

Reference
WG 119



The WCREC Conference Book

women's counselling, referral & education centre

November 8 and 9, 1985
Toronto, Ontario

Getting There & Hanging In Celebrating 10 Years of Women Helping Women

November 8-9 1985

O.I.S.E. - 252 Bloor Street West
Toronto (St. George subway station)

Dear friends, present and future;

WCREC greets you and invites you to an exciting two days and evenings of learning and enjoyment. We are presenting a two day Conference which marks, not only WCREC's tenth year of existence, but the tenth anniversary of International Women's Year, and the progress of *all* women in the quest for equality and opportunity.

The workshops are organized around the theme 'CELEBRATE YOU' and are divided into four half day sections entitled IDENTITY, EMPOWERMENT, CREATIVITY & RELATEDNESS - all dimensions of the self. When we take a moment to consider these four we see the flow from one to the other. At WCREC, for instance, referral counsellors talk with many people who may be angry or weeping, puzzled or feeling helpless. Often the first step needed is to help them discover that they have a self to work with, whether they are young or old, career people or house persons, dealing with issues from the spiritual to practical, straight or gay. IDENTITY! When self has been established, the awareness of personal power can begin and confidence in one's own ability to control one's life choice can take root. EMPOWERMENT!

With this confidence, the imaginative and creative component residing in us all can be found and used. CREATIVITY! Finally we can achieve that which is fundamental to all satisfying human existence - giving and taking, helping and being helped, loving and being loved. RELATEDNESS! Of course these aspects of our lives don't just happen 1-2-3-4. They flow in and out and intertwine, and some of us have difficulty with one or all. For the Conference, we have separated them into workshops Friday and Saturday morning and afternoon; then a Panel/Discussion on Friday evening on the theme women RECLAIMING POWER plus a dramatization of that theme by Nightwood Theatre. On Saturday evening there will be a happy and entertaining party: our BIRTHDAY BASH.

Come One - Come All - And Celebrate with us.

The Women of WCREC

SPECIAL GUEST



Hogie Wyckoff; author of *Solving Problems Together* and editor of *Issues In Radical Therapy* is joining us from California for our 10th Anniversary Celebration.

Her participation includes:

- Keynote Address
- 'RECLAIMING POWER' Panelist
- 'CREATIVITY' Workshop
- Opening 'RELATEDNESS' Section

Hogie Wyckoff has been a recognized teacher and respected leader of women's groups for 15 years. Many years ago she was my teacher, soon became my friend and I learn from her still. She has taught me power analysis and the need for mutual responsibility in conflict resolution. She has also taught me that secrets confuse us and keep us isolated one from another, that there is healing potential in truth given kindly and to appreciate the wisdom of the body. I am pleased to welcome Hogie to this celebration of women helping women.

Wendy Wildfong

Wendy Wildfong (M.S.W.)

'RECLAIMING POWER'

Panel Discussion and Theatre Performance

OISE Auditorium
252 Bloor Street West
Toronto

Friday, November 8th

8:00 P.M. Panel Discussion
and Audience Question Period

Coffee Break

10:00 P.M. Nightwood Theatre Performance

Panel



POLITICAL POWER

Doris Anderson; Columnist for Toronto Star, former editor of Chatelaine magazine and past President of the National Action Committee on the Status of Women.



ENVIRONMENTAL POWER

Rosalie Bertel, PhD.; Director of Research for the International Institute of Concern for Public Health. Former consultant to the U.S. Environmental Protection Agency.



HEALTH POWER

Nikki Colodny, MD; Physician & psycho-therapist. Activist in the reproductive rights movement & WCREC referrent therapist.



ORGANIZATIONAL POWER

Anna Hoad; Affirmative Action Program Manager, Ministry of the Attorney General.



PERSONAL POWER

Hogie Wyckoff; Feminist therapist. Author and co-founder of the Berkeley Radical Psychiatry Centre.



MODERATOR

Nena Hardie, PhD.; Clinical psychologist and WCREC referent therapist.



NIGHTWOOD THEATRE

NIGHTWOOD THEATRE productions reflect the voices of women in Canadian culture. Their plays explore mythology, family relationships, historical events and immigrant communities. Their focus is a broad spectrum of modern concerns. Using comedy they provide their audiences with entertaining and thought-provoking evenings. Tonight's performance has been specially created by Nightwood to reflect our theme of women RECLAIMING POWER.

Friday Morning Workshops

10:00 - 12:30 p.m. (following Keynote Address)

IDENTITY

1. **Building Castles in the Sky or the Real Thing.**
Reality Testing Our Identity in the Middle Years. Elaine Cooper (women only)

2. **Creating Our Roles Through Psychodrama.**
From Societal Prescription to Personal Meaning. Madeleine Byrnes
(Part 1 of 2 part workshop - must register for both)

3. **The Double Challenge of Career and Parenting.**
Mary Ann Archer (women only)

4. **The Goddess Within:**
Ancient Wisdom & the Use of Power. Joan Bodger

5. **Identifying Needs, Rights & Goals:**
A Consumer Approach to Finding a Therapist. Jean Brodie, Dori Landmark

6. **Old Woman, Who are You?**
Society's Embarrassment or Magnificent Survivor. Audrey Honey, Helen Morley

7. **On Prejudice & Possibility:**
Being Lesbian in Male-Dominated Organizations. Jeri Wine (women only)

8. **What Do Women Want? Reclaiming Our Right to Need.**
Fran Bloomfield, Mary Helen Garvin (women only)

Friday Afternoon Workshops

2:00 - 4:30 p.m.

