

AD-ART

ARTS THERAPY FOR PwAD (painting, sculpture, etc.)



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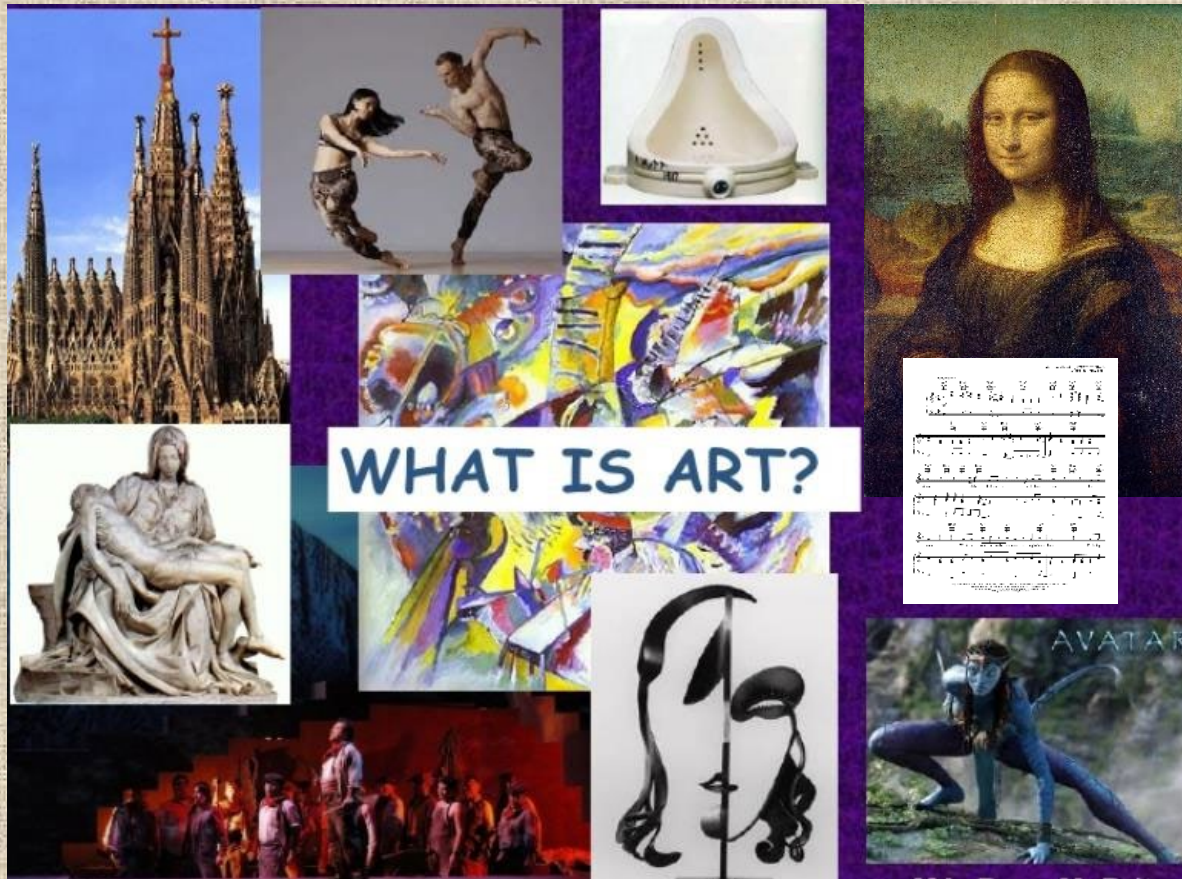


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What is Art?

(at this point let's ask the audience)

What do you think art is?



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What is Art?

Art is an adventure,

It is self-creation from birth to death, transforming and allowing integration of one's self.



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What is Art?



Art is constantly changing and
it expresses the needs of people.



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What is Art Therapy?



(at this point let's ask the audience)

What do you think art therapy is?



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What is Art Therapy?

Do you know that the first art therapy session applied to us all, is the **lullaby** that our mothers hummed to comfort and put us to sleep?



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What is Art Therapy?



Art Therapy is a form of psychotherapy in which creating an artistic artifact or product is a part of the therapeutic process.

