

# Taylor Schenkeveld

Sage and Cedar Art Therapy



NACCA



Taylor Schenkeveld is a Métis artist and art therapist; she was born and raised on Treaty 1 Territory in Winnipeg but has since moved to Calgary, Alberta on Treaty 7 Territory. Taylor creates fine art under the name Taylor Schenkeveld Art. As a practicing Art Therapist, she works for her own centre, Sage and Cedar Art Therapy. As a fine artist, Taylor creates original pieces and prints for display and sale while exploring themes of belonging and cultural connection. Through her work at Sage and Cedar Art Therapy, Taylor supports clients in utilizing the creative process of art making as a vehicle to improvement in one's physical, emotional, spiritual and mental health. Art has always been a big part of Taylor's life, which is why she decided to pursue a diploma at the Kutenai Art Therapy Institute in Nelson, British Columbia, where she gained her knowledge and skills to open Sage and Cedar Art Therapy. While going to school, Taylor was able to reconnect with her culture as a Métis woman, and was able to learn more about who she is an Indigenous person. These experiences fueled a passion in Taylor to help others experience the same kind of re-engagement and healing that art therapy brought her. Along with this, going to school allowed her to produce her own artwork to explore a new style of art that she now sells through her business TaylorSchenkeveldArt.

Taylor is currently back in school taking a Master's in Psychology degree where her goal is to become a Registered Psychologist so that she can expand her professional skills. Before launching her own private practice, Taylor worked as an Indigenous cultural support specialist. Here she was able to bring art therapy to the agency, doing different group and individual work with Indigenous people, and helping them reconnect with their culture. With the experience she gained at the agency, Taylor was able to launch her own practice, Sage and Cedar Art Therapy. Though the COVID-19 pandemic hit right at the launch of her business, Taylor was able to run her business in a different capacity. She was still able to offer people a chance to engage in art therapy by offering online sessions and providing them with the support that they needed. It is important to Taylor to incorporate cultural aspects into her business such as ceremony and smudging and healing circles. Taylor's hope for the businesses is to speak to culture, putting it at the forefront of her business and helping people to re-engage with their culture.