

ANU LALA B.Sc., RCAT
207 Waverley Rd. Toronto, Ontario M4L3T4
(416)703-5162
anu10_@hotmail.com

**Psychotherapy Registration with Transitional College of Psychotherapist Grandfathered application in process

Education

Toronto Art Therapy Institute

1992-1995

Masters Level Training in Art Therapy

Focused on Art Therapy with Psychiatric populations Examining Human Figure Drawings and their role in art therapy. Thesis placement : The Centre for Addiction and Mental Health Day Treatment Program

International Academy of Fashion Design and Merchandising

1990-1991

Diploma of Fashion Merchandising and Illustration

Specialized in Illustration and Visual Design

University of Toronto

1986-1989

Bachelor of Science with Specialization in Psychology

Abnormal Behaviour and Social Psychology

Professional Clinical Experience

Therapist / Art Therapist

Nov. 1998- Present

Women's Health in Women's Hands –Toronto, Ontario

Provide verbal and art based counselling to women using a feminist, anti-racist client-centered, Brief Therapy approach. Develop treatment strategies to be used in both individual and group models. Provide advocacy, outreach and education to women living in the community. Facilitate and develop programs based on needs assessment of clients.

Participate with Mental Health Unit to inspire methods and strategies for formulating research using client data. Offer educational workshops to provide information to clients and service providers in the community.

Art Therapist

Jan. 1995- Present

Private Practice- Toronto, Ontario

Develop and formulate treatment plan and therapy structure for clients. Provide individual art therapy for

adults experiencing various psychological difficulties including psychiatric illnesses.

Art Therapist Sept. 1996- April 1999

Community Attendance Program- Board of Education & Toronto Boys & Girls Club

Toronto, Ontario

Developed Art Therapy program suited to the needs of the agency and students. Conduct Group Art therapy and individual consultation with adolescents experiencing difficulties at school who are from violent and abusive backgrounds. Prepare weekly structured art exercises, which offer therapeutic exploration. Provide feedback to group members. Document clinical reports for other professionals in the program.

Art Therapist March 1996- April 1999

Redwood Shelter, Toronto, Ontario

Facilitate a structured art therapy group for children and mothers fleeing abusive situations currently living in the shelter. Organize and design format of group. Prepare clinical documents of progress for other staff and Children's Aid Society when involved.

Art Therapist July 1998- Dec.1998

Trauma Clinic Mount Sinai Hospital

Develop intervention and protocol format for art therapy group. Provide Art Therapy as an intervention for victims of severe trauma. Observed weekly trauma assessments and consultations conducted by team.

Art Therapist -IBD Art Therapy Group Jan. 1998- May 19

Mount Sinai Hospital, Toronto, Ontario

Department of Psychiatry, IBD Clinic

Recruit participants, organize and facilitate an art therapy group, which focuses on coping with physical illness for individuals who live with Inflammatory Bowel Disease. Develop protocol for a future research project.

Residential Counselor July 1996 – Feb. 1997

Rendu House Women's Shelter, Toronto, Ontario

Provide assessment crisis intervention, support, and counseling to homeless women. Review and evaluate rehabilitation plan for women.

Art Therapist Jan. 1996- July 1996

Alliance for South Asian AIDS Prevention, Toronto, Ontario

Conduct Art therapy groups for South Asian individuals living with HIV and AIDS.

Art Therapist May 1995- Sept. 1995

Home Care Program for Metro Toronto, North York, Ontario

Art Therapist for Women's Issues Group –

Conducted Art therapy groups for women focusing specifically on women's issues.

Art Therapy Group Facilitator Apr. 1995- June 1995

Toronto Board of Education - Dundas Public School, Toronto, Ontario

Co-facilitated an Art therapy group for boys from violent homes. Prepared weekly reports.
Prepared documents for case presentation.

Teaching Experience

- Instructor and Course Designer** Sept. 2014- Present
Toronto Art Therapy Institute, Toronto, Ontario
Designed and developed Graduate Level Ethics Course for Distance Learning Masters level program in Art Therapy
- Guest Lecturer** May 2008 - Present
Toronto Art Therapy Institute, Toronto, Ontario
Planned, developed and lectured class on the use of Art Therapy with Diverse Immigrant and Refugee populations
- Art Teacher** May 1993 – Dec. 1996
Mississauga Department of Parks and Recreation, Mississauga Ontario.
Planned curriculum for children and adolescent art class.
Taught several classes including “Drawing & Sketching” and
“Multi-Media Art” classes to children between the ages five and and fourteen.