Art therapy paves the way for understanding and helping people through art and using the artistic process in psychotherapy.



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What is Art Therapy?



Art therapy is a form of psychotherapy that uses art media as its primary form of communication, and its main purpose is not to create an aesthetic image, but to change and improve the level of autonomy of the individual in a safe and comfortable environment by using art materials.



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Main Objectives of Art Therapy



To counteract, repair, rehabilitate,
recover and accommodate:

- Psycho-social losses;
- Decline and deterioration of skills.



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Impacts of Art Therapy on cognitive, behavioral and emotional symptoms:

Art Therapy:

- Helps to mitigate symptoms related to cognitive, psycho-social and behavioral disorders;
- Improves Quality of Life;
- Promotes the socialization of the individual with her/his environment;

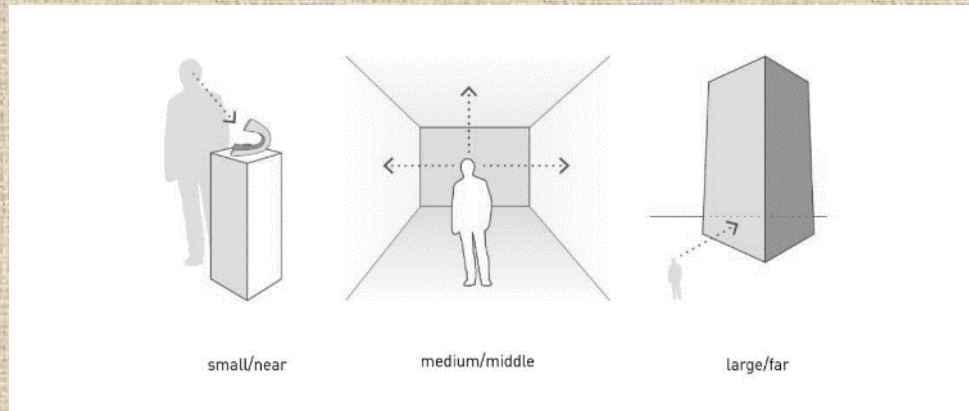


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Impacts of Art Therapy on cognitive, behavioral and emotional symptoms:

Art Therapy:

- Helps to perceive location-space dimensions better;



- Revives memories;
- Encourages the autonomy of the individual;
- Reduces the burden of caregivers;
- Improves interpersonal communication;
- Creates new bonds.



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Main methodologies and tools to use Art Therapy for PwD:

Primary Disciplines of Art Therapy:

- Drawing,
- Painting,
- Mandala,
- Ebru,
- Ceramic,
- Sculpture,
- Handicrafts,
- Dance,
- Movement,
- Music,
- Singing / Choir,
- Rhythm,
- Poem,
- Reading / Literary work,
- Improvisation,
- Theater - Play,
- Mask,
- Breath,
- Photo etc.



Main methodologies and tools to use Art Therapy for PwD:

Principal Methodologies of Art Therapy:

- Employing flexible rules stretched for the needs of the group, due to :
 - physical conditions, disorders, weaknesses, etc.;
 - reduced mobility;
 - joint pains;
 - hearing and vision weaknesses observed.
- Considering frequent breaks in the sessions, caused by the need for frequent use of toilet, drink, etc. and joint pains;



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Main methodologies and tools to use Art Therapy for PwD:

Principal Methodologies of Art Therapy:

- Planning working periods should according to age characteristics and individual skill repertoire;
- Providing adaptability depending on the personal needs of the members.



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Benefits of Art Therapy for PwAD:

Among the benefits of art therapy, the most significant include:

1. Reduced stress, fear and anxiety;
2. Decreased agitation and outbursts;
3. Reduced isolation;
4. Increased communication;
5. Enhanced memory and reminiscence;
6. Increased self-image and sense of accomplishment;
7. Improved attention span;
8. Awakened interest and curiosity;
9. Rekindled relationships.



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Benefits of Art Therapy for PwAD:

In further detail, Art Therapy:

- Lessens loneliness;
- Strengthens psychological well-being of individuals;
- Helps individuals:
- Make sense of their feelings and thoughts;
- Reach their insights;
- Notice negative thoughts and find relief from heavy feelings or traumas they cannot manage;
- Resolve conflicts and problems;
- Enrich their daily lives.



