Creating Community | Workshop

CALIFORNIA ART THERAPY WEEK | OCTOBER 16-22, 2022

WORKSHOP TIME: 90 Minutes

WELCOME | 5 minutes

Why now? What to share about art therapy?

- We're excited to welcome you to the Creating **Community** art therapy workshop. Today's workshop is historic as the first annual celebration set by the California legislature on June 8, 2022 to recognize the impact of art therapy to benefit the lives of Californians. The California Senate Concurrent Resolution 60 (SCR60) established October 16-22, 2022 as **California Art Therapy Week of Civic Engagement.**
- There are over 625 registered art therapists in the state of California who work in schools, hospitals, substance abuse programs, community services, senior centers, community art centers, LGBT centers, native american centers, free standing black community centers, vetran's homes, state hospitals and independent practices.

Welcome to workshop -

- Thank you for being here and for being a part of creating a **shared space** where we can **honor, witness and process our individual stories** - while **creating a representation of our individual and community strengths**. Increasing self-knowledge and fostering connections with others increases well-being and promotes resilience (Reed, 2020).
- Art is a vibrant, powerful resource that energizes us, allows us to know ourselves in new ways and connects us as we listen and learn from one another.

  > *The arts empower. The arts give a voice to the voiceless. The arts help transform American communities... — Robert L. Lynch, President, Americans for the Arts*
  >
  > You are a part of me I do not yet know. - Valerie Kaur

- **Creating together and listening to each other's stories aligns our hearts - literally.** Researchers Pérez and fellow researchers found in 2021 that Conscious processing of narrative stimuli synchronizes heart rate between individuals - link.
- Hearing our stories aloud allows us to access our own inner wisdom, listen deeply to one another, finding common elements of our experiences. Echoing an important life-enhancing message: We are not alone.

INTRODUCTION | 10 minutes

1. Introductions. Prompt: *What's the last song you played?* (Look at your phone or preferred audio device and share the title of the last song you listened to.) **NOTE**: Ask a co-facilitator to create a community playlist of participant's songs on Spotify and share with workshop participants.

THE FABRIC OF COMMUNITY LIFE: THE QUILTS OF GEE'S BEND | 5 minutes

- INTRODUCTION: When enslaved women from the rural, isolated community of Boykin, Alabama—better known as Gee's Bend—began quilting in the 19th century, it arose from a physical need for warmth rather than a quest to reinvent an art form. Yet by piecing together scraps of fabric and clothing, they were creating abstract designs never before been expressed on quilts. (Gross, 2015). Retrieved online here.
- These women gathered together intuitively knowing working around a quilting frame with fabric, needle and thread as the media would sooth, nurture, allow them to examine their lives together and find ways to move through life challenges.
- EXAMPLES: National Endowment for the Arts – online slide show – of Gee's Bend quilts.
- Textiles and quilts in particular have been used in to past to help us memorialize and bring attention to community needs, like the Aids Naming Project and Memorial Quilt – online.

INTENTION + ART INVITATION | 5 minutes

- Intenton: *I feel comfort when... feel strength when...*
- Invite participants to create an art piece inspired by the quilts of Gee's Bend.
- Using any materials you have on hand. Considering piecing together, giving an everyday object an opportunity to be used in a new way.
- Feel free to sew, even on paper. The art processes used by the quilters of Gee's Bend hold the protection and power of art to slow us down, allow us to move to a steady rhythm and reset.

ART MAKING | 25 minutes

- Working with fabric, paper or any materials you have at hand create a piece to express *what brings you comfort* or *represents your inner strengths*.

REFLECTION | 10 minutes

- Title artwork. What does the artwork want to share? Listen to what the piece wants to say. Write a reflection or artist statement.
- PREPARE TO SHARE IN BREAKOUT ROOM: share one line reflection of artwork

SILENT WITNESSING | 15 minutes

- The invitation: Witness and listen deeply. Comment only on your own artwork.
- Invite participants to share an essence of the artwork created – one word or one line. (Each essence will be written down to create a collective poem.)
- Write down the words or lines. Read them aloud together.