Professional Research Experience

- Art Therapist**
Mount Sinai Hospital Apr. 2005 -May
2006
“Art Therapy as a Psychotherapeutic Support System for Persons Living with HIV & AIDS”
Provide Art Therapy to Individuals living with HIV & AIDS participating in the Study
Participated in supervision meetings with team
- Adherence Therapist**
Mount Sinai Hospital Apr. 2000- Dec. 2000
“Assessing the use of CBT And Solution Focused Therapy to Improve Medication Compliance with HIV Clients”
Conducted therapy with clients in study to facilitate research protocol.
Participated in supervision meetings with team
Trained on CBT and Solution Focused Model
- Research Team Member**
Women’s Health in Women’s Hands
& Centre for Addition and Mental Health Aug 1999- Apr 2001

(Clarke Division)

“Preventing Depression in Young Women”

Collaborate with team to provide information on issues facing youth and develop strategies to work with team to increase awareness and assistance for young women coping with depression.. Provide clinical support for youth team members and subjects participating in research.

Research Project Director

1996-Nov. 1998

Mount Sinai Hospital Toronto, Ontario

Department of Psychiatry

Coordinator for several research projects:

“Therapeutic Communication Project’: Principle Investigators Dr. William Lancee & Dr. Solomon Shapiro

“Cultural Education With Psychiatric Residents” Principle Investigator Dr. Joel Sadavoy

“Supportive Expressive Group Intervention with Individuals Who Have IBD”

Principal Investigator Dr. Robert Maunder

“Case -Control & Prospective Studies of Psychological Factors in Inflammatory Bowel Disease”

Principal Investigator Dr. Robert Maunder

“Comparison of the Effectiveness of Three Psychotherapeutic Interventions for Persons with HIV Disease”

Principal Investigator Dr. William Lancee

Responsibilities included:

- Recruitment & screening of subjects and patients for based on study criteria.
- Liaison with subjects, participants and investigators to co-ordinate adherence to protocol.
- Reviewed and edited publication submissions and grant proposals
- Prepared clinical summary document of the therapeutic processes that occurred in weekly IBD groups
- Create and implement data programs for SPSS
- Ensuring data collection and data entry and assisting with analysis.
- Administered psychometric tests including Hamilton Depression Scale & S.C.I.D.
- Assisted in the development of psychoeducational modality used in the HIV study
- Rated several measurements including Hamilton-D, CAPS.

International Professional Experience

Art Therapist - DELHI, INDIA

Feb 2004- March 2004

Akshay Pratishthan School

Assessed needs of organization and participants. Developed model of care and appropriate program based on findings. Facilitated group and individual art therapy sessions for children affected by Polio

Provided overview of each child’s progress and recommendations to social worker.

Community Involvement

Self-Help Group Therapy Assistant

June 1994 - Sept. 1994

South Asian Women's Center, Toronto Ontario

Assisted in leading a group organized to aid South Asian women in coping with social cultural and adjustment issues.

Counsellor

June 1992 - July 1994

Distress Line Peel

Counseled callers using empathetic and supportive listening. Utilized crisis intervention strategies with suicidal callers. Referred callers to appropriate agencies. Documented all interactions and observations.

Publications

“Seeing the Whole Picture: A Culturally –Sensitive Art Therapy Approach to Address Depression Amongst Ethnically–diverse Women”

Book Chapter in “Art therapy and Post-Modernism Creative Healing through a Prism”

By Helene Burt

“Mood Circle and Affect Regulation Workbook”, Anu Lala & William Lancee

Intervention developed to be used in collaboration with art therapy groups as a method of increasing self-care and coping techniques and understanding patterns in mood variation. Further testing and utilization.. Used in by American Art Therapy Association

Research / Publications

"Making the Invisible Visible " Written by Anu Lala, Deone Curling, & Mercedes Umana

Completed Article of Presentation at Critical Multicultural Counselling Conference

Ontario Institute for Studies in Education University of Toronto Publication 2003

"First Stage Trauma Treatment: A Guide for Mental health Professionals Working with Women"

By Lori Haskell

Reviewer and Edited

Book Published by Centre for Addition and Mental Health May 2003

"Challenges & Choices: Finding Mental Health Services in Ontario"

Reviewer and Edited

Book Published by Centre for Addition and Mental Health May 2003

“Art therapy with Inflammatory Bowel Disease”

Interview and research results from art therapy group with women who have IBD

Published in article in Journal of Crohn's and Colitis – November 1998.

