



So what about trauma & art therapy?

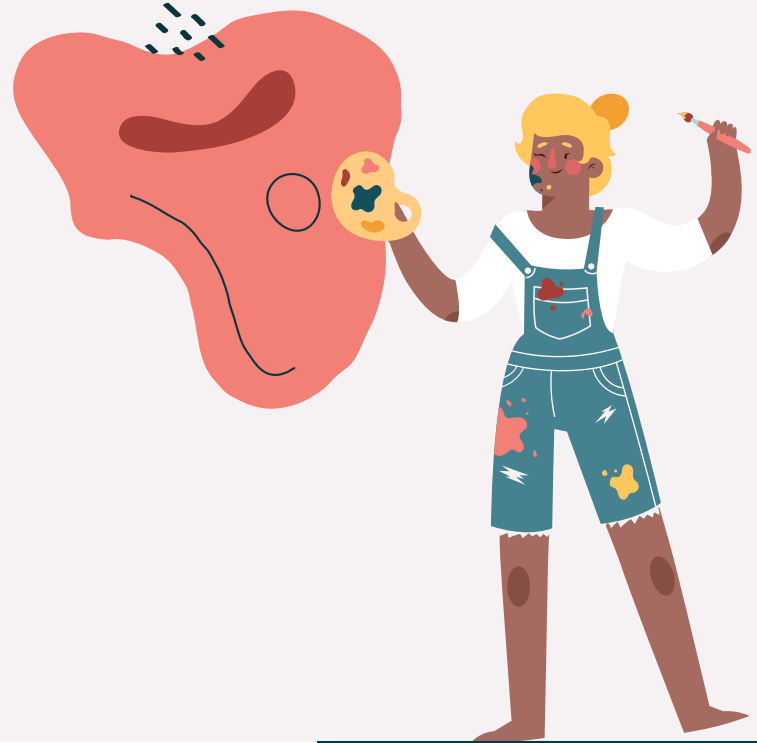
Survival celebrated in the midst of the struggle

Leah A Amaral, MAATC

What is art therapy?



Art therapy is the intersection of creative arts and therapeutic practices that promotes the wellness, liberation, and dignity of individuals and communities; through therapeutic intervention.




What do you already have?




Forms of art expression and communication



Care practices




Supports, resources, and survival strategies



Strengths



Religious and spiritual practices



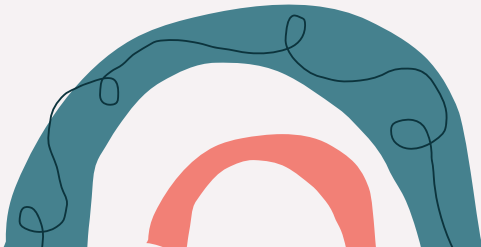
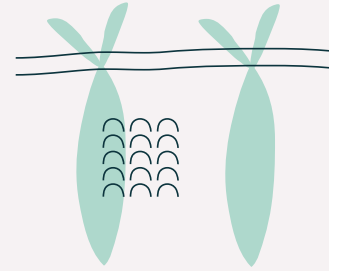
Your experience (stories, histories, memories)



Intersectional identities




Is there also a role for 'play' and the arts in coping, recovery and healing from trauma?

- Memorialize/ Honor
- Assist in recalling memory
- Archive
- Name
- Provide historical context
- Storytelling
- Give room for celebration, empowerment, and joy
- Express feelings, thoughts, and memories
- Social change
- Meaning making



Creative healing practices

Reflection:
Attune to yourself and get ready to engage.

content glad pleased playful cheerful giddy calm safe relaxed confident peaceful blah blue gloomy sad annoyed crabby grouchy uneasy tense worried	bored angry jolly loving grateful alarmed impatient happy excited jealous curious concerned shy weird moody guilty caring open	ALARM 5	Energy/Body Scan
		ALERT/EXCITED 4	
		FOCUSED CALM 3	
		CHECKED OUT 2	
		SLEEPY 1	
		Emotions	
		Thoughts/Reactions	
		No one ever listens to me. I am feeling very upset that I always get in trouble and I don't get to explain myself.	

Karpen, 2018

Examples that I currently use::

- Art activism
- Story circles
- Photovoice
- Play
- Writing/Poetry
- Movement
- Reading faith stories or other text that helps make meaning of experience.
- Exploration with materials (drawing, painting, body, sound, found objects, collage, etc.)



References


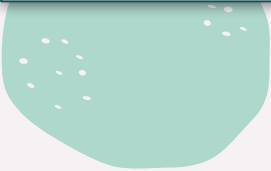
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