EMPOWERMENT

9. **Basics of Financial Planning: Dollars & \$ense.** Kim Ball

10. **Candida, Chemicals, Food & Your Mood.**
Maggie Burston, Nena Hardie, Darlene Koski, Annette Otis

11. **The Corporate Woman: How to Infuse Female Qualities
Into the Business World.** June Rogers, Elizabeth Waight (women only)

12. **Creating Our Roles Through Psychodrama:**
From Societal Prescription to Personal Meaning. Madeleine Byrnes.
(Part 2 of 2 part workshop - must register for both)

13. **Empowering Clients:**
A 'Cooperative Problem Solving' Approach. Arlene Anisman

14. **Old People Have Much to Give: Development Education in Action**
Joan Halls, Vera Little, Cath MacNaughton, Doris Marshall

15. **Stress in the Workplace: Empowering Ourselves to Change
What's Possible and Cope Better With What Isn't.** Gretchen Grinnell

16. **Two Sisters - One Black, the Other White:**
An Adventurous Dialogue On Race, Class & Gender.
Marlene Nourbese Philip, Wendy Wildfong

Saturday Morning

9:00 - 10:15 a.m.



The Creativity Section will be opened by SPONTÉ. All workshop participants will join in for a large group 'warm up'.

Sponté is a troupe of performers who view both art & psychotherapy as vehicles for personal growth and political change. They strive to create healing theatre that demonstrates the bridge between the two. With audience input they will dramatize social issues. They will then improvise scenes from personal stories evoked in audience members by the social drama.

Saturday Morning Workshops

10:30 a.m. - 12:30 p.m.

CREATIVITY

17. **Covens and Healing Circles:** Panel & Experiential Workshop.
Members of Covens & Healing Circles in Toronto & Vicinity (women only)

 18. **Creative Career Planning:**
Envisioning a Job That Invites Self-Expression. Sue Berlove

 19. **The Feminist Tarot:** Creating Our Own Meaning
Elaine Cooper, Carole Cooper (women only)

 20. **How to Dance On the Edge of the Cliff Without Falling Over:**
An Experiential Workshop using Movement, Ritual and Other Delights
Judith Weisman

 21. **Active Imagination:** Guided Fantasy
Journeying in Your Inner World. Nena Hardie

 22. **Imagination Embodied:**
Opening Channels to the Creative With Visual, Tactile,
Rhythmic & Dramatic Play. Patricia Gilhooley, Pat White (women only)

 23. **Intimate Talk:** Intuitive Therapy -
Enjoying the Moment with Your Client. Hogie Wyckoff

 24. **Touch for Health:** Find the Balance
Your Health in Your Hands. Jane Kieran
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Saturday Afternoon

2:00 - 2:45 p.m.

HOGIE WYCKOFF

The RELATEDNESS Workshops are designed to provide us with an experience in self-help. (An experience of working with peers in ways that are both supportive and challenging.) Hogie Wyckoff will lead us into these workshops with an overview of her Cooperative Problem Solving Model. She will demonstrate how groups can operate cooperatively, creatively and effectively. When the group breaks into the specialty workshops Hogie will act as a roving consultant, spending 10-15 minutes with each group to offer her valuable expertise in this area.

Saturday Afternoon Workshops

3:00 - 5:30 p.m.

RELATEDNESS

25. **Breaking the Silences That Remain:** From Victim to Survivor to Healer.
Jane Adams, Ginny Davidovich (women only)
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26. **Lesbian Support Groups:** 'Coming Out' — Does It Ever End?
Judy Breau, Terry Spier (women only)
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27. **Mothers & Daughters:**
Encouraging Each Other to Take Risks.
Phyllis Zelcer, Lori Zelcer (women only)
-
28. **Sole-Support Mothers:** Learning to Facilitate Self-Help Groups.
Dorothy Mercer (women only)
-
29. **Feminist Therapist Support Groups:**
A. Female Therapists. Bev Rodrigue, Shelley Glazer. (women only)
B. Male Therapists. Chuck Marino, Scott Pope. (men only)
-
30. **Women 50 & Over:** Looking Ahead – Assessing Our Future
Needs and Resources. Sheila Gilbert, Dori Landmark, Joyce Lee,
Audrey Wright (women only)
-
31. **Women Support Groups:**
Getting Started & Learning to Grow.
Cindy McNeely, Diane Nannarone (women only)
-
32. **Working Collectively:**
Recognizing Inevitable Problems & Discovering Creative Solutions.
Jane Adams, Deborah Sinclair
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CONFERENCE LINE-UP

OISE, Friday, November 8, 1985

1. 8:00 - 8:45 a.m.
Registration and coffee
2. 9:00 - 9:45 a.m.
Keynote Address - Hogie Wyckoff
3. 10:00 a.m. - 12:30 p.m.
IDENTITY Workshops
4. 12:30 - 2 p.m.
LUNCH (light lunch provided)
5. 2:00 - 4:30 p.m.
EMPOWERMENT Workshops

OISE Auditorium, Friday Evening November 8, 1985

6. 'RECLAIMING POWER'
8 p.m. - Panel Discussion
10 p.m. - NIGHTWOOD THEATRE See page 4

OISE, Saturday, November 9, 1985

7. 9:00 - 10:15 a.m.
SPONTÉ opens the CREATIVITY section
8. 10:30 a.m. - 12:30 p.m.
CREATIVITY Workshops
9. 12:30 - 2:00 p.m.
LUNCH (light lunch provided)
10. 2:00 - 2:45 p.m.
Hogie Wyckoff opens the RELATEDNESS section
11. 3:00 - 5:30 p.m.
RELATEDNESS Workshops

Toronto Press Club, Saturday Evening November 9, 1985

12. 7:00 - 1:00 a.m.
'BIRTHDAY BASH' See page 9

WCREC's 10th ANNIVERSARY

BASH

EVERYONE WELCOME!

