

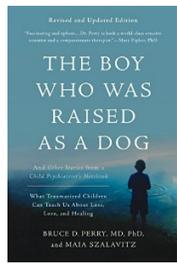
Resources from today's MeetUp: 11/12/18

Therapeutic Art Making v. Art Therapy

Art can be used as therapy for people who can gain much from making art for creative engagement, relaxation and pleasure. Art making is therefore popularly known as a 'therapeutic' activity. Art therapy is a professional method of treatment that first and foremost focuses on building a therapeutic alliance and trust with individuals so as to engage them at a deeper emotional level. Over time, the art therapist looks for opportunities to help clients identify, express and process emotions that might be hidden or stuck. For these reasons, art therapists are extremely aware of issues on confidentiality and boundaries.

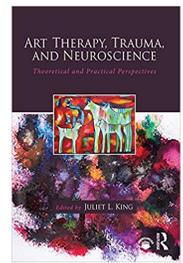
<https://adelphipsych.sg/the-difference-between-art-as-therapy-and-art-psychotherapy/>

Teresa's Picks!



MeetUp presenter Teresa Buss suggests these reads to learn more about the role trauma plays in the lives of children and how to address it through art.

- The Boy Who Was Raised as a Dog - <https://www.basicbooks.com/titles/bruce-d-perry/the-boy-who-was-raised-as-a-dog/9780465094455/>
- Art, Therapy, Trauma and Neuroscience - <https://www.routledge.com/Art-Therapy-Trauma-and-Neuroscience-Theoretical-and-Practical-Perspectives/King/p/book/9781138839380>



Inside/Outside Mask Activity



Masks offer many purposes, including that of symbolism and creative expression. They possess an exterior/light side and an interior/dark side. Similarly, Trauma can offer an opportunity for symbolism and creative expression, encompassing both the dark side and the light of the experience.

Spend some time reflecting about your journey through life up to this present moment.

- How do you present yourself or what do you share openly to the world? – use to decorate the outside (public facing side) of your mask
- What do you tend to hide or not share openly with others, possibly even yourself? – use to decorate the inside of your mask

CAUTION: Be gentle and honor your needs today. This activity has the potential to become heavy and the intent is NOT to send you into places you could get stuck. Be self-aware and if you find resistance to a thought or the activity as a whole, honor that and stop there. Refocus and move on. Create what you need.

Another Voice: Dr. Lisa Kay

Dr. Lisa Kay, Associate Professor, Department of Art Education and Community Arts Practices, Tyler School of Art, Temple University is a board-certified art therapist and art education professor. Lisa's research and publications concern the intersections and collaborations of art education and art therapy focusing on students with special needs; resilience and art making adolescents who have experienced trauma and adversity; and the use of creative arts and visual imagery as qualitative research methods.

She enjoys gardening, flea markets, long road trips on blue highways and creating in her studio and the kitchen.

<https://tyler.temple.edu/faculty/lisa-kay-edd>

