

HEALING THROUGH ART



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LEARNING OBJECTIVES



Overview of Resilience Model

Overview of Trauma Focused CBT

Overview of Art Based Research

Experiential Art Activities

CHILDREN'S HEALING ART

"Through the use of color and equal parts of creativity and ingenuity, children express those things which words alone cannot express.

And we learn to see and understand children through the lens of their art not their diagnosis or disability."





RESILIENCE

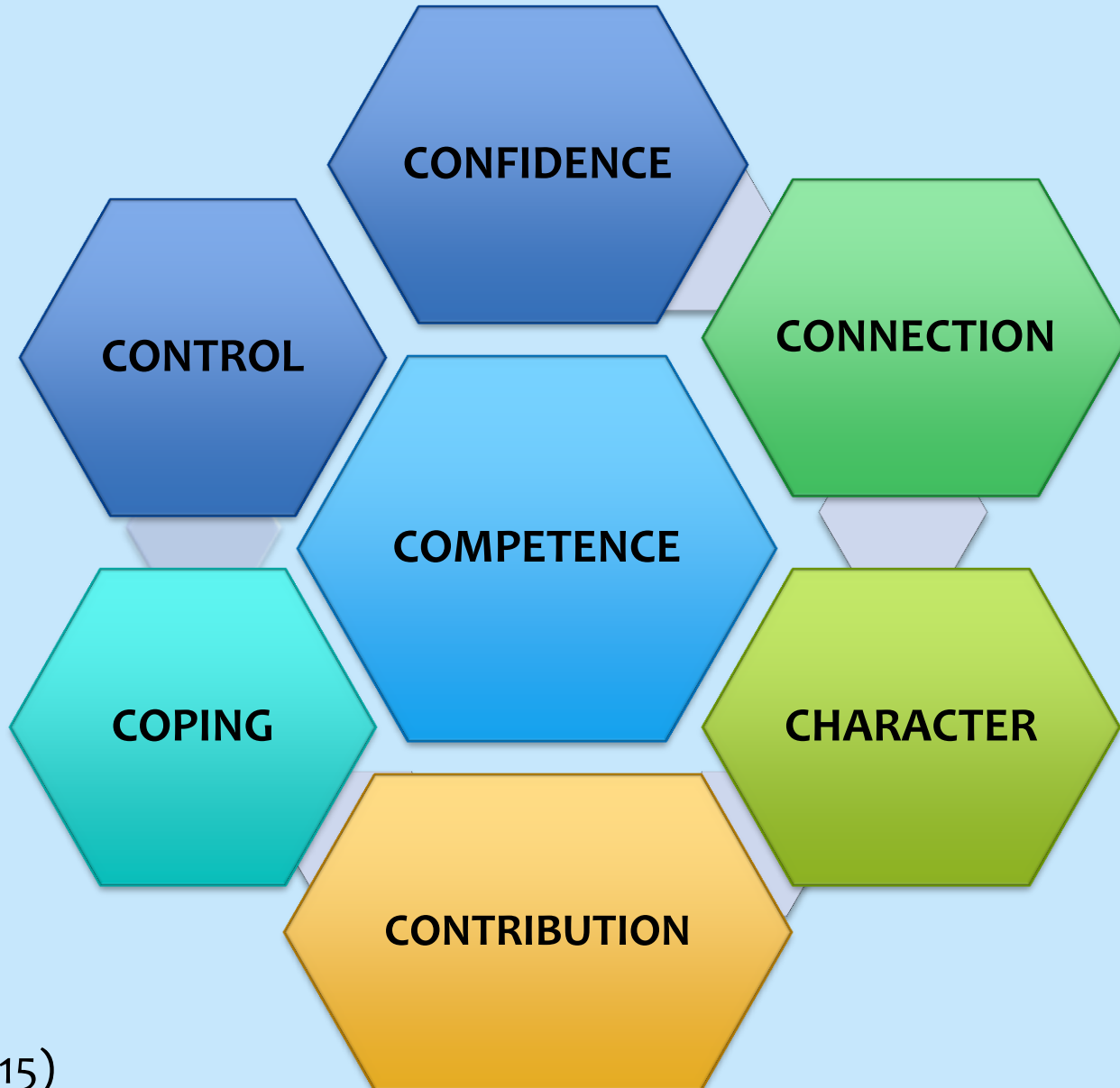
the “ability to bounce back or
recovery from adversity.”