CLOSING | 15 minutes

- *If meeting via Zoom:* Ask participants to hold up their pieces and in gallery view take a screen capture of the community quilt pieces. Take a second picture of all participants in the gallery view to showcase the quilt makers. *If meeting in person:* Invite the participants to lay out their pieces on a table and take a picture of all the pieces placed in connection to each other. NOTE: Invite participants (this may require repeated invitations) to place their pieces touching the pieces of the other participants to create a "quilt-like" collage.

- Ask participants to send a picture of their art piece, artist statement including title and "essence" to: **arttherapyca@gmail.com**. A virtual quilt will be built with all responses received within the next 24 hours of the workshop and posted on the CATAI site.
- Share a link for the workshop evaluation form in the chat. Ask all to respond.
- To close, ask each participant to think of one word response to creating the quilt inspired piece and bringing the pieces together into a community quilt. Ask them to wait and then when you invite them to post their responses in a "word flood" in the Zoom chat. Read the responses aloud as they are posted in a spontaneous poem.
- Thank participants for coming and sharing upcoming opportunities to create art together.

SHARING ARTIST STATEMENT + EVALUATION

- In response to each email received, send a link to the evaluation form – online here. (URL: https://docs.google.com/forms/d/1qk9gBVwBsV919JBpopiM-G0WkgZXjFRBvbieEub8lEI/edit?usp=sharing)

SHARE YOUR ART THERAPIST STORY

- We are seeking messages, video clips and images from California's art therapists. We invite art therapists to share what they are doing in their communities, work and/or agencies by October 10th. Share Your Art Therapist Story via this form – online here – or Share to @arttherapyca #WeAreArtTherapists (URL: https://docs.google.com/forms/d/e/1FAIpQLSf0xuFYbfb2dWg-A8apo2VS0-B7HLj9CLFsuGY8KPPW4zTB4w/viewform)

COMMUNITY POST-WORKSHOP SURVEY

Questions for art therapists –

- Overall evaluation of today's workshop.
- How did you hear about today's workshop?
- How did today's workshop experience help you personally?
- Did today's workshop prepare you to present a similar workshop in your community?
- Suggestions for future open studio experiences.
- Are you interested in being involved with future art therapy advocacy efforts?
- If so, please share your contact information.

Questions for community members –

- How familiar are you with the profession of art therapy?
- What did you learn about art therapy from participating in the workshop?
- Would you recommend art therapy to a friend?
- Overall evaluation of today's workshop. (likert scale)
- How did you hear about today's workshop?
- Suggestions for future open studio experiences.

MATERIALS LIST

• Notebook paper	Markers	Mixed media paper	Paper
• Magazines	Colored pencils	Fabric	Pens
• Scissors	Glue	Fabric glue	Needles & Thread

WORKSHOP DESCRIPTION

The arts empower. The arts give a voice to the voiceless. The arts help transform American communities… — Robert L. Lynch, President, Americans for the Arts.

Join us for an interactive workshop inspired by the quilts of Gee's Bend to experience for yourself the power of art to reflect our individual strengths and to bind us together and build community. Participants will learn about art therapy, the benefits of artmaking and create a piece reflecting inner strength. No artistic or sewing experience necessary. This summer the state legislature passed SCR60 and recognized the profession of art therapy to benefit the lives of Californian's by establishing California Art Therapy Week of Civic Engagement.

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NOTE: *Creating Community* workshop inspired by the *Community Quilt* invitation created by Dr. Lisa Manthe, researched and written for the California Art Therapy Advocacy Initiative (CATAI) by Leticia Rosado Russell, MAAT, ART-P, Ph.D. candidate at Dominican University of California, to celebrate the first annual *California Art Therapy Week of Civic Engagement* (October 16-22, 2022).

