

Expressive Arts, Behavioral Health Aides & Community Centers



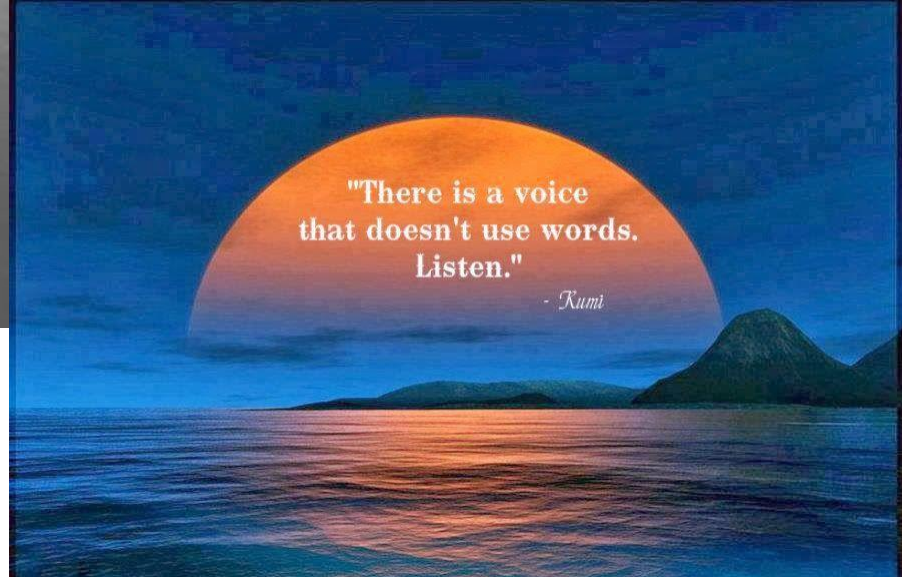
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What you seek is seeking you

My Story

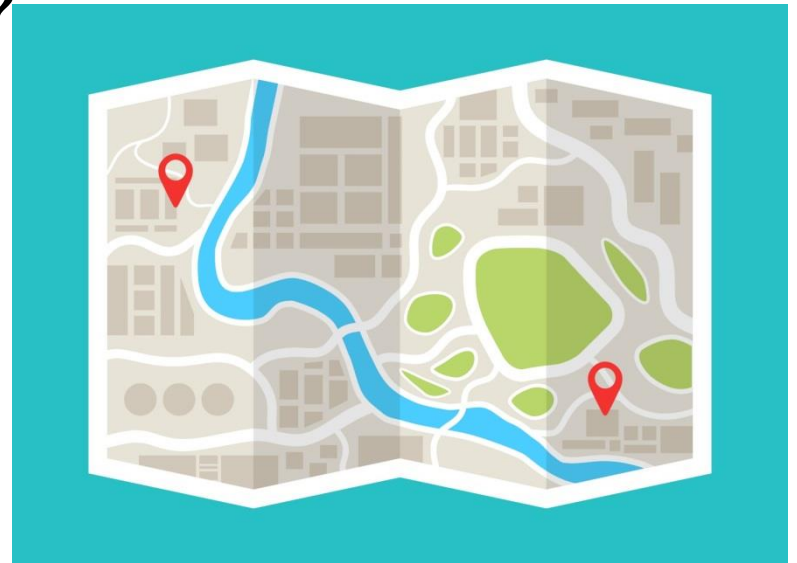


Your heart
knows the way.
Run in that
direction.
Rumi



Road Map for Our Session

- ▶ Take care of yourself
- ▶ What is expressive art therapy?
- ▶ Why are BHA's a fit for this work?
- ▶ Why community centers?
- ▶ 4 Take Away Activities
- ▶ 2 Visualization Activities
- ▶ Questions?
- ▶ Giveaway bags



What is Expressive Art Therapy?

It is the practice of using imagery, mindfulness, storytelling, nature, ritual, sewing, gardening, cooking, dance, music, drama, poetry, movement, dream work, and visual arts together, in an integrated way, to foster human growth and healing: individually and in community

Not about the finished product: no technique needed. Encourage a “no judging” attitude



Great for
Recovery/Identity

*Brings Spirit in:
no words
necessary as art
is the language*

(Appalachian Expressive Arts Collective, 2003)

What is a Behavioral Health Aide?

A Behavioral Health Aide (BHA) is a counselor, health educator, and advocate. BHAs help address individual and community-based behavioral health needs, including those related to alcohol, drug and tobacco abuse as well as mental health problems such as grief, depression, suicide, and related issues. BHAs seek to achieve balance in the community by integrating their sensitivity to cultural needs with specialized training in behavioral health concerns and approaches to treatment.



Why Behavioral Health Aides for this?

- ▶ Community members & Culture
- ▶ Possibility of having more Aides available
- ▶ The “Art or process” *is* the therapist
- ▶ “Create the space” for sacred possibilities
- ▶ “Basic” counseling skills (validation, reflection, summarizing etc.)
- ▶ Trained in Confidentiality
- ▶ “Facilitate” the process afterwards: Circle up



Why Community Centers?