Ginsburg (2015)

“The greatest glory in living lies not in never falling
but in rising every time we fall.”

- Nelson Mandela

7 C'S OF RESILIENCE



FOSTERING RESILIENCE

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graph LR; A[Unconditional Love/support] --> D[FOSTERING RESILIENCE]; B[High Expectations] --> D; C[Positive Role model] --> D;
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**Unconditional
Love/support**

**High
Expectations**

**Positive Role
model**

Ginsburg (2015)

COMPONENTS OF TRAUMA FOCUSED - CBT

<https://tfcbt.musc.edu/>

Psychoeducation

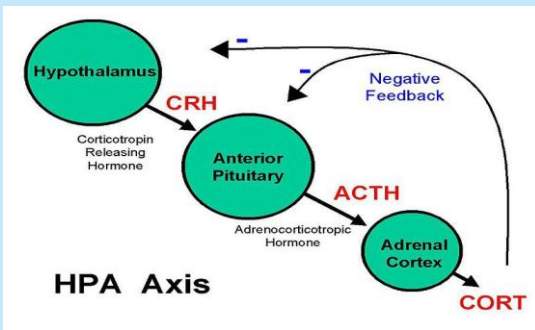
Stress Management

Affect Expression and Modulation

Cognitive Coping

Trauma Narrative

Cognitive Processing



TRAUMA AND THE BRAIN

- Brain Development, Perry (2009)
- Trauma Definition, (<https://www.apa.org/topics/trauma/>)
- Ace Study Findings, ACE (<http://www.acestudy.org/index.html>)
- Trauma Intervention/Narrative (<https://tfcbt.musc.edu/>)
- Trauma Research, Van der Kolk (2014)
- Attachment/Connections Siegel (2010)



ART AND SCIENCE

- **META-ANALYSIS**
 - Reynolds, (2000)
 - 17 studies
 - Slayton, (2010)
 - 35 studies
 - **SHORTCOMINGS**
 - Small sample size
 - Lack of control group
 - Short duration of treatment
- POPULATIONS [Slayton, 2010]**
- Sexually abused girls [p. 111]
 - Incarcerated males [p. 110].
 - Outpt children with severe emotional/behavioral issue [p.112]
 - Adult cancer patients. [p. 113]
 - Inpt. Adolescents with PTSD [p.114]
- "Small body of data to support the claim that art therapy is effective."**
[p.108]
- WHOLE BRAIN ACTIVITY:**
Bolwerk (2014)
Saager, (2015)

ART



Upper Paleolithic art
[prehistoric art],
Southern France;
circa 17,3000

https://en.wikipedia.org/wiki/Art_of_the_Upper_Paleolithic



<https://www.911memorial.org/tribute/museum-acquires-childrens-art-feature>



<https://www.hrw.org/legacy/photos/2005/darfur/drawings/index.htm>

PLAY DOH FEELINGS



Klammer, (2015)



https://en.wikipedia.org/wiki/Cortical_homunculus

POSITIVE MEMORY



Choose a special happy memory.

Paint as many sensory details as you recall.

Ask about sensory information.

Use as guided imagery and diaphragmatic breathing

Malchiodi (2008)

THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and
invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— Rumi

Jones, (2013)



IDIOSYNCRATIC COLOR FEELING PAINTING



Klammer, (2015)

SELF-IDENTITY PORTRAIT



List significant people
[connection]

Identify 5 descriptive words
for each person
[values/character].

Discuss positive and negative
influences this person has had
on your life. [Younger
children you can talk about
how they are like this person
and how they differ.]