Old friends, new friends, women and men

The Toronto Press Club

5 Wellesley Street West
(Wellesley subway station)

Saturday November 9, 1985

7:00 p.m. - 1:00 a.m.

Buffet served at 7:30 p.m.

Help us celebrate!

Enjoy

Good food

Entertainment

M.C. Pat Henderson

A dance with D.J. Deb Parent and more

Menu

Chef's Salad

Tomato & Pepper Salad

Chick Pea Salad

Potato Salad

Beef Bourguignon & Noodles

Ratatouille Lasagna (*vegetarian*)

Assorted cheese tray with fruit & crackers

Rolls & Butter

Coffee & Tea

Dinner Wine

Catered by Leeray

CASH BAR

\$20.00 per ticket

Wheelchair accessible with pre-arrangements.

Provided by Concord Elevator Co. Ltd.

Yes, I'd like to come.

Please reserve _____ tickets.

Enclosed is \$_____

Name _____

***Tickets must be reserved
by October 31
for catering purposes***

Address _____

Phone No. _____

WE LOOK FORWARD TO SEEING YOU THERE

1 “Building Castles in the Sky” or “The Real Thing”: Reality Testing Our Identity in the Middle Years

This workshop is for women in the middle years and will provide some approaches for taking both whimsical and serious looks at who we are, and at those forces impacting our lives which either nourish or add to our sense of ourselves. The goal is to provide strategies for dealing with those forces. The guided activities will include imagery, drawings, and discussion, with input from both leader and participants. **Elaine Cooper Ph.D.**, has had 15 years experience in the private and public sectors working with government, industry and professional organizations. She is a frequent guest expert for media on employment, retirement and stress related issues. (women only)

2 Creating Our Roles through Psychodrama – From Societal Prescription to Personal Meaning (Part 1 of 2 part workshop, must register for both)

All of us take on roles in our lives; we become mothers, sisters, lovers, employees, etc. Jacob L. Moreno, the founder of Psychodrama, believed that each time we take on a new role, we face a primary conflict between the role as it is societally designed and the person we perceive ourselves to be. The challenge is to transform our roles so that they reflect our uniqueness. In the morning we will role-play some typical role/person dilemmas and explore steps in transformation. **Madeleine Byrnes** is a certified Associate Director of the Psychodrama and Sociometry Centre and Psychodramatist in private practice. She specializes in group psychotherapy and in conflict mediation with individuals and groups. She is especially interested in providing therapeutic support to organizations such as WCREC that function as feminist and humanist change agents.

3 The Double Challenge of Career and Parenting

Participants will be given time and space to explore the conflicts inherent in the double roles of mother and career person. By supportively sharing experiences, women can identify the pluses and minuses of this dual role and each person can discover her own creative synthesis. Participants will be encouraged to identify concrete steps which they can take in order to reduce their conflict. As a result, they will feel more empowered to be in charge of their lives, both at home and at work. **Mary Ann Archer M.Ed.**, is in private practice as a counsellor/psychotherapist in the human resources field. She has developed and co-led a series of groups entitled “Growing Into Motherhood” in which the issues around the transition from career to motherhood are explored. (women only)

4 The Goddess Within: Ancient Wisdom and the Use of Power

Joan Bodger, Gestalt therapist, storyteller and writer, is already the author of one book concerning the Goddess: **Clever-Lazy**, The Girl Who Invented Herself, a novel for young people. In March through June, 1986, she will be living in Yemen and Jordan while she works on an adult novel about the Nabateans, a people who worshipped a dolphin goddess in the deserts of Arabia. In July, 1986, she will co-lead a tour, “Mysteries of Britain,” which will take participants to sites sanctified to the feminine earth power. The work shop is aimed at people wanting to tap this power. Joan will use Gestalt and Neuro-linguistic techniques and perhaps storytelling.

5 Identifying Needs, Rights & Goals: A Consumer Approach to Finding a Therapist

The workshop will be of value to those seeking therapy for the first time, to those who are presently in therapy, but who want to change therapists, and to workers in the helping professions who often need this kind of information to better inform themselves and their clients. Therapy available, cost, qualifications of therapist, initial screening of therapist and client needs, goals and rights will be discussed through lecture, small group discussion, experiential exercises and written materials. Participants will leave the workshop with the practical information and tools they need in order to be better consumers of mental health resources. **Jean Brodie** is a Consumer & a Community Worker in the Mental Health Field with 8 years work experience in both conventional and alternate approaches. She recognizes the need for balance between the two. **Two referent therapists** from WCREC's files will also be on hand to discuss the type of therapy they practise and how they incorporate feminist principles into their approach. **Dori Landmark**; after 5 years working and learning at WCREC she is convinced of the importance of client CLARITY regarding needs and goals, INFORMATION regarding available resources and client SELF-DETERMINATION – from the choosing of therapist right through the therapy process itself.

6 Old Woman, Who Are You? Society's Embarrassment or Magnificent Survivor?

This workshop will deal with the stark realities of the plight of the older woman in North America. Hope will be rekindled by exploring the myths about her and examining the true facts. Practical actions to withstand society's impact and political actions to organize ourselves for a better deal will both be outlined. **Audrey Honey BA., BD.**, after 25 years as a wife and mother, entered the job market for the first time at 50, she trained as a counsellor at the Toronto Institute for Human Relations and is now also a qualified Bioenergetic therapist. She has led workshops on aging as well as groups for "over 60's". Being a "late bloomer" herself she is excited by the potential of our "declining" years. **Helen Morley M.D.** is a mother of 3 – grandmother of 4. She now practises and teaches Bioenergetic Analysis. She is interested in the psychological aspects of aging (ie. both personal and political), focusing much of her work towards helping clients free themselves from the societal conventions and attitudes that restrain them.