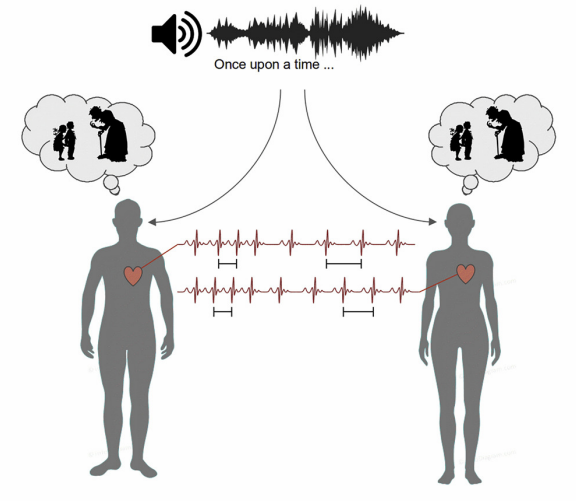
Creating Community

CALIFORNIA ART THERAPY WEEK | OCTOBER 16-22, 2022

Welcome to this **Californian Art Therapy Week of Civic Engagement** event, the first annual celebration voted on and passed by the state legislature to recognize the positive impact and benefits of art therapy in the lives of Californians. This workshop *Creating Community* is inspired by the artwork created by the women of Gee's Bend, Alabama (Elliot, 2004; Gross 2015).

> Art is when a human
> tells another human
> what it is to be human.
>
> – Adrian Elmer

LISTENING TO STORIES CONNECTS US



Stories **affect our hearts** and **bind us together**, Pérez et al. show that attention to narratives can synchronize fluctuations of heart rate between individuals. Heart synchronization predicts memory (Perez, 2021).

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AMERICAN arttherapy ASSOCIATION

THE ART THERAPY PROFESSION: AN OVERVIEW VIDEO

Watch Now

ABOUT ART THERAPY

Art therapy is a regulated, integrative mental health and human services profession.

Art therapy uniquely promotes the ability to unlock emotional expression by facilitating non-verbal as well as verbal communication.

Art therapists use art-making, the creative process, psychological theory, and knowledge of human experience when working with clients.

WHO BENEFITS FROM ART THERAPY

ANYONE CAN BENEFIT FROM ART THERAPY. Art therapists work with individuals, families, and communities and enhance clients' mental, emotional, and physical well-being.

People may seek art therapy services to address a variety of challenges, including: mood disorders such as anxiety and depression; communication and/or learning disorders such as Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD); neurological disorders such as Parkinson's or cerebral palsy; neurocognitive disorders such as dementia or Alzheimer's Disease (AD); Post-Traumatic Stress Disorder (PTSD) and/or Traumatic Brain Injury (TBI); as well as difficulties related to medical treatment; domestic abuse, natural disasters or other collective trauma; navigating identity or sexual orientation; displacement from home or country; and major life transitions.

WHERE ART THERAPISTS WORK

- Hospitals
- Community clinics
- Schools
- Crisis centers
- Veterans' clinics
- Forensic institutions
- Private practice
- Senior communities
- Psychiatric and rehabilitation facilities
- Museums

HOW TO FIND AN ART THERAPIST

WHEN SEEKING ART THERAPY SERVICES, CONSIDER:

YOUR NEEDS – Art therapists, similar to other mental health providers, may have a specialization or area of expertise.

YOUR EXPECTATIONS – You do not have to be artistically inclined to benefit from art therapy.

THEIR QUALIFICATIONS – Your practitioner should have (or be working toward) credentials specific to art therapy practice: an ATR (Registered Art Therapist) or ATR-BC (Board-Certified art therapist). Credentials can be verified via the Art Therapy Credentials Board's online Credential Verification Search.

The American Art Therapy Association provides the Art Therapist Locator, as a guide to finding an art therapist in your area.

HOW TO BECOME AN ART THERAPIST

A minimum of a Master's degree is required for entry-level practice in art therapy. Program applicants also must complete coursework in studio art and psychology at the undergraduate level. Currently, AATA-Approved art therapy Master's programs are offered by 35 accredited institutions in 20 states and Canada. These programs are transitioning to independent accreditation by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

MASTER'S CURRICULUM INCLUDES: training in history and theory of art therapy; materials and techniques of art therapy practice; creativity, symbolism, and metaphor; psychological and counseling theories; group counseling and psychotherapy, theories and techniques; psychopathology and diagnosis; assessment procedures; research methods; human growth and personality development; helping relationships and applications; social and cultural foundations; professional ethics; practicum/internship; thesis/culminating project; and various specialization topics (marital and family art therapy; trauma; addictions, etc.).

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