Klammer (2015)

YOUNGER CHILDREN



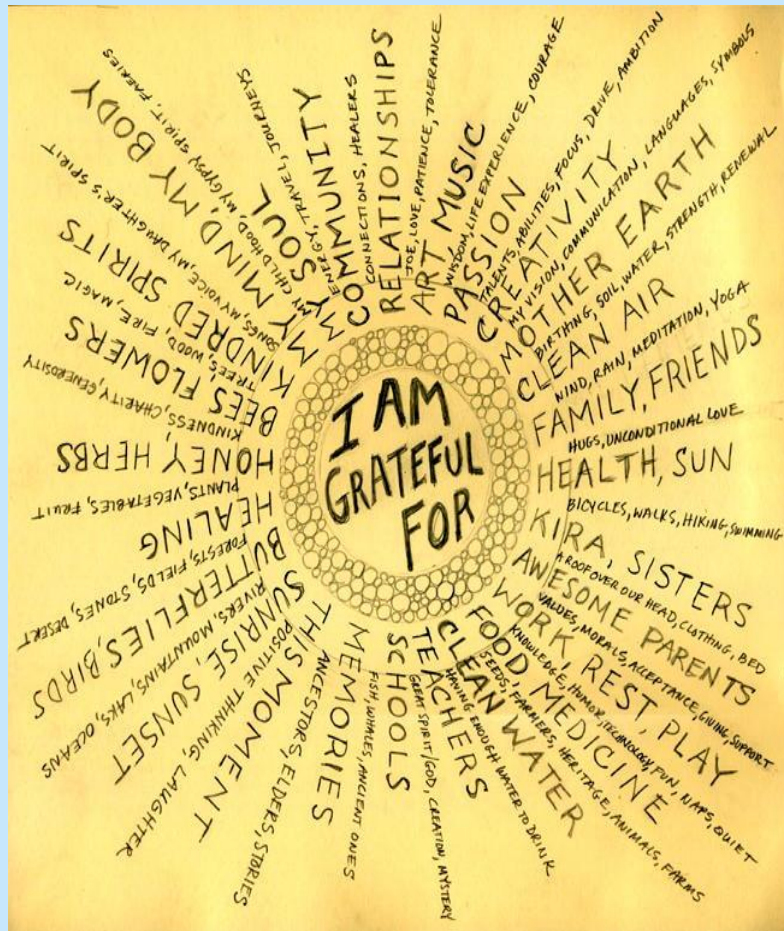
**"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."**

-Mahatma Gandhi

**Kind, Caring, Helpful, Honest, Fair,
Safe, Respect, Responsible,
Integrity, Persistence, Generous,
Citizenship, Cooperation**

Klammer (2015)