7 On Prejudice and Possibility: Being Lesbian in Male-Dominated Organizations

Jeri Wine is Associate Professor and Chairwoman of the Applied Psychology Department, O.I.S.E. where she teaches counselling psychology and feminist studies and has a feminist counselling practice. She has presented some of her understandings of the experience of being lesbian in Canadian academia in *The Lesbian Issue of Resources for Feminist Research* (March, 1983) and in a presentation to the Lesbian and Gay Academic Society at the University of Toronto (April, 1985). Jeri has interviewed lesbian academics and students in Canadian higher education in order to develop a grounded understanding of lesbian experience in these settings. Based on this interview material and the workshop participants' experience, the workshop will explore the sanctions and problems that lesbians face in institutions. It will also explore positive implications of an outsider, woman-identified perspective for vision, creativity and connections to other women. Acceptance of a positive lesbian identity and the opportunity to be public about that identity in at least some arenas of one's life seems to be closely related to the positive features of lesbian experience in academia. Other male-dominated organizations are similar to academia in some important respects, yet different in others. The workshop will draw on participant's experience to develop understanding of these similarities and differences. (women only)

8 What do Women Want? "Reclaiming Our Right to Need"

We learn at our mother's knee that the needs of others take precedence over our own. When we stifle our own early needs we do not develop the capacity to know what we want. The workshop will utilize guide imagery & simple exercises to help us identify feelings within the context of support and discussion. It will focus on "reclaiming our right to want". **Fran Bloomfield** M.A., Clinical Psychology is a psychotherapist and mother of three children, who has been working with individuals and groups since 1970. She is currently interested in how women can identify and live from their masculine and feminine sides. **Mary Helen Garvin** is a therapist in private practice in Toronto. She is currently doing doctoral studies at O.I.S.E. with particular interest in ego development of women training to be counsellors. She is the mother of five young adults. (women only)

9 Basics of Financial Planning: Dollars & Sense

This introduction to the basics of financial planning covers budgeting, money planning, insurance, tax tips and retirement planning – perfect for those who want simple straightforward information to help them put their personal finances in order and provide a firm base for more advanced financial planning. **Kim Ball B.A., DPHE** is a Seminar Manager of the Women's Financial Planning Centre. A former teacher, she entered the financial industry in 1978, and is now acclaimed not only for her knowledge and expertise but for her dynamic presentation and entertaining sense of humour. She is a frequent guest on TV, radio shows, and author of magazine articles on financial independence for women.

10 Candida, Chemicals, Food & Your Mood

There will be an introduction to the stages of development from infancy to adulthood showing how, at each stage, the environment (food, water, chemical inhalants) can affect human behaviour. Chronic problems such as headaches, mood swings and foggy thinking can be symptoms of cerebral reactions. The effects of yeast (candida) toxins on emotional health will be discussed as well as recent medical findings on the relationship between food allergies and kidney, cardiovascular and other degenerative diseases. Alternative approaches to these environmental problems will be outlined. 1. **Maggie Burston**, President of the Candida Research & Information Foundation is a community health activist and patients' rights advocate; 2. **Nena Hardie**, Ph.D is a Clinical Psychologist in private practice. She lectures on health and medicine in the Social Science Dept., Atkinson College, York University. She recently had success dealing with kidney disease as an allergic condition. 3. **Darlene Koski**, a teacher of 26 years, is past president of the Human Ecology Foundation. 4. **Annette Otis**, M.S.W. Vice President of the C.R.I.F. foundation, has worked in the fields of child welfare and children's mental health with current interest in candida-related health problems.

11 The Corporate Woman: How to Infuse Female Qualities Into the Business World

This workshop will explore how women have taken on male attributes of aggressiveness and competition in order to get ahead and how to replace them with female strengths of cooperation and interpersonal skills. As a former legal secretary in high-powered law firms and an associate editor at Maclean's Magazine **June Rogers** has seen the corporate hierarchy from both sides. She also has a B.A. in political science, a graduate degree in Journalism and a certificate degree in Human Sexuality. Currently she is a freelance journalist for Maclean's, Chatelaine and other magazines specializing in psychology, health and women's issues. **Elizabeth Waight** practises business law with a firm of 37 lawyers in downtown Toronto and has previously earned her livelihood as secretary, school and university teacher, administrator, barmaid and waitress. She has thus experienced both giving and receiving instructions and generally still finds giving instructions the more stressful. She believes that two reasons for the antagonism often experienced by women support staff towards women managers are the lack of role models for situations where women exercise power and a sense of insecurity felt by many women about their life choices. She is still experimenting with solutions to this antagonism and hopes to get inspiration from the workshop for new approaches.

12 "Creating Our Roles through Psychodrama: – From Societal Prescription to Personal Meaning" (Part 2 of 2 part workshop)

All of us take on roles in our lives; we become mothers, sisters, lovers, employees, etc. Jacob L. Moreno, the founder of Psychodrama, believed that each time we take on a new role, we face a primary conflict between the role as it is societally designed and the person we perceive ourselves to be. The challenge is to transform our roles so that they reflect our uniqueness. In the morning we will role-play some typical role/person dilemmas and explore steps in transformation. **Madeleine Byrnes** is a certified Associate Director of the Psychodrama and Sociometry Centre and Psychodramatist in private practice. She specializes in group psychotherapy and in conflict mediation with individuals and groups. She is especially interested in providing therapeutic support to organizations such as WCREC that function as feminist and humanist change agents.

