



ART DYNAMICS

Esther Zeller, BA DTATI RCAT TWS
registered art therapist

studio
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Esther Zeller is a Registered Art Therapist and Artist in private practice. Her clients, ranging in age from childhood to older adults, are individuals and groups with varying abilities and disabilities including cognitive, physical, emotional and learning challenges, as well as all stages of dementia. She has given workshops and lectures, to educational and health sector groups, family and older adult groups and networking groups.

Her objective is to design safe, non-judgmental, and inclusive programs that focus on the abilities of each individual, as well as promote interaction and cohesiveness within groups. Her goal is to form a therapeutic alliance with her clients to help them make: creative and social connections, achieve accomplishments, generate recognition, and increase self-confidence to improve quality of life.

TEACHING EXPERIENCE

2012 – present: Co-chair Mt. Sinai Hospital Reitman Centre Carers Satellite Program – Holy Blossom Temple
2011 – present: Supervisor, Art Therapy students, Toronto Art Therapy Institute
2005 – present: Faculty, Toronto Art Therapy Institute: Courses taught: Art Media and Technique, Art Therapy Directives, Art Therapy and Older Adults, Cognitive Behaviour Therapy, Group Dynamics, Communication Skills
January 2009 – 2011: Sessional Instructor, Huntington University, Laurentian University, Gerontology Department: Course: Art Therapy and Aging
March 2008: George Brown College, Activation Coordinator/Gerontology Program: Art Therapy & Aging

AFFILIATIONS

American Art Therapy Association
Canadian Art Therapy Association – Secretary, 2008-10, Chair of Education, 2010 - present
Canadian Association on Gerontology, NICE National Initiative for the Care of the Elderly
IRIS for Seniors / The Elder Connection
Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists
Toronto Watercolour Society—Signature Member - TWS

PRESENTATIONS, ACADEMIC / PROFESSIONAL CONFERENCES

October 2012, Canadian Art Therapy Association Conference, Ever Widening Circles: Art Therapy Can Improve Quality of Life for Older Adults Facing Challenges
November 2011, Canadian Art Therapy and Ontario Art Therapy Associations Combined 2011 Conference, Art Therapy Here and Now:
Chair of Programming
Workshop: Improving Communication Skills – Using Art Therapy in the Business/Corporate Culture
November 2009, 30th Annual Canadian Art Therapy Association Conference, The Canadian Mosaic:
Behavioural Activation: Switching on with Art Therapy:
September 2008, Art as Witness: Art Therapy and Trauma Resolution International Conference:
Chair of Registration
Presented: The Benefits of Art Therapy for Older Adults Experiencing the Trauma of Loss
April 2005, Ontario Gerontology Association – 24th Annual Conference:
Workshop: Stimulate Your Mind With a Mental Workout

JOURNAL ARTICLES IN PUBLICATION

Zeller, E. (2008). The Benefits of Attending an Art Therapy Conference. *Canadian Art Therapy Association Journal*, 21(2), 39-42.
Zeller, E. (2010). Expressive Therapies Continuum: A Framework for Using Art in Therapy. L. D. Hinz, 2009. *Canadian Art Therapy Association Journal*, 23(1), 45-46.

ARTICLES, FEATURED IN

Eisen, H. (2008). In Search of Creative Solutions. *New Outlook, Sears Advantage*, 23-25.
Miller, A. R. (2005). Creative Rehabilitation: Art Therapy for the Elderly. *Clinical Notes, Innovative Healthcare Solutions, Shoppers Home Health Care*, 8.
Towie, B. (2008, May 28). Therapist gets Creative. *Metro News, Workology*.

PUBLICATIONS CONTRIBUTED TO:

February 2011, April 2011, August 2011, December 2011, February 2012, April 2012, July 2012, Oct 2012, Dec 2012, The Chronicle of Neurology and Psychiatry

ACADEMIC BACKGROUND

2009 Cognitive Behaviour Therapy – Level 1, Hincks/Dellcrest, OISE/UT
2008 Art Therapy Registration: R.C.A.T.
2003 Art Therapist: D.T.A.T.I. Thesis: “Exploring The Use Of Art Therapy As A Therapeutic Intervention For The Elderly Person In Long Term Care”
2000 - 2002 Toronto Art Therapy Institute
1970 - 1973 Bachelor of Arts, major in Psychology, York University

WORKSHOPS and PRESENTATIONS for 12 to 120 Participants

Carefor Health and Community Services - Ottawa
Circle of Care for Seniors,
Dystonia Chapter of Toronto,
ElderConnection – IRIS for Seniors
Holy Blossom Temple: Family Programming, Connecting Generations Creatively; Senior's Club;
St. Joseph's Rounds -Gerontology
Threads of Life: Association for Workplace Tragedy Family Support
Toronto Watercolour Society
Wagman Centre at Baycrest for Seniors
Waterloo Region Gerontology Interest Group – 6th Annual Conference
WOW, A Group For Women: Flemingdon Health Centre, Family Service Toronto

CLIENT SESSIONS: Individuals and Groups

Client Private Homes	Art Dynamics Studio
Briar Crest Residence	Castleview Wychwood Towers Residence
Fellowship Towers Residence	J. R. Wilcox Public School
Kennedy Lodge Residence	Kensington Place Residence
Lakeside Extendicare Residence	Lifestyles Residences
Meadowcroft Place Residence	Pine Villa Residence
Sunnybrook Veterans Long Term Care Facilities	Sunrise Residences
Unionville Residence	Yonge Street Mission for Seniors

ART EDUCATION

Courses

Art Gallery of Ontario, Canada,
Banbury Art Association, Toronto, Ontario Canada,
Central Technical School, Toronto, Ontario, Canada,
Koffler Gallery, Toronto, Ontario, Canada,
Ontario College of Art and Design / Visual Arts Ontario, Canada
Business Certificate Program For Visual Artists
Toronto School of Art, Ontario, Canada

Workshops

Brian Burnett, Jeanne Carbonnetti, Jane Champagne, Americo Del Col, Sue Ericsson, Elaine Clarfield-Gitalis, Bev Hagen, Lila Lewis Irving, Tom Lynch, Janine Kinch, Peter Kolisnyk, Stephen Quiller, Stefanie Rayner, Margaret Roseman, Jill Segal, Donnelly Smallwood, Marsha Stonehouse, Arnie Westerman, Constantine Zottas

Group Exhibitions and Juried Shows

1999 -2012 Toronto Watercolour Society, ON, Canada
1999 Elgin Theatre, Toronto, ON, Canada
1999 Wallace Gallery, Toronto, ON, Canada
1998 Holy Blossom Temple Gallery, Toronto, ON, Canada
1997 -2000 Canadian Opera Company, Hummingbird Centre, Toronto, ON, Canada

Awards

2003 T.W.S. Signature Member of The Toronto Watercolour Society, ON Canada
2000 Aquavision, Spring 2000, Toronto Watercolour Society, Award of Merit