GRATITUDE



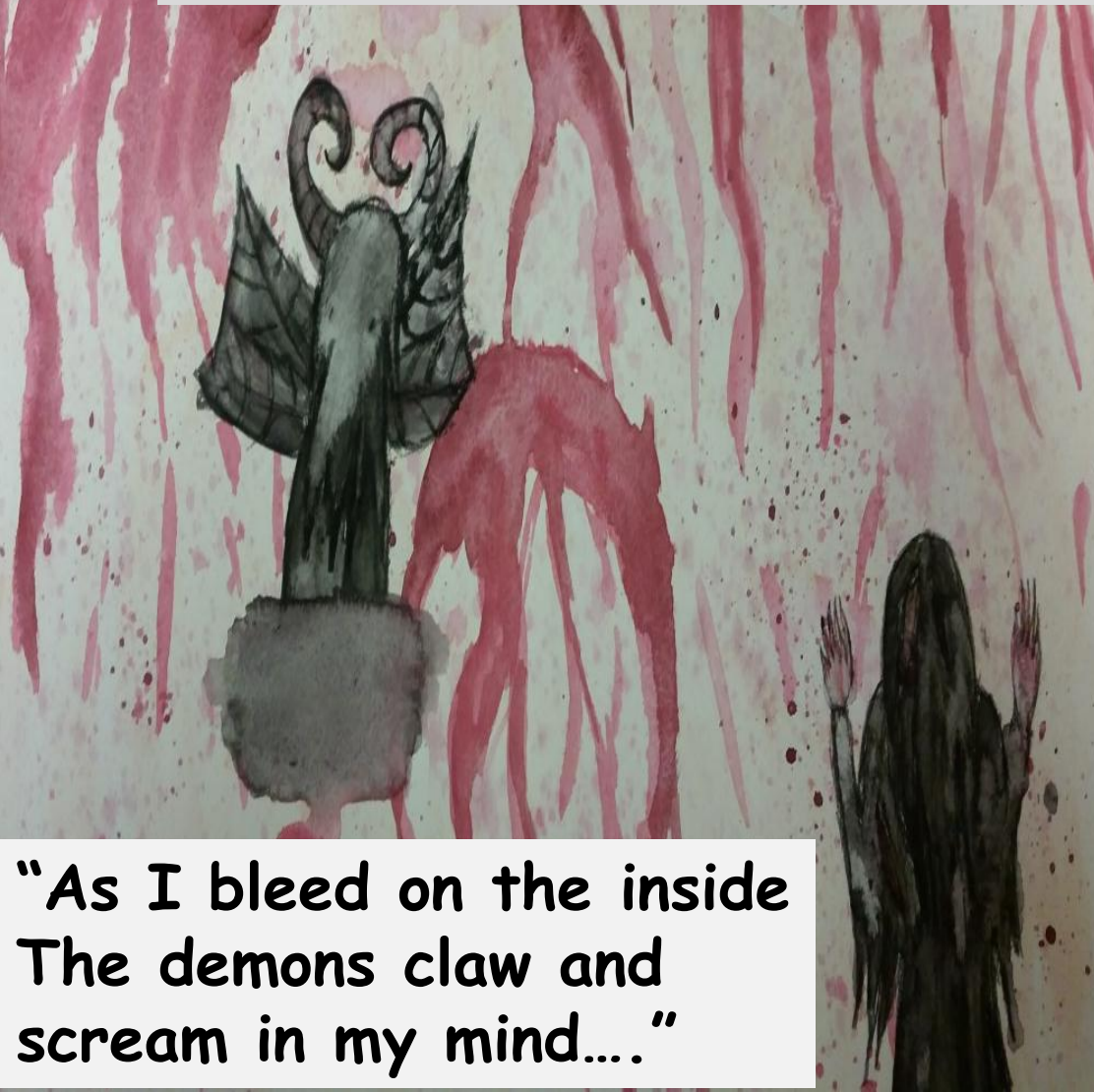
This activity comes out of positive psychology.

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."

-Marcus Aurelius

Malchiodi (2008)