13 Empowering Clients: A "Co-operative Problem-Solving" Approach

This approach is concerned with power, particularly learning to help each other reclaim power in our lives in relation to ourselves, others and the world. This workshop will show how this process allows therapists to equalize power with clients following cooperative guidelines such as no Lies, no Rescues, no Power Plays, giving resentments, constructive criticisms and strokes, and checking out "paranoid fantasies" (intuitive assumptions). This model will be outlined and participants will have the opportunity to experience as well. The workshops will be of interest to therapists, and other helpers. **Arlene Anisman**, M.Ed., psychotherapist and consultant, has facilitated cooperative problem-solving groups, mediations for couples and collectives, and workshops over the past 8 years. She sees the cooperative problem-solving process as a means to reclaiming personal power in order to make satisfying changes and feel good in relation to oneself, others and the community.

14 Development Education in Action – "Old People Have Much to Give"

D.E.A. is an intergenerational organization conducting discussions on aging and giving its support to groups involved in current issues on aging, health and nursing care, retirement concerns and social welfare for the elderly. A slide-tape show "These Old Ones: Growing Old in China Then & Now" will be presented, comparing the experiences of aging in China and Canada from the 1800's to the present. There will then be a discussion of attitudes towards the elderly, rural vs urban living, multi-culturalism and finally – possible social legislation for the elderly. 1. **Joan Halls** is a member of D.E.A. who has been very active in community organizations such as 'Contact Us' and will answer questions about community resources. 2. **Vera Little** is the chairwoman and long-time active member of D.E.A.; 3. **Cath MacNaughton** is a member of D.E.A. and a registered nurse who is particularly interested in the nursing care of elderly women patients; 4. **Doris Marshall** is the coordinator and initial founder of D.E.A. She masterminded D.E.A.'s first slide-tape show.

15 "Stress In the Workplace: Empowering Ourselves to Change What's Possible and Cope Better With What Isn't"

When we feel overwhelmed by people or situations that seem to hold power over us (a demanding job, critical boss, tensions with colleagues or 'the office clown') there are ways to ease up and catch our breath. We will explore basic coping strategies as well as some step-by-step tools for making meaningful personal changes in our working environment. **Gretchen Grinnell** is a feminist therapist with a Master's Degree in Humanistic Psychology. She has a private practice in Toronto working with women on relationships, career issues & low self-esteem. She believes that we can't be assertive until we feel assertive nor make changes until we are clear about where we've been and where we want to go.

16 Two Sisters – One Black, the Other White: An Adventurous Dialogue On Race, Class and Gender:

We are a Black womanist poet/lawyer and a White feminist therapist who have been developing a friendship. Through conversation, poetry and group involvement we will continue to explore the reality of race and how it impinges on and affects our perceptions and experiences of creativity, identity, empowerment and relatedness. We wish to continue talking, having fun and learning about each other in the context of this workshop, whose activities, while reflecting the values of creativity, spontaneity, and flexibility, will encourage and foster this. Our dialogue may stimulate feelings and thoughts about gender, race and class. A spirit of loving cooperation, non-violence and safety will guide us. **Marlene Nourbese Philip** poet/lawyer - is a specialist in Caucasian affairs who loves mangoes, fresh cut grass, babies and Tina Turner. She is the author of two books of poetry and producer of the documentary (audio cassette) "Blood is for Bleeding: The Positive Values of the Menstrual Experience." **Wendy Wildfong**, M.S.W. a feminist has been "radical psychiatrist" in private practice in Toronto for 11 years. She has a special interest in body-centred psychotherapy (Hakomi-certified), altered states of consciousness, cultural influences and the power of metaphor for living.

17 Covens and Healing Circles – Panel and Experiential Workshop

Leaders: **Members of Covens and Healing Circles in Toronto and Vicinity**. Women will come together as a group, exploring a creative way in which to express their psychic woman energy and female focused spirituality. Women who are involved in covens or healing circles will share how such groups meet this need for them. Searchers will be given an opportunity to ask questions and participate in a ritual that will embody our common experience. (women only)

18 Creative Career Planning: "Envisioning a Job that Invites Self-Expression"

Participants will learn some ways to tap into the more creative parts of themselves and to experience the implications of such creativity on career change strategy. Material will be drawn from right/left brain theory and techniques that require the more expressive/creative right side will be demonstrated. The workshop will be primarily experiential, using art and music to help people expand their concept of a career goal beyond the mundane job search, toward a vision of work as meaningful self-expression. **Sue Berlove**, M.A. Sc. (Counselling & Human Relations), has developed, over the past nine years, a very creative self-assessment approach which draws on various career development theories as well as her psychotherapy expertise. She encourages clients to use their creativity to get out of dead end jobs, seek promotions, or simply to jump with both feet into the job market towards more fulfilling careers.

19 The Feminist Tarot: "Creating Our Own Meaning"

The workshop will include a brief history of the Tarot and the meaning of the symbols. Group discussion on Tarot, guided imagery and meditation will tap into creative inner resources. Participants can expect to leave with a card which represents themselves and together the group will create their own deck. **Elaine Cooper Ph.D.**, and **Carole Cooper** are a mother and daughter team who both utilize the Tarot in their own lives. Elaine is a psychotherapist in private practice and use the Tarot cards, when requested, to help clients find their own meanings in life. Carole is a psychology student at York University. For several years she has been using Tarot, Numerology and Graphology as an avocation. (women only)

20 How to Dance on the Edge of the Cliff Without Falling Over: An experiential workshop using movement, ritual and other delights

This is an experiential workshop for women and men of all ages. Participants will experiment with ways of opening their hearts to the lion within. By opening our hearts we tap some of the deep sources of our creativity. Interactive exercises, movement, sound and ritual will be used. **Judith Weisman**, a wise woman sometimes a wise ass, is a socialist-feminist therapist and mother of two very creative grown sons. She was a dancer and has recently completed a Vision Quest and Pilgrimage in which she raised her own "cliff-edged" dancing to a new level.

21 Active Imagination; Guided Fantasy - Journeying In Your Inner World

This will be an experiential workshop with discussion of both practical concerns and theoretical aspects of active imagination and guided fantasy. After a demonstration of methods of deep relaxation, participants will explore a dream image of their own. They will then be led on a guided fantasy through their inner world. **Nena Hardie** Ph.D., is a Clinical Psychologist in private practice where she uses visual imagery in the exploration of dreams, unconscious processes and physical states.

22 Imagination Embodied: "Opening Channels to the Creative with Visual, Tactile, Rhythmic and Dramatic play"

This workshop is an opportunity to share and learn together as women in harmony with our bodies through a spirit of play and experimentation. Explore your individual journeys in ritualized sacred space, augmented by guided imagery, music, clay and collage. It is an invitation to find the magic in the mundane, to acknowledge our roles as co-creators of the universe. Bring a pillow, loose clothing, a favourite childhood rhyme. **Patricia Gilhooley** - In 20 years of teaching and pastoral counselling (with emphasis on the creative process), Pat has used drama, writing and movement as well as a range of therapeutic modalities from Gestalt to Hakomi. With joy and wonder she offers to share her varied skills & learnings with other searching women. **Patricia White** has a BPE degree which included 4 years of training in the Laban approach to movement education. She has recently undertaken an M.Ed. in Arts and Education. She has had 8 years of theatre/dance performance including the writing and performing of her own one woman play 'Passages'. Her interest in women's personal imagery and storytelling will combine with her wealth of experience and enthusiasm to help participants channel their untapped creativity. (women only)

23 Intimate Talk: "Intuitive Therapy - Enjoying the Moment With Your Client"

This workshop is for therapists and aspiring therapists wishing to enjoy fully and appreciate the intimacy that can develop within a client/therapist relationship. The focus will be creativity with clients, keeping sessions crisp and staying clear through gentle honesty, intuition and self-care. The balance of didactic format and experience sharing will be streamlined as participants want. **Hogie Wyckoff** author of *Solving Problems Together* is a Feminist Therapist who, for many years, has developed and facilitated training programmes for workers in the mental health field.

24 Touch For Health: "Find The Balance. Your Health In Your Hands"

This workshop begins with a short lecture on natural medicine, holistic care and principles of preventive medicine. Then we will look at how we perceive health, and at our own attitudes about looking after our own bodies. Jane will use the Touch For Health mode (body balancing through muscle testing) to bring new-found awareness and ownership to a practical level, a level individuals can use on a daily basis to balance themselves physically, mentally and spiritually. Special attention will be made to allergies, headaches and back problems. **Jane Kieran** is a massage therapist, reflexologist and a Touch for Health instructor. She has been in practice in the Toronto area for seven years.

25 "Breaking the Silences That Remain": From Victim - to Survivor - To Healer

This workshop is aimed at all women interested in healing themselves as well as those interested in helping women who have survived violence. Included will be a political overview of violence against women, a rationale of self-healing, the sharing of personal experiences by leaders and participants, information and exercises that could be used in facilitating self-help groups for survivors of violence. **Ginny Davidovich** M.S.W. has worked 5 years in Adult Psychiatry (Individual, Marital, Family and Group Therapy). She has also worked in a shelter for battered women and facilitated support groups for battered women. **Joanne Liutkus** M.S.W. has worked with Catholic Family Services for 4 years (individual, family and group counselling). Her speciality was the female victim of violence. She is presently employed with the Barbara Schlifer Commemorative Clinic, a clinic for women who encounter violence. She is also Chairperson of the Ontario Association of Professional Social Workers - Committee on Assaulted Women and Their Families. (women only)

26 Lesbian Support Groups: "Coming Out" - Does It Ever End?

This workshop is designed for women who want to explore the various stages of the 'coming out' process. An environment will be created which will allow for the mutual sharing, support and the development of insight around common experiences. **Judy Breau** is a counsellor at Jessie's Centre for Teenagers. Her background as an R.N. and mental health worker has been primarily focused on issues that affect women's lives. She has led a self-help group for mature women students at Ryerson and has been involved in a nurses' support group for the past 4 years. **Terry Spier** also works at Jessie's and has a private therapy practice in Toronto. Her modalities include Hakomi, Gestalt and Bioenergetics. She co-leads workshops in female sexuality and Kubotan self-defense and she has participated in self-help groups since 1970. (women only)

27 Mothers & Daughters: Encouraging Each Other To Take Risks

This workshop is for mothers and adult daughters, either together or alone. It will promote present and future mutual support for independence by introducing methods which will increase understanding and acceptance of each other, in order to heal past wounds and misunderstandings. Participants will re-experience shared developmental stages: pregnancy, birth, the formative years (3-5) pre-adolescence (6-12), teens (13-19), young adult. The workshop will end with a projection, through imagery, of your "ideal" future relationship. (As much will be done as time allows.) Exercises from Primal, Gestalt and Psychosynthesis will be used. Wear comfortable loose clothing. Bring Kleenex. **Phyllis Zelcer** B.A., B.S.W., is presently counselling in private practice and working on a Master's degree in Adult Education and Counselling. She has worked with sole support mothers and immigrant women. **Lori Zelcer** is her daughter and will co-lead this workshop. She is a free-lance writer living in Ottawa. (women only)

