positivity and the creative arts therapies. He recently co-authored the text *Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors* which was newly released by Routledge (2021).

Recent publications and conference presentations

Yasmine Awais

Publications

Awais, Y. J. & Blausey, D. (2021). *Foundations of art therapy supervision: Creating common ground for supervisees and supervisors*. Routledge.

Buckley, T. R. & **Awais, Y. J.** (2019). Understanding HIV prevention with college going Black women: an NIMH-funded pilot study. *Journal of Multicultural Counseling Development*, 47(2), 74-89.

Awais, Y. J. & Adelman, L. (2019). Making Artistic Noise: Amplifying the voices of court involved youth. In Beberian, M. & Davis, B. (Eds.), *Art therapy practices for resilient youth*. Routledge.

Keselman, M. & **Awais, Y. J.** (2018). Exploration of cultural humility in medical art therapy. *Art Therapy*, 35(2), 77-87.

Presentations

2019: (Sajnani, N., Talwar, S., Gipson, L., **Awais, Y. J.**, Williams, B., Hadley, S., & Norris, M.). Panel presentation: *Imagining utopias: Critical pedagogy in the arts therapies*. European Consortium for Arts Therapies Education (ECArTE) Conference, Alcalá de Henares, Spain.

Daniel Blausey

Publications

Awais, Y. J. & Blausey, D. (2021). *Foundations of art therapy supervision: Creating common ground for supervisees and supervisors*. Routledge.

Blausey, D. & Awais, Y. J. (2013). Reflecting on 15 Years in New York City. *Using art therapy with diverse populations: Crossing cultures and abilities*, 267.

Presentations

2019: (Kirby, M., Galinsky, T., **Blausey, D.**) Panel presentation: *Integrating a Sex Positive Approach into Your Clinical Practice: Part III*. Conference of the American Art Therapy Association, Kansas City, MO.

2018: Keynote: *Effectively engaging the LGBTQIA Client in Treatment: Unconscious Bias and the Art Therapist*. The 39th Annual Kansas Art Therapy Association Symposium, Kansas City, MO.