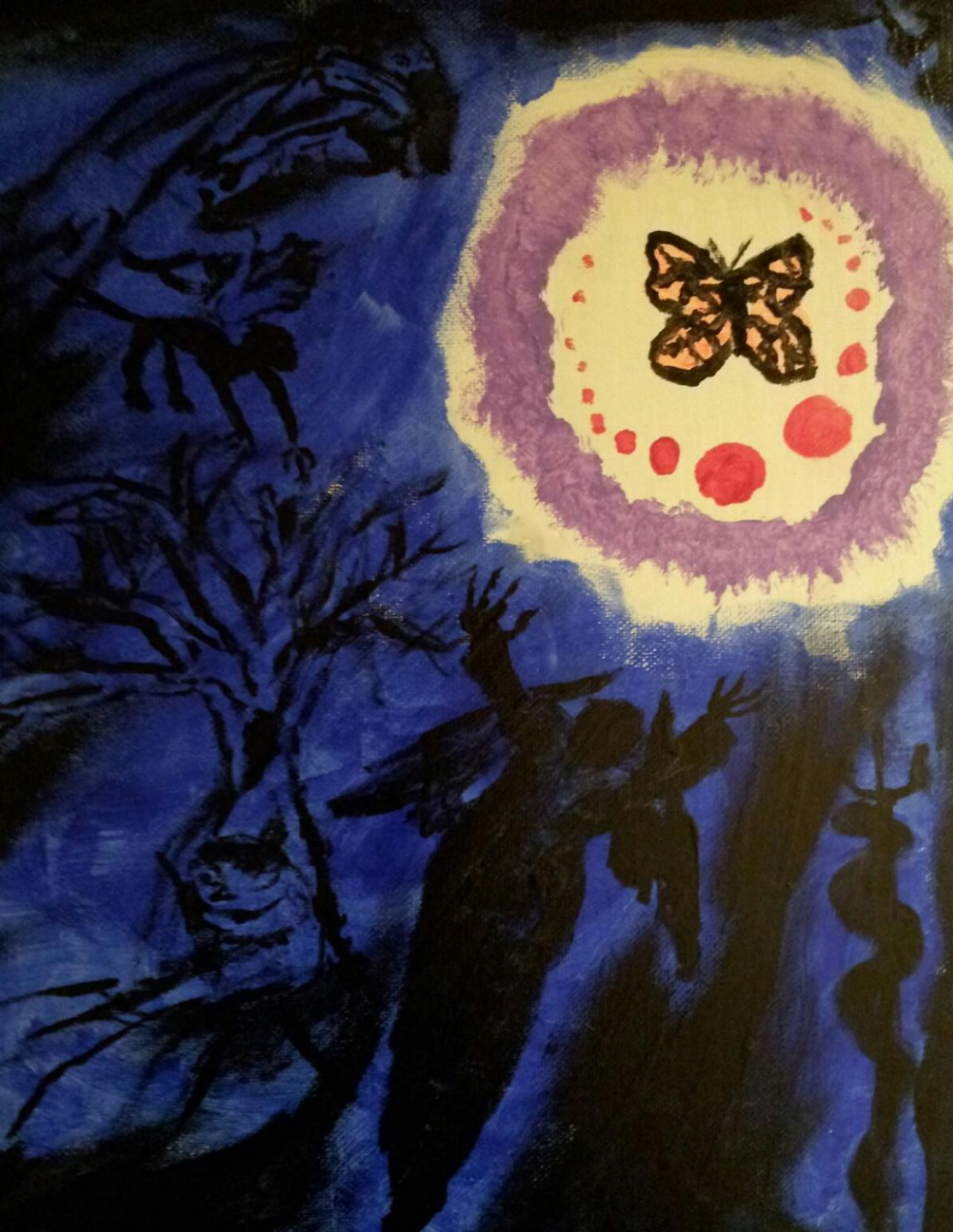
TRAUMA NARRATIVE



**"As I bleed on the inside
The demons claw and
scream in my mind...."**

Narrative done in watercolor includes the use of metaphor and/or symbolism provides the child with more control, emotional expression and containment over their story, making it more manageable.

Malchiodi (2008)



MEANING MAKING

Honored the dialectic in
our truth.

Look at the holistic truth
of the contrasting and
disharmonious parts of
trauma

Insight - meaning making
comes through the use of
symbols and metaphors
leading to shifts in self-
perception.

Malchiodi (2008)
Siegel, (2010)



"When words are not enough, we turn to images and symbols to tell our stories. And in telling our stories through art, we find pathways to wellness, recovery and transformation."

-Cathy A. Malchiodi, Ph.D.

RESOURCES

WEB ART ACTIVITIES:

<http://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html>

Dr. Cathy Malchiodi: <http://www.cathymalchiodi.com/>

Pamela Hayes: www.hayesarttherapy.com

BIBLIOTHERAPY: Brave Bart (Sheppard, 2001)

BRAIN PSYCHOEDUCATION:

Child Trauma Academy: www.childtraumaacademy.com

DRAWING: <http://www.howtodrawit.com/>

You Can Draw in 30 days. (Mark Kissler)

TRAUMA

<https://tfcbt.musc.edu/>

www.NCTSN.SAMHSA.gov

<http://www.samhsa.gov/nrepp>

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