

SONYA V. THURSBY, DTATI, RP

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Education + Honours

Bachelor of Arts (BA), English and Fine Art, University of Toronto
Diploma in Art Therapy (DTATI), Toronto Art Therapy Institute
(Martin J. Fischer Award for Best Thesis)

Clinical Practice

Counsellor/Art Therapist Hard Feelings, Toronto 2018-current
Psychotherapist/Art Therapist Private Practice, Toronto 2015-current

Experience

Group Facilitator + Co-facilitator, Sheena's Place, Toronto 2015-current
Group Co-facilitator, Cornerstone Place Men's Shelter, Toronto 2016
(Platform A grant co-recipient)
Group Co-facilitator + Researcher, YWCA JUMP, Toronto 2015
Group Co-facilitator, Breakthrough: Stepping into Connections,
YWCA, Scarborough 2015
Group Co-facilitator, Gilda's Club, Toronto 2013-2014
Group Co-facilitator, Humewood House, Toronto 2013-2014
Group Co-facilitator, Radius Child + Youth Services, SAFE-T Program,
Gardiner Museum of Ceramic Arts, Toronto 2014
Group Co-facilitator, Freeman Family Day Centre, Baycrest, Toronto 2014
Group Co-facilitator, Women in Need Clinic (WINK),
Sherbourne Health Centre, Toronto 2014

Teaching

Course Instructor, Art therapy with People Living with EDs,
Toronto Art Therapy Institute (TATI) 2017-current

Conference Presentations + Thesis

Thursby, S.V. (2016, January). *Using Art-Making Within a Career Planning Workshop to Foster Hope and Decrease Anxiety in Newcomer Women: An Unexpected Result* (unpublished). Toronto Art Therapy Institute, Toronto.

Thursby, S.V. (2016, October). *Mixed Methods Research: An Unexpected Result. Paper presented at Art Therapy and Anti-Oppressive Practices*. Canadian Art Therapy Association (CATA) and Ontario Art Therapy Association (OATA) Joint Conference, Toronto, ON.

Gilligan, C., & Thursby, S.V. (2016, October). *Art Therapy and Social Inclusion: Bridging Divides and Building Community*. Poster session presented at Art Therapy and Anti-Oppressive Practices, Canadian Art Therapy Association (CATA) and Ontario Art Therapy Association (OATA) Joint Conference, Toronto.

Workshops

Lewis, D. & Thursby, S.V. *Exploring How Our Roles Inform Our Leadership: A Mindful Art-based Workshop*. ...and Still We Rise, Elementary Teachers Federation of Ontario Conference. 2019

Lewis, D. & Thursby, S.V. *A Mindful Art-based Workshop*, Canadian Association for Mental Health. 2019.