28 Sole Support Mothers: Learning to Facilitate Self-Help Groups

Participants will identify barriers to sole support mothers becoming facilitators, strategize and problem solve to overcome these barriers, set short and long terms plans. The workshop will be useful to sole support mothers who wish to facilitate self-help groups dealing with increasing self-esteem, regaining confidence, recognizing and dealing with stress, exploring educational and training opportunities and setting realistic goals and also to set up self-help groups for other sole support mothers. **Dorothy Mercer** is presently employed with the Sole Support Mothers' Project in Toronto as a counsellor and group facilitator. She was formerly employed with the Family Benefits Assistance Program – for 7 years as an Analyst and for another 4 as an F.B.A. worker. She has been an active volunteer with the Toronto Rape Crisis Centre, Scarborough Women's Centre, Scarborough Distress Centre and Rexdale Women's Centre. (women only)

29 Feminist Therapist Support Groups

A. **Female Therapists** This workshop will provide women with an opportunity to talk about issues that concern them as feminist therapists. (eg. how to be a feminist therapist in a traditional setting without losing your soul and how to be a feminist therapist in private practice without losing your shirt!) The role of support groups for therapists in providing personal support and peer supervision will also be discussed. **Shelley Glazer** works at a birth control centre and also has a private practice. **Bev Rodrigue** is in private practice in Toronto, specializing in body-centred therapies such as Hakomi. Both Bev and Shelley were members of the Feminist Therapy Support/Study Group which wrote a special issue of HEALTHSHARING Magazine on Women and Therapy in 1983. B. **Male Therapists** This workshop will centre on identifying the support needs of male therapists and developing action plans responding to those needs. The workshop will be primarily experiential and participatory with some didactic elements. **Chuck Marino**, Ph.D. is an Associate Professor at York University and Director of the Atkinson Counselling and Supervision Centre. **Scott Pope**, M.A., is a Senior Counsellor and Supervisor at the Atkinson Counselling and Supervision Centre.

30 Women 50 and Over: "Looking Ahead – Assessing Our Future Needs And Resources"

A group for women 50 and over who want to clarify their future needs and resources, and wish to explore a self-help support group as a possible resource. Participants will be assisted in this process through viewing the film "All of Our Lives" followed by a visualization exercise and discussion. Small group discussion may focus on health, sexuality, housing, finances, friendships, loss of partner and the forming of supportive communities. (The film looks at expectations of young women and the realities for older women. As well as raising questions for examination it shows the value of loving and sharing and working together). **Sheila Gilbert**; a nurse practitioner in a family practice. Her main focus is on counselling, sexuality, and women's health issues. She has been involved with the Nurse Practitioner Association & the Association for Humanistic Psychology. At present she is on the steering committee of Gays & Lesbians in Health Care. **Dori Landmark** at 70 believes that life is a process that lets us keep on learning as long as we want to – that our lives are in our hands. 7 years ago, because she felt she needed one herself, she organized and facilitated a self-help group for older separated & divorced women which continued successfully for 5 years. She appeared in the film 'All of Our Lives'. **Joyce Lee** appeared in the film 'All of Our Lives' and took it to Women's Groups across Canada on a grant from the federal government. She was a member of the self-help group for older, divorced & separated women and at present is co-hosting a TV. program for older people via Scarborough Cable TV. **Audrey Wright**; is a therapist in private practice for 11 years. In her forties she received her B.A. and M.S.W. She has training in Gestalt, Bioenergetics, Psychodrama and Assertiveness Training, as well as being a Certified Hakomi Therapist. At 62 she is preparing to offer pre-retirement planning seminars and counselling. (women only)

31 Women's Support Groups: "Getting Started & Learning How To Grow"

In this workshop **Cindy McNeely & Diane Nannarone** will illustrate the possible format for a women's self-help group. They will be sharing their own experiences and acting as facilitators of a mock group. They hope to touch on issues such as sharing leadership, commitment, expressing feelings, problem-solving and formulating concrete contracts to reach desired goals. Cindy has recently received her diploma from the Sutherland-Chan School of Massage Therapy. As well as being a participant in a self-help group for the past 6 years, Cindy was an active member of the Toronto Women's Self-Help Collective - a group which trained members to facilitate self-help groups for other women. She has also helped WCREC to set up & facilitate support groups for women. Diane has had 15 years experience as a Registered Nurse. Last year, as a member of the WCREC collective, she co-planned & co-facilitated a day long workshop for staff of the Family Service Association. Her focus was WCREC's feminist base and the feminist approach to counselling & psychotherapy. She has been active in self-help groups both as participant and facilitator. (women only)

32 Working Collectively: Recognizing Inevitable Problems and Discovering Creative Solutions

This workshop is designed for women and men who are currently members of collectives (or other organizations which are attempting to work in a cooperative non-hierarchical manner), and people contemplating joining or developing a cooperative working structure. The nature of work and why we need to develop democratic and humane forms of working, will be discussed as well as the social, political, economic and personal barriers to this development. Participants will have an opportunity to share perspectives, gain opinions and ideas, and develop their understanding of appropriate working relations and procedures. Wear casual clothes & come prepared to have a good time. **Jane Adams** is a Toronto freelance educator who works with public interest groups (feminist collectives, unions, co-op and community agencies). She uses her background as an organizer and her training in organizational development and adult education, to assist groups in solving problems and working more effectively. **Deborah Sinclair** is a counsellor, trainer, writer and community organizer. She has assisted staff groups and collectives in their efforts to find effective and cooperative ways of working with each other. Deborah is a founding member of the Emily Stowe Shelter for Women Collective. She is in private practice in Toronto.