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Benefits of Art Therapy for PwAD:

In further detail, Art Therapy:

- Encourages expressing emotions;
- Provides means to exercise behavioral practices;
- Offers opportunity to adapt this repertoire of behavior to their lives;
- Stimulates communication with others;
- Heartens displaying positive attitudes towards goals in life.



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Benefits of Art Therapy for PwAD:

In further detail, Art Therapy:

- Improves problem solving, focus and attention skills;
- Helps recognize stress factors in one's life and improve coping skills;
- Allows people to dissociate from different problems.



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Benefits of Art Therapy for PwAD:

In case of «group» Art Therapy:

- Members get the chance to socialize, communicate with other members and increase social connectedness;
- It gives the opportunity to establish sincere, qualified relationships and to experience within the group;
- In this context, the group gives the sense of belonging by adding vitality to their social relationships;
- It provides positive effects on personal development by increasing the meaning and purpose of life.



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Benefits of Art Therapy for Caregivers:

- Aids in recognizing the situation and recognizing new ways to maintain Quality of Life;
- Assists keeping expectations at a more accurate –moderate- level;
- Supports the feeling of "I am not alone",
- Provides a sense of belonging.
- Creates a basis for a healthy relationship with PwD;
- Helps to experience new ways and methods for communication;
- Increase quality of communication.



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Expected Results of Art Therapy :

Art Therapy:

- Enables people to lead daily life independently or with minimal assistance;
- Facilitates interaction and communication;
- Encourages expressing emotions and experiences;
- Reinforces sharing;
- Supports active listening.



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Competences of Art Therapy Professionals:

- Ethics;
- Education;
- Experience;
- Supervision.



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Competences of Art Therapy Professionals:



Professionals should have a minimum undergraduate education related to mental health, education and social work. They should also practice the profession if they have completed education programs in the fields mentioned above after having graduated from any undergraduate program.

In addition to the degree condition above, they should also participate and complete at least 120 hours of theoretical training in the field of art psychotherapy and at least 30 hours of practice in this field. Their accomplishment in the trainings should be documented with a certificate or certificate of participation.



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Guidelines for trainers: “Hints and tips”:

- Get to know the patient closely;
- Beware what is happening in the patient's life;
- Observe the patient well and continuously;
- Learn the symptoms of the disease precisely;
- Watch out the changes in the patient's behavior and responses;
- Attend the patient's social relations and family atmosphere;
- Grasp communication patterns skillfully.



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Guidelines for trainers: “Rules and Expectations”:

- Expectations of managers / trainers / group members should be collected and discussed;
- Working start - end times should be determined with consensus and announced clearly;
- Working rules should be defined and shared, making sure that everybody has understood and agreed;
- The responsibilities and promises of the participants should be declared and explained explicitly.



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Application in domiciliary environments



Art therapy stimulates the brain and art projects are a fun, relaxing way for people of all ages to express their creativity, especially for PwD stirring dormant memories and sometimes even encourages speech, creating a sense of accomplishment and purpose; additionally the benefits are immediately noticeable.

Since the goal of art therapy is to create “good moments, good hours and good days,” many things can be done at home to make PwD smile, laugh, speak, or move.



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Application in domiciliary environments.

The most effective forms of art therapy are ones that are built on personal passions and memories and there's no "one size fits all" approach. What's most important is considering your older adult's current abilities, preferences, and what's feasible in their living space, setting them up for success and enjoyment, rather than overwhelm or frustration.



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Application in domiciliary environments.

Consider a wide variety of creative activities such as drawing and ones that go far beyond like sculpting with clay or dough, watercolor painting, paint by number projects, charcoal or pencil drawing, making cards, creating jewelry, participating in community art projects, knitting, sewing and many more.

For example, using modeling clay or dough to create works of art is a wonderful way to engage someone with dementia.

It stimulates the senses, relieves stress, and helps boost hand strength. Many people also feel a great deal of pride and accomplishment in their creations.



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Application in institutional environments:

Creativity is not dependent on memory.

A patient's ability to be creative may be either encouraged or hindered, depending on their environment.

In order to foster creative behavior, a comfortable, stimulating environment will likely produce positive outcomes.



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Application in institutional environments:

In terms of art therapy, a therapeutic, creative environment is needed to encourage patients to restore their sense of identity and self-worth, as they relax within a safe and supportive environment.



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Application in institutional environments:

If an art project is to be applied with PwD the following needs to be provided:

- When choosing an activity, encourage a project that is on an adult level, avoid crafts or art projects that are child-like in nature, as this can be demeaning;
- As you support creativity, also encourage communication and speak about the project and what you're creating, as well as potential reminiscent aspects of the activity itself, let patients to freely discuss a memory from their past based on an image they draw during art therapy.



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Application in institutional environments:

- Help the patient begin and get involved in the activity; while painting, for instance, show them how to apply a few brush strokes to paper. Then, place the brush in their hand and mimic the same movement. The level of assistance required will depend on the individual patient;
- Of course, use only safe materials, including non-sharp objects and non-toxic materials, as some patients may put art supplies in their mouth;
- Provide plenty of time for creative expression and remember, they do not need to complete their art in one sitting. If they decide they no longer want to draw, take a break and try again later.



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Guidelines for trainers: Some ideas on how to prepare the action(s):

Planning the actions both in order and in scope is crucial.

For creating a stage-setting for a musical show, the steps below may need to be followed in the listed order:

- Watching and interpreting the sample show that was previously staged by professionals;
- Discussing role distribution;
- Reading dialogues out-loud;
- Evaluating the distribution of roles, redistributing roles if necessary;
- Examination of the stage-setting and costumes in the sample show;
- Choosing material for production;
- Production.



Guidelines for trainers: Examples of this action(s):



For creating a stage-setting for a musical show, after «Examination of the stage-setting and costumes in the sample show and before «Choosing material for production» the below work would help to facilitate production:

- Preparation of posters to represent scenes;
- Making sketches of the costumes.



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Acquaintance Game “Name Chain”:

Participants stand in a circle. Taking turns, each player in the first row says his name and then makes a shape or gesture. Then all the other players repeat the name given out loud and imitate the shape or gesture made.

- After all of the players have finished their names and actions, everyone's name is said once more and the action is repeated again in turn.



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Guidelines for trainers: Materials to build the stage-setting such as paint, canvas, clay, cloth, etc.:

- A joint decision for the mission should be aimed;
- Questions & Answers and Brainstorming methods should be employed to achieve this;
- Schedule & outline & daily routine of the task should be constructed;
- The show and characters and animations should be analyzed;
- The emotional effects of the show need to be detected;
- Show elements should be listed;
- Professional production needs to be examined and interpreted;



Guidelines for trainers: How to use body language:

12 powerful ways that can be used for nonverbal communication:

- Always Stand if You Can
- Ground Yourself with your feet at armpit-width and your weight evenly distributed.
- Keep Your Arms in Neutral hanging them at your sides.



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Guidelines for trainers: How to use body language:

12 powerful ways –cont'd:

- Use Open Body Positions keeping your upper body open, so there's literally nothing between you and the audience.
- If You're Sitting, Sit Straight and Slightly Forward.
- Make Your Gestures Spare and Clean -use them effectively only to emphasize something.
- Move with Purpose -do not wander like a cloud taking steps just before starting a new talking point.



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Guidelines for trainers: How to use body language:

12 powerful ways –cont'd:

- Love Your Audience More than Your Manuscript
- Love Your Audience More than the Screen.
- Move Away from the Podium . . . and Keep Your Hands Where people Can See Them.
- Welcome Questioners.
- Don't Hold a Instrument Unless You're Prepared to Use It.



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Guidelines for trainers: How to Improvise:

In theater dictionaries, improvisation is defined as: instant play without a pre-determined scene determination.

Drama theorists, on the other hand, consider improvisation as role plays, plays and similar processes that are based on a certain preparation and that are largely created by making use of group dynamics.



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Guidelines for trainers: How to Improvise:

Role playing and improvisation techniques:

The essence of drama is that it is based on improvisations. Therefore, it is beneficial to know the role playing techniques well by the trainers.

