So what about trauma & art therapy?

Survival celebrated in the midst of the struggle

Leah A Amaral, MAATC
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
- Religious and spiritual practices
- Your experience (stories, histories, memories)
- Intersectional identities
- Strengths
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

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.)

https://arcframework.org

https://arttherapy.org