Professional Presentations

Re-rooting- Learning from the Summer Institute OISE (June 2006)

University of Toronto

Presentation on Art therapy

Challenges and Resilience Counseling Conference (May 2006)

Humber College

“Counseling within an Inclusive framework”

The Use of Art Therapy with Immigrant and Refugee Women (May 2005)

Ontario Art Therapy Conference London Ontario

Presentation An Art Therapy approach with women of colour who have been affected by trauma

Women Abuse Council Conference (August 2003)

Presentation An Art Therapy Model of Care for Women who have Experienced Abuse

Critical Multicultural Counselling Conference (June 2003)

Ontario Institute for Studies in Education University of Toronto

Presentation: Refugee and Migration Issues in Multiple Contexts : Making the Invisible Visible

International Women's Health Conference (August 2002)

Presentation: Art therapy as an Intervention with Trauma

Young Women and Depression (December 2002)

Presentation “ Treatment Approaches with Ethno Racial Communities”

Women & Trauma: Challenging Boundaries, Healing Wounds Taking Action (March 2002)

Presentation “ Art Therapy for Immigrant & Refugee Women”

Young Women & Research Conference: Centre for Addiction & Mental Health (March 2001)

Presentation : “Using Art Therapy with Depression”

Desh Pardesh Festival (June 2000)

“Seeing the Whole Picture”; Experiential Workshop on Using Art Therapy

Primary Health Care Conference; Melbourne Australia (April 2000)

Oral Presentation: A case for an Integrated Approach to Health Care for Black Women and Women of Colour

Public Health Presentation: Sexuality and Cultural Sensitivity - (December 1999)

Workshop for Service Providers at Public Health on “Trends in Counselling Culturally Diverse Youth”

Black Coalition for AIDS Prevention (May 1999)

Staff Workshop to assist staff to cope with loss and change through an Art Therapy Intervention

University Of Guelph (November 1998)

Art Therapy workshop with Young Women of colour on the issues of Healthy Sexuality

University of Toronto Harvey Stancer Research Day (June 1998)

Poster “Qualitative Analysis of Art therapy with Individuals who Suffer with Inflammatory Bowel Disease”

Toronto Art Therapy Institute (May 1998)

Guest lecture for first year students on “Using Art Therapy with Psychiatric Patients”.

University of Toronto Harvey Stancer Research Day (June 1997)

Presented a poster on the “Use of Art Therapy as an Adjunctive Form of Treatment”

Toronto Art Therapy Institute (May 1997)

Guest lecture for first year students on “Art Therapy with the Psychiatric Population”.

Mount Sinai Hospital - Group for Research in Psychiatry (February 1997)

Presented a case using Art Therapy in the realm of Psychiatry.

Canadian Art Therapy Association Art Exhibit (Oct. 1996)

Exhibited Paintings

Black Coalition for AIDS Prevention (May 1996)

Offered a "Grief Bereavement and Coping" Art Therapy workshop for professionals working with people who live with HIV and AIDS.

Wilfred Laurier University (March 1996)

Presented a lecture exploring Art Therapy & Mental Illness.

Wilfred Laurier Art Therapy Art Exhibit (March 1996)

Exhibited Paintings

Professional Conferences, Workshops & Education

- Canadian Art therapy Association Conference October 2006
- Brief treatment and Sexual Abused clients Insoo kim Berg & Yvonne Dolan, Feb 2005
- 11th Annual Convention of The American Psychological Association August 2003
- Martin Antony: Effective Approaches to Assessing & Treating Anxiety Disorders Nov. 2001
- Albert Ellis: Effective treatment of Anxiety, Depression and Anger Sept 2001
- Brief Treatment of Long Term Problems clients w/Concurrent Disorders Insoo Kim Berg Sept 2000
- The third Hand:Using Art therapy Workshop with Edith Kramer April 2000
- Treating Post Traumatic Stress Disorder with Cognitive Behavioral Therapy March 2000
- Community Training on “Working with Female Genital Mutilation” June 1999
- Treatments to Break Patterns of Depression 2 day workshop May 1999
- American Psychiatric Association Conference 1998
- Professional Education workshop: Art Therapy with Victims of Trauma and Torture 1998
- University of Toronto Psychotherapy Day 1997, 1998

- Canadian Art Therapy Association Conference 1996
- Using Narrative Therapy – 2 Day workshop – Hincks Treatment Centre (1996)
- Canadian Art Therapy Association Conference 1994 & 1998
- Professional Education workshop: Art Therapy with Dissociative Identity Disorder 1997

Professional Skills

Completed St. John's CPR Training in 2013

Completed Basic and Advanced Certificate in Crisis Response Through National Organization for Victim Assistance At Toronto East General Hospital (April 2002)

Professional Affiliations

Canadian Art Therapy Association - Professional Member

Transitional College of Psychotherapists - Eligible for Grandfathering

Application Registration in Preparation