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# CATA



# NEWS

BRIDGING THE DISTANCE BETWEEN ART THERAPISTS ACROSS THE COUNTRY

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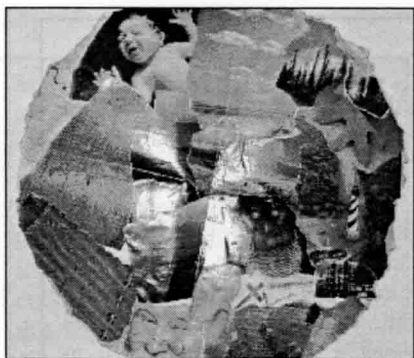
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### **A Dedication**

*Liz McKnight*

Dedicated to my first adult client  
and  
to the Abbotsford Hospice Society

I made this mandala as a memorial to my first adult client. He was a warm, funny, serious, intelligent and very special man. The first time I met him, I had to tell him what marvellous eyebrows he had - full, colourful and sweeping away from his face. He had many physical challenges, but was more concerned about others than himself. He was not sure about art therapy at first, but was able to get into the process almost immediately. He began to look forward to our weekly session and the feeling, for both of us, was that a great deal of work was done in these sessions. As a student it was a rewarding learning experience for me. He was happy to give me permission to use his art to help me with my work to bring art therapy into wider use in Abbotsford. I treasure his pieces; he died unexpectedly, a week after our last session.

I was left with mixed feelings - I felt honoured that he shared so much of his time and innermost thoughts during his last months, I felt some sadness, but also a sense that he worked towards answering "ultimate questions" as he called them, before he died.

Mandalas have become a way for me to work on personal issues. I find them a way to see the parts and

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### *A Dedication*

the whole at the same time, to bring a sense of completeness to my queries, issues and feelings. I planned to make an art piece, in way of closure as well as a way to consciously address my mixed feelings around the unexpected death. Some magazine on the counter caught my eye and I began pulling out pictures - some of which reminded me of him. I saw his themes of life review, of a travelled road, of a journey coming to an end, of faith but also uncertainty. I thought of a light showing him the way, as he grew tired. His death was a loss to his family, his friends, and the many people that he helped and to me. I also feel that, as he was in life, he is still a keeper of faith, in man and God. As I completed the mandala, although I am not religious, the feeling was spiritual. The artwork is in his honour, and as sincere thanks to the time I was able to know him and to work with him. There is a feeling of sadness, but greater is a warm feeling of appreciation - a feeling that the impression he made on me and the many others in the course of his life remains.

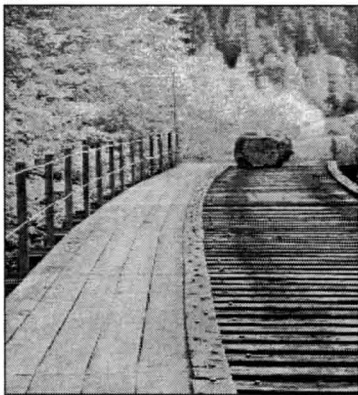


Photo: Liz McKnight