

Art & Creative Expression

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Objectives: *Art & Creative Expression*

At the conclusion of this educational program participants will be able to:

Gain knowledge on how to facilitate effectively redirecting group members to their provider

Gain knowledge on various art and creative projects currently being used in the VA

Tap into and or develop to consider one's own creative interest to practice and share with peers in a group format

Utilize shared group initiatives presented in this educational training

Why use *Art & Creative Expression* ?

The benefits include:

- relaxation and regaining focus
- an outlet for stress and or excitement
- promote health & wellness
- discover and highlight strengths
- an added form of communication

THREE EXAMPLES OF *Art & Creative Expression* GROUP ACTIVITIES

Movie Clips

OBJECTIVE

To encourage laughter and develop a relaxing means of identifying and discussing recovery topics.

Lights, Camera, Action

OBJECTIVE

To provide a platform for Veterans to explore sharing their current or newly discovered creative talents as a way to practice individual coping skills.

The Conversation Box

OBJECTIVE

To promote Veterans practice of being assertive by giving Veterans an opportunity to initiate and engage in various discussions.



MOVIE CLIPS



Movie Clips is an ongoing group that meet once a week.

The tools needed are: Television and DVD player or Television and internet access

Where to get comedy movies?

Movies for this group can be viewed for free on line without downloading at the following sites: moviespud.com, [coco movies.net](http://coco.movies.net), www.watchwedhd.com, or google: Free comedy movies without downloading.

Also comedy movies may be obtained from: Volunteer Services department in the VA or on loan from the Recreational Therapy department, for a low cost at most thrift stores, the Dollar Store.

How are the comedy movies selected?

All comedy movie clips are prescreened by the facilitator and shared with leadership for the purpose of:

- ensuring there is no violent or sexual inappropriate content
- to identify recovery topics for discussion



MOVIE CLIPS



Being Prepared

Currently Movie Clips is offered on an inpatient unit and patient stay is very limited so group participant turnover is frequent. It's not necessary to have a collection of comedy movies on hand. However, as a facilitator of an outpatient movie clips group, it is a good idea to have at least five comedy movies and set aside time to view each movie, outline the various clips throughout each movie, to be prepared for the discussion aspect of group.



MOVIE CLIPS



MOVIE CLIPS Agenda

- Establishing group guidelines
- Announcement of the movie title
- Viewing of selected clip
- Group discussion (identified recovery topics)
- Viewing of selected clip
- Group discussion (identified recovery topics)
- Viewing of selected clip
- Group discussion (identified recovery topics)
- Participant feedback

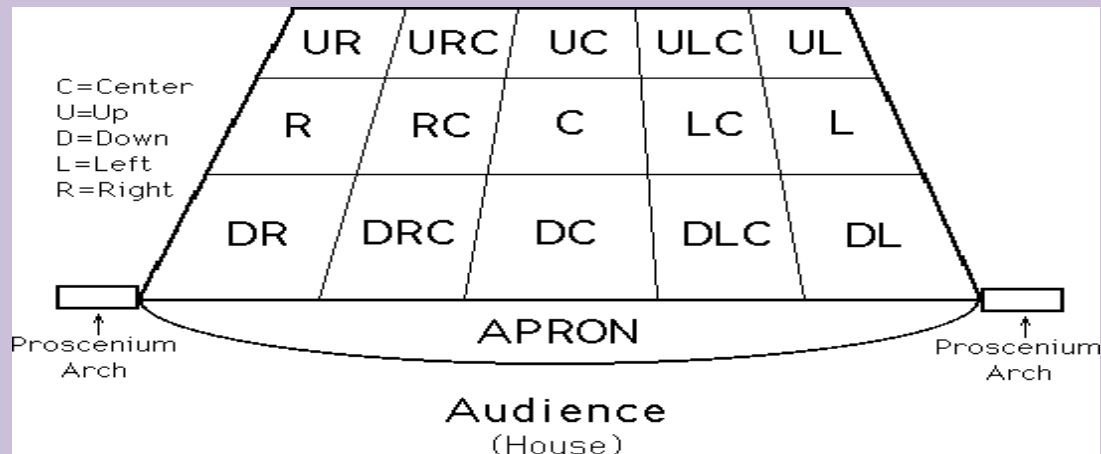
Lights, Camera, Action

This is a rotating eight week group.

Tools needed:

A stage direction handout ([google stage directions and print handout](#)) is used to assist group participants in learning and deciding where to stand on stage to share their coping skill of practice with their audience. Make a game of it testing participants on the various stage directions.

The stage can be a section of a room not necessarily a raised platform.



Lights, Camera, Action

Tools needed:

Art paper for painting, non toxic art paint, paint brushes, sketch books, pencils, colored pencils.

Ask group participants to submit poetry or suggest topics and print various poems to offer, various short scenes and monologues that give opportunity to coping skill practice.

for example: The coping skill of practice is Being Assertive
The scene or monologue is about asking for something from someone or telling someone your feelings on a certain matter.

Lights, Camera, Action

Tools Needed:

Musicians are expected to be responsible for her/his own instrument.

VA form 10-3203 CONSENT FOR PRODUCTION AND USE OF VERBAL OR WRITTEN STATEMENTS, PHOTOGRAPHS , DIGITAL IMAGES AND/OR VIDEO OR AUDIO RECORDINGS BY VA for participant signature.

Participant Information Sheet

Lights, Camera, Action

Tools Needed for the Gallery:

A cd player for playing soft instrumental music.

A collection of printed pictures of various forms of dance, painting, woodcarvings, sculptures, and written forms of art such as short stories, poetry, and raps.

Lights, Camera, Action

Group Agenda

Participants establish group guidelines

Session One:

Have participants complete the Participant Information Sheet

Introduce the Stage Direction Handout

Conduct an on your feet Stage Direction exercise

Ask participants to bring in any materials they have to next session

Lights, Camera, Action

Session two through five: (mainly on your feet participation)

As a group briefly conduct the stage direction game

Share each self assigned gallery attendant and creative expression presenter

Establish the order of gallery attendant and creative expression presentations

Make various materials available to participants (poems, song lyrics, etc.)

Ask participants to pair up

Develop in order each presentation one at a time as other participants practice with their paired partner or partners.

Lights, Camera, Action

Sessions six and seven:

Conduct a complete run through of the coping skill gallery and creative expression presentations

Session eight:

Invited guest attend gallery walk through
Start creative expression presentations
Question & Answer/feedback closing

Conversation Box

The Conversation Box is used for impromptu groups, as well as a part of the “Project Vision” vision boarding weekly group.

The tools needed are:

A container such as a shoe box

A large collection of magazine cut outs (POSITIVE words, phrases, pictures, and quotes that represent goals, dreams, and affirmations)

note: Preparation time includes gathering magazines and cutting out POSITIVE words, phrases, pictures and quotes)

Conversation Box

Group Agenda

The contents of the box is spread out on the table

Group participants establish the group guidelines

Group participants are encouraged to choose three to four items that appeal to them as individuals, that speak to their goals, dreams and beliefs of self

Participant are encouraged to share the items they've chosen and why

Discussion is encouraged on the importance of being a positive thinker