

Mindfulness for improved work-life balance using art psychotherapy



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Countdown to Zero - Safer Care in Victoria

22 May 2017, Novotel St Kilda

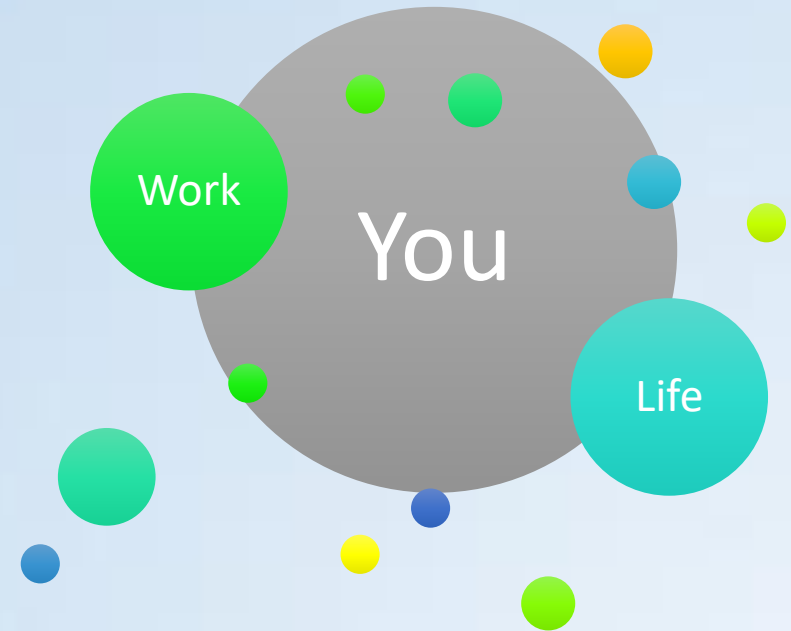
Overview

- Theoretical perspectives in brief
- Activities
- Reflection
- Questions



Looking after ourselves as health professionals?

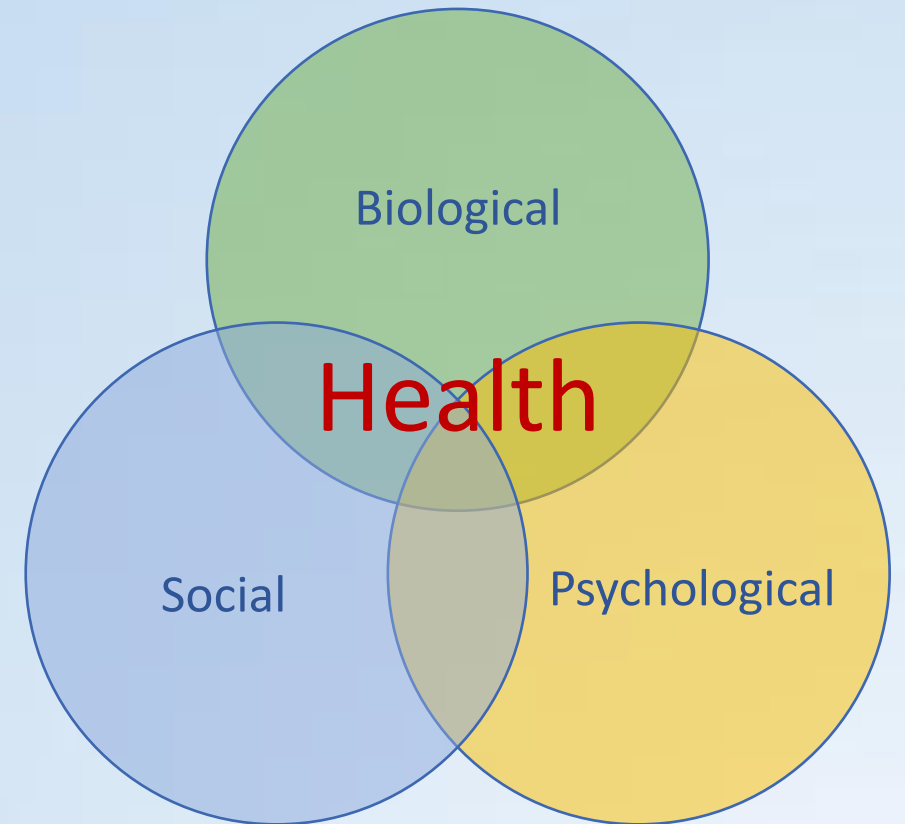
- Work Safe recognises work-related stress
- Implement preventative strategies
- Create a safe and healthy workplace environment
- Improve work-life balance.



Theoretical underpinnings Mindfulness & art psychotherapy

Bio-psycho-social model

- An interdisciplinary model utilised in mental health
- Conceptualised by psychiatrist, George Engel
- Health & well-being based on:
 - Biological (body)
 - Psychological (mind)
 - Sociological factors (support / hobbies).



Mindfulness technique

- Beginnings from Buddhism and other spiritual traditions where one is encouraged to;
 - being in the present
 - finding one's centre
 - paying attention to the moment
 - bearing witness
- The Mindfulness-based reduction (MBSR) was conceptualised by Jon Kabat-Zinn
- Utilises meditation and relaxation techniques.



Art psychotherapy

- An art therapy approach:
 - Integrates psychology (Freud and Jung) and creative arts
 - Promotes creative process, engages individual, non-verbal led to catharsis
 - Art in therapy – meaning/art appreciation
 - Art as therapy – doing/process/occupational
 - Art materials – important to the creative process
 - Therapist, client and art relationship
- Formal training
 - Post-graduate degree, internship and research paper
 - Register with The Australian and New Zealand Arts Therapy Association (ANZATA).