Women
of
Wisdom
Story

- ▶ Easier Access (transportation)
- ▶ Gathering Place/De-Stigmatizing with Art
- ▶ Can bring community together
- ▶ Any other?



Visualization of Safe Place

- ▶ Stretch
- ▶ Deep Breaths
- ▶ Activity



Safe Place & Protection Shield

- ▶ Visualize safe place/can add protector (May be enough in itself; Use it)
- ▶ Have them talk about their safe place or protector and why it feels safe for them
- ▶ Can create a Safe Shield; Visualize when need



Shield Supplies

- ▶ Cultural Way (Willow hoops/frame, rawhide w/holes \$, cloth, leather hole punch, string, sinew, cardboard,
- ▶ Shapes, colors, symbols etc.
- ▶ Feathers, beads, hair/fur, paint, scissors, glue or glue gun, yarn, ribbon, felt, etc.



Therapeutic Prompts

- ▶ What do you need to feel safe in life?
- ▶ How can your safe place and/or shield help you?
- ▶ Visualize holding a shield up now: Scenarios





Mask Making

Couple of days or longer



Supplies:



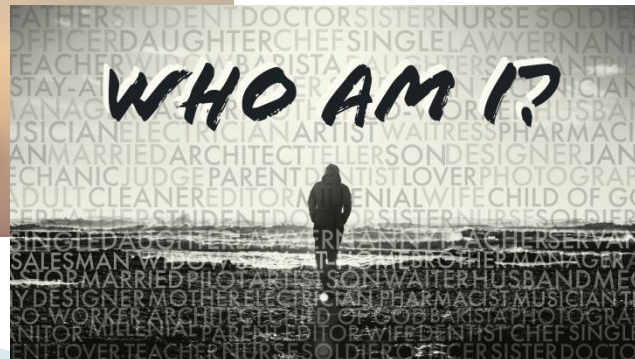
Old
T-Shirt

Therapeutic Prompts

- ▶ Create a Mask of your Future Self
- ▶ An Ancestor (Consult Elder etc.)
- ▶ Who are You? (Identity)
- ▶ Miracle Question (Identity)
- ▶ Any Other ideas?

YOU were not born in
this life by chance,

You were born with a purpose.



Create & Explore!



Wika How to Make a Plaster Mask

Processing

Get into a circle

Honoring the Masks

My mask is telling me...

What other prompts?

The Young
Warrior



PTSD & Vets



No words come; no words necessary

Clay Bowl Meditation and Intuition Walk

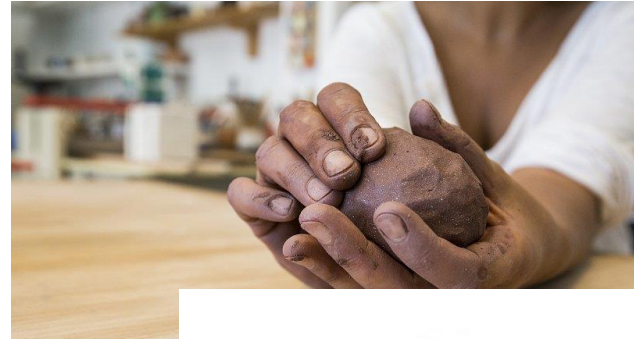


POEM



Supplies:

Take the clay with you into nature if you do not have nature near the center: park, retreats, etc.



50 lbs (Dic Blick) \$20 or
Self-hardening clay is
moist and ready to use

Clay Pinch Pot Meditation



Great for: Grounding and Connecting to Mother Earth
Connecting to Intuition (the little voice)
Learning about yourself

- ▶ Circle: Hand out a ball of clay & instruct on pinch pot meditation. Tell them ahead of time:
- ▶ **STEP 1: FORM A BALL:** Roll the clay into a smooth round ball
- ▶ **STEP 2: INDENT IT:** Using a thumb, push a hole into the center of the ball and leave about an inch or less of thickness at the base.
- ▶ **STEP 3: PINCH—AND PINCH SOME MORE:** While pinching evenly, slowly rotate the clay in my hands and move in a slow spiral from the base to the top. Pinching the piece from bottom to top is repeated about 3 to 5 times.

Read the Meditation (handout in bag) To Them While They are Working with Clay

- ▶ Close eyes and have them ground to mother earth through a visualization exercise to bond with Earth and Bowl (handout & we will do a visualization later to demonstrate)



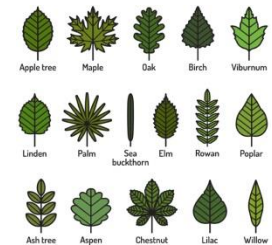
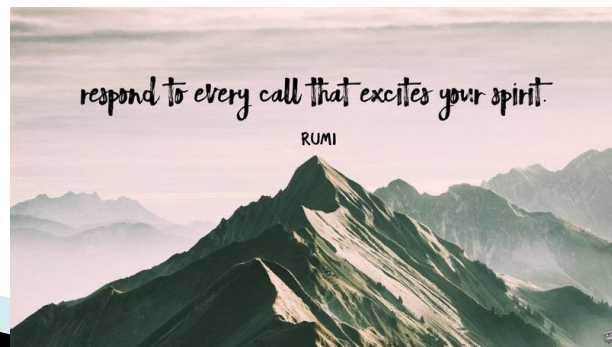
Intuitive Walk



- ❖ Hand out a moist paper towel and dry one to cleanse hands
- ❖ **Talk about intuition and what that means to listen to one's intuition



- ❖ Have a walk mapped out ahead of time. Silently walk in nature for 20–30 mins and have them choose what is “calling” out to them or follow intuition. They will put items in bowl



Returning from Walk



- ▶ Circle up with bowl: Process one item from bowl and why you put it in your bowl: They can keep their bowls



Group poem option (markers & poster board)

Poem or 4 sentences about the experience: Turn in

- ▶ Facilitator later chooses one sentence from each person's poem and comprises a "Group Poem" and emails it or gives each participant the finished product.



Wrap Dolls



Tysa

Therapeutic Prompts:

- ▶ Just let it unfold and speak as it wants to
- ▶ How do you want to see yourself as a counselor? Behavioral Health Aide? Tribal member? Family member?
- ▶ Ancestor
- ▶ Protector/Guardian
- ▶ Archetype (Wisdom, teacher, healer, helper)
- ▶ For Men: What is feminine to you?

Stace, Sonia M. (2014).
Therapeutic Doll Making
in Art Psychotherapy for
Complex Trauma. *Art
Therapy: Journal of the
American Art Therapy
Association*, 31(1), 12–
20.



Supplies:

- ▶ Empty water bottle
- ▶ ½ cup sand
- ▶ 8” sq. flesh colored fabric
- ▶ 25” sq. fabric
- ▶ Yarn (hair etc.)
- ▶ String
- ▶ Poly-fill for head
- ▶ Masking tape
- ▶ Assorted found objects
- ▶ Funnel for sand
- ▶ Glue gun, sewing if you want



Step 1



Step 2



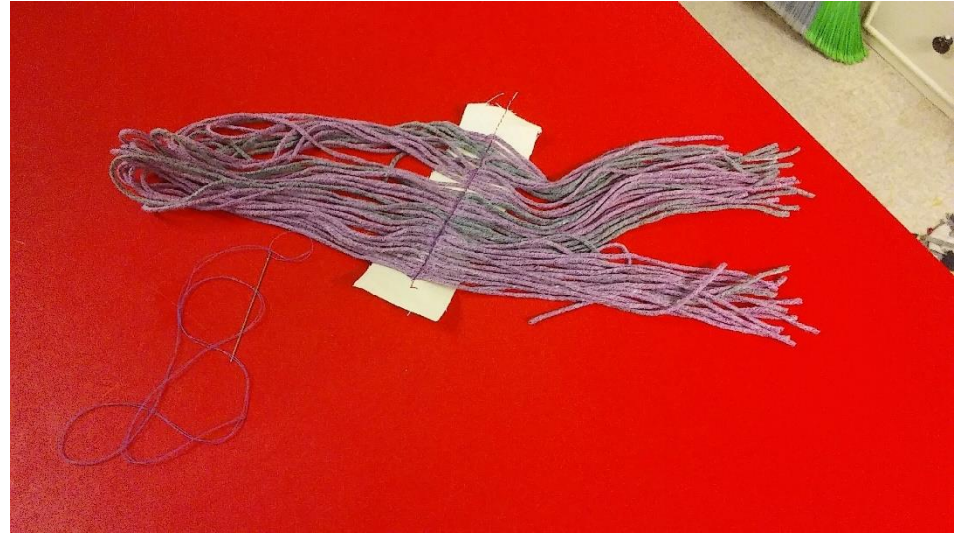
Step 3



Step 4



Step 5: Pick out “found items” and decorations



Step 6: Add your bling





Circle and Process

- ▶ Share and talk about the doll and what it means to you based on the prompt. What went into making it and why did you choose the colors, details etc. that you did?
- ▶ What aspects of yourself does the doll represent?
- ▶ What emotions does this doll help you express?

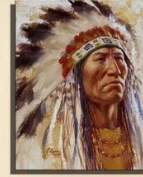


Community Center Visualization

- ▶ Activity



Motivational Collage



Brainstorm for your culture/community center

It is the “practice” of using imagery, storytelling, nature, ritual, sewing, gardening, cooking, dance, music, drama, poetry, movement, dream work, and visual arts together, in an integrated way, to foster human growth and healing: individually and in community

Bags: Can modify the visualizations and any other project based on individual culture and preferences for community