The thing to remember is that while there are techniques of improvisation, there is no recipe for good improvisation. All kinds of creative imagination should be used during the studies.



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Guidelines for trainers: How to Improvise:

Role Playing and Improvisation Techniques:

1. Free improvisation based on a general theme
2. Improvisation based on a synopsis (fictional theme)
3. Improvisation using the backstop technique
4. Chain improvisation and probabilistic improvisation technique
5. Taking the intermediate story of a photograph whose only beginning and end is known and improvising
6. Improvisation based on a story
7. Improvisation based on a poem
8. Improvisation based on a fairy tale



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Guidelines for trainers: How to Improvise:

Role Playing and Improvisation Techniques –cont'd:

9. Improvisation based on a memory or individual testimony
10. Improvisation based on a music
11. Improvisation based on a newspaper article or advertisement
12. Improvisation from a proverb or idiom
13. Improvisation based on a picture or photograph from a "frozen image"
14. Museum improvisations.



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Template for how to analyze the show selected:



The most basic steps of a show analysis:

- **Story:** What does the show tell?
- **Characters:** Who are the characters related with incidents?
- **Chorus Line:** Chorus line creates realistic characters that express themselves in contemplative song, the dialog interplay builds tension, and the climax is unexpectedly thrilling as the dancers parade on stage to the tune of “One”.

Template for how to analyze the show selected:

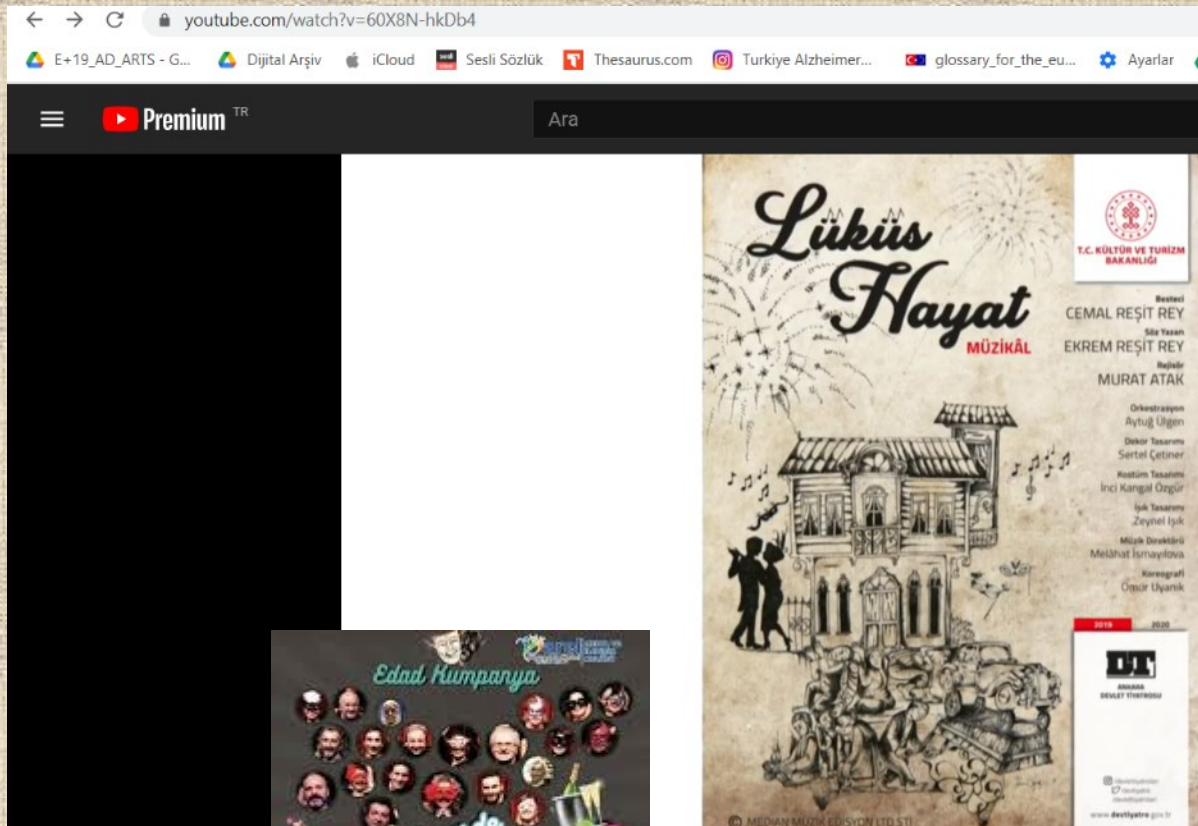
The most basic steps of a show analysis:

- **Music:** What is the tune, melodically, harmonically and emotionally?
- **Musical climax:** What feeling does the climax of the show cause the listener or viewer to feel? joyful and/or reflective and/or sad?
- **Lyrics:** What are the lyrics? How are they matching the characters' speech patterns and vocabularies?
- **Performance:** How does the integration of music, lyrics, dialogue, and dancing occur? Examine the consistency.



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Digital copies of the show examples:



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Digital tools to enhance Art Therapy:

- <https://www.kitchentableclassroom.com/printable-paper-doll-templates/>
- [DesignMyRoom](#)
- [Script Rehearser](#)
- [MyTheater](#)
- [Fashion Design Makeover](#)



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Digital tools to enhance Art Therapy:

- <https://www.kitchentableclassroom.com/printable-paper-doll-templates/>

These paper dolls are in black and white and have lots of little parts to cut out and around. They can be colored in whatever way one likes. Markers or crayons are quick and easy suggestions. But watercolor paints, collage, or tissue paper could be also be fun options.

- [DesignMyRoom](#)

Design My Room is a free app in which users can design all kinds of room interior, houses and decoration. The game is very intuitive and includes a lot of templates and objects, such as furniture, decoration and colors. The app can be used to stimulate the creativity of PwAD to design the scenarios and the stage of the activity.

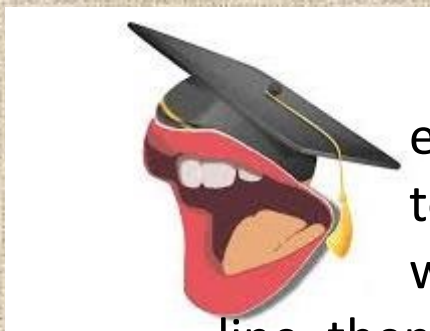


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Digital tools to enhance Art Therapy:

- Script Rehearser:

This app is a useful tool to prepare and memorize the scripts of the show. Text can be written, imported from PDF or directly recorded from the voice of the users. The app also includes a voice synthesizer that reads the written texts. Script Rehearser can be configured to support four types of learning style: Listen



Along to let the app read all the script,
Wait for me in which the app pauses for
each of the lines until the user is ready
to continue, Repeat for Confirmation,
which leaves a gap for to say the

line, then automatically speaks the line for confirmation and carries on and lastly, Run through which just leaves the gap for the user text. The app has very good ratings but some negative points related to errors in the automatic reading of the text.



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Digital tools to enhance Art Therapy:

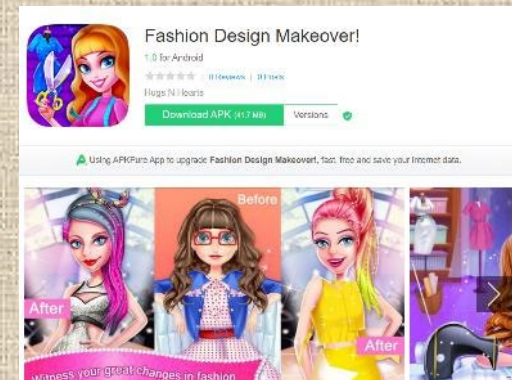


- [MyTheater](#)

This app allows users to set-up and design the implementation of the audio-visual artistic work that can be used in theatre, cinema or radio. The user has to select the repertoire, background music and sound effects to assemble a panel of sounds ready to play exactly as it was designed to play during the show. The app has a payment version (0.99€) with no ads and more sound elements. The app has very positive comments.

- [Fashion Design Makeover](#)

This app is somehow children oriented but it enables costume designs including several complements. The app contains advertisements and in-app purchases.



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Guidelines for: Using Digital tools to enhance Art Therapy:

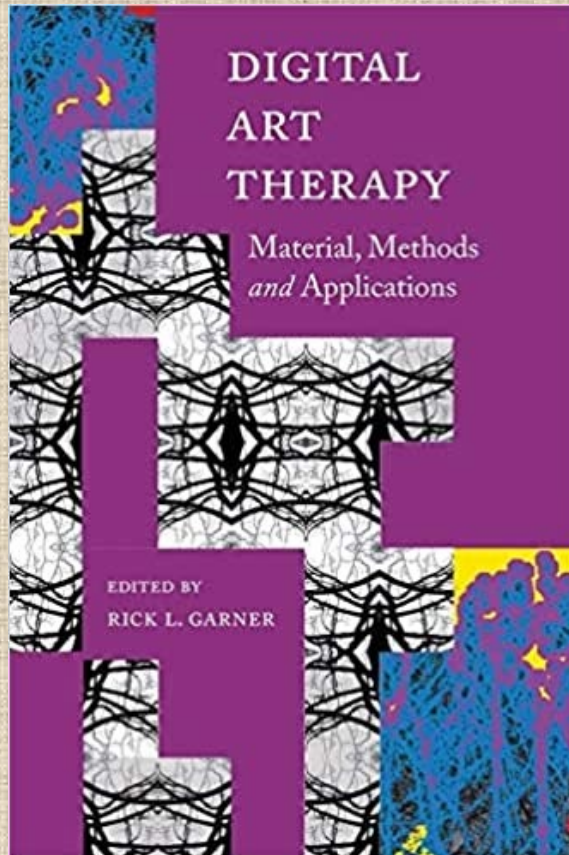
Digital technology is fast becoming the standard choice for numerous forms of communication, including artistic endeavors.

In order to serve therapy participants in the best form, we need to use our creativity, curiosity, and desire for innovation to be able to remain current. Every method of artistic expression has advantages and shortcomings and using digital media does not replace traditional art forms but rather adds to the list of media available for artmaking.



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Guidelines for: Using Digital tools to enhance Art Therapy:



Accessibility, flexibility, and general acceptance of digital technology as a feature of everyday life in present these artistic tools with the unique opportunity to support and facilitate healing for previously inaccessible and underrepresented segments of the population. Instead of viewing app integration as a potential barrier to or distraction from traditional Creative Arts modalities, we must begin embracing them as a part of the methodology.



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Guidelines for: Using Digital tools to enhance Art Therapy:

Accommodating our participants' identified goals and objectives, therapists can allow digital app technology to be recognized for its capabilities of amplification and opportunities for enhancement.

Therapeutic emphasis is on process rather than product, so technology may advantageous in the sense that it may be less intimidating than traditional modalities.



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Guidelines for: Using Digital tools to enhance Art Therapy:

Meeting participants where they are, attuning to their unique needs and challenges, in a safe empathic environment creates the ideal therapeutic relationship and increases mindful creative expression.

Yet it is essential to cultivate awareness of both the benefits and drawbacks of integrating this medium into our Creative Art Therapy practice.



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Guidelines for: Using Digital tools to enhance Art Therapy:

- One major consideration is the potential for technology fatigue;
- Computers and cell phones allow a person the opportunity to disappear and to withdraw further;
- Additionally, various health challenges linked to technology use may emerge such as eye problems, headaches, tiredness, poor eating habits, sleep problems and aggressive tendencies towards objects;



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Guidelines for: Using Digital tools to enhance Art Therapy:



- A major limitation of digital app technology is the perceived loss of and detachment from the many physical and kinesthetic qualities inherent in traditional artistic media (e.g., clay, watercolor, colored pencil, oil pastel, chalk, musical instruments). Authentic craftwork requires a dialogue between hand and material;



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Guidelines for: Using Digital tools to enhance Art Therapy:

- Creative expression through the use of digital app technology occurs within a confined space;
- Many technology-based tools are correlated with significant monetary expense;
- Participants may not feel as free to explore “rhythm, action, movement, and the release of energy” out of anxiety or fear.



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Comments and questions



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