APPRECIATION PAGE

This conference will take place over a two day period. We appreciate the time donated by facilitators to produce what we see as a really superb programming line-up.

Prior to those two days were eight months of meetings, a highly co-operative team approach and a lot of very hard work.

WCREC Thanks:

Brochure

Writing & Editing - Nena Hardie, Dori Landmark, Jackie Yeomans
Design & Layout - Nena Hardie, Beth MacKinnon, Jackie Yeomans
Graphics - Heather James, Beth MacKinnon
Photography - Jane Hall
Printing - Vicam Printing & Graphics

Conference

General Co-ordinator - Gwen Roe
Programming Co-ordinator - Jackie Yeomans
Programming Committee - Arlene Anisman, Gretchen Grinnell
Nena Hardie, Dale McDonough,
Wendy Wildfong, Audrey Wright

Fundraising

Co-ordinator - Betsy Szilock
Committee - Ester Bradley, Jean Brodie, Sue Eason,
Maureen Jennings, Mervyn Key, Penny Lewis,
Dot Mercer, Edith Pike, Elizabeth Waight,
Jeri Wine

Publicity

Committee - Sue Berlove, Heather James, Sharon Sniderman
Special Consultant to Publicity & Fundraising - Susan Carter

Birthday Bash

Co-ordinator - Linda Donnan

Committee - Lisa Coy, Kris Devon, Jane Hall, Madgie James,
June Malabar, Anne Martyn.

Creative Insanity - Audrey Butler, Michael Fitzgerald

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Toronto Press Club.

And for inestimable support from the WCREC Collective
Bodil Bunting, Liz Herlich, Sophia Hoppie,
Sandy Owen, Jennet Poffenroth, Fazia Yusuf

WCREC is a mental health service for women that provides consumer education on therapy as well as referrals to therapists, self-help groups and other community resources for women.

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Mr. Sydney Hermant
The Canada Life Assurance Company
City of Toronto
Confederation Life Insurance Company
Harlequin Enterprises Limited
Toronto Dominion Bank
United Church of Canada

CONFERENCE HOTLINE 534-1050

REGISTRATION INFORMATION

If your first choice is full, we will automatically register you in your second choice.

Only registered people may participate in daytime sessions and workshops.

Registration at the door will be possible only if places are available. Cash, certified cheque or money order only will be accepted.

We reserve the right to make changes in the conference under exceptional circumstances.

There are times when everyone will be sitting on the rug. A few chairs will be provided. We suggest you bring a cushion and wear comfortable clothing.

Registration is limited, therefore, we suggest you register early.

Refund is available until October 18 with a \$10. administrative cost deduction.

No refund will be made after October 18, 1985.

Full payment is required with registration.

Registration includes:

- keynote address by Hogie Wyckoff
- four workshops of your choice
- introduction to the Creativity section by Sponté
- introduction to Relatedness section by Hogie Wyckoff
- Friday and Saturday lunch
plus Friday evening panel discussion
and Nightwood Theatre performance

Conference location: OISE

252 Bloor Street West
Toronto

(St. George subway station)

See Registration information on previous page. Make your cheque payable to: **WCREC**

Mail to: **Women's Counselling, Referral & Education Centre**

525 Bloor Street West, Toronto, Ontario M5S 1Y4. Attention: Gwen Roe

Conference will be held on November 8th and 9th, 1985 at the **OISE**, 252 Bloor Street West, Toronto, Ontario.
(St. George subway station)



	Preregistration received by Oct. 18, 1985	Received after Oct. 18, 1985
Individual	\$150.00 <input type="checkbox"/>	\$165.00 <input type="checkbox"/>
Organization	\$200.00 <input type="checkbox"/>	\$215.00 <input type="checkbox"/>
Student (limited spaces)	\$ 40.00 <input type="checkbox"/>	\$ 45.00 <input type="checkbox"/>

November 9, 1985
Saturday Night BASH
\$20.00

See page 9 for ticket information.
Not included in registration fee.

Childcare needed (available with preregistration and prior arrangements only)

Your contribution to subsidize participation by low income women \$ _____

This is a non-profit event. WCREC is providing a few subsidized spaces. Your contribution will enable more women who cannot afford the conference fee to participate. Tax deductible receipt is available on request.

FRIDAY AM		FRIDAY PM		FRIDAY EVENING		SATURDAY AM		SATURDAY PM	
1st choice	2nd choice	1st choice	2nd choice			1st choice	2nd choice	1st choice	2nd choice
1	1	9	9	Included in registration fee <i>or</i> For non-conference registrants \$5.00 at the door <i>See page 3 for details</i>		17	17	25	25
2+12	2+12	10	10			18	18	26	26
3	3	11	11			19	19	27	27
4	4	LUNCH INCLUDED	13		13	20	20	28	28
5	5		14		14	21	21	29	29
6	6		15		15	22	22	30	30
7	7		16		16	23	23	31	31
8	8					24	24	32	32

Name _____ Phone No. _____ Days _____ Evenings _____
Address _____

Bursaries for total conference fees have been provided for 25 low income women.

Women's Counselling, Referral & Education Centre
525 Bloor St. W.,
Toronto, Ontario M5S 1Y4

