

PROGRAM SUMMARY

Recovery . Resilience . ReCreation

A wellness support group program for adults based on cognitive behavior therapy with structured studio art

INSPIRED VISION

Our Vision: “to nurture and strengthen the mental health of all people using the Arts as Medicine”. Our Mission: “to educate, enrich and enlighten communities to the mental health benefits of understanding and correcting unhelpful thinking patterns using cognitive behavioral therapy (CBT) concepts and the creative process”.

PROGRAM OBJECTIVES

Participants will:

Define concepts: Resilience is the process of adapting well in the face of life challenges. Recovery is the active re-engagement with life and ReCreation is a life worth living. (RRR)

Discuss: Resilience Factors and discover the power of choice in building resilience.

Design: RRR concepts and skills in visual form.

Integrate: RRR into self-care to minimize stress and strengthen resilience.

“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.”

-Vivian Green

GROUP DESIGN

Around 10+ adult “artists”, meet for two hours once a week for twelve weeks with two trained facilitators. No art background necessary.

DEVELOPING AWARENESS

This program is designed to increase self-awareness of individual choice in improving quality of life and sense of well-being no matter what the circumstances. Artistic expression, the creative process and social interaction are the critical elements that provide renewed hope and motivation to re-engage with life.

DATA COLLECTION

Participants fill out a five-item WHO Well-Being Index at the first meeting and again at the end of the twelve weeks.

PROGRAM FEATURES

- Establish a supportive, caring environment in which creativity and self-discovery can flow, motivating a personal wellness goal challenge.
- Guide participants through a quick visual feelings check-in/out journal exercise using the language of art.
- Present the Model of Wellness, and at each session one, specific resilience factor concept with associated wellness skills (Rx) prescription.
- Engage participants in art production using the Arts as Medicine to artistically express their thoughts, feelings and experiences which might otherwise remain hidden.

SESSION FLOW

- Goal sharing
- Check-in/out feelings journal
- Model of Wellness/resilience concepts
- Wellness skills (Rx) prescription
- Art production
- Art reflection and process
- Closing thought: “No feeling is final.”
-Rainer Maria Rike

TRANSFORMING EXPERIENCE

- The facilitator states the therapeutic intention of the artwork and directs the participants to make an artistic, symbolic project.
- The companion art project mirrors the session theme. These are made through a series of structured art experiences, both two and three-dimensional, using a variety of media. The elements of design are incorporated including information on famous art, artists and styles when appropriate.
- Participants take companion artwork home to serve as supportive skill-building reminders.

CREATIVE PROCESS

Share personal wellness goals

Create visual feelings journal

Listen and discuss session content

Apply wellness skills (Rx)

Engage in art production

Reflect on artwork

Choose skills to practice

REVEALING RESPONSE

Formal feedback via session evaluations indicates that group members look forward to weekly participation with pleasure. They most often cite the social interaction and discussion, with the process of making art contributing to beneficial shifts in self-awareness.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” -Maya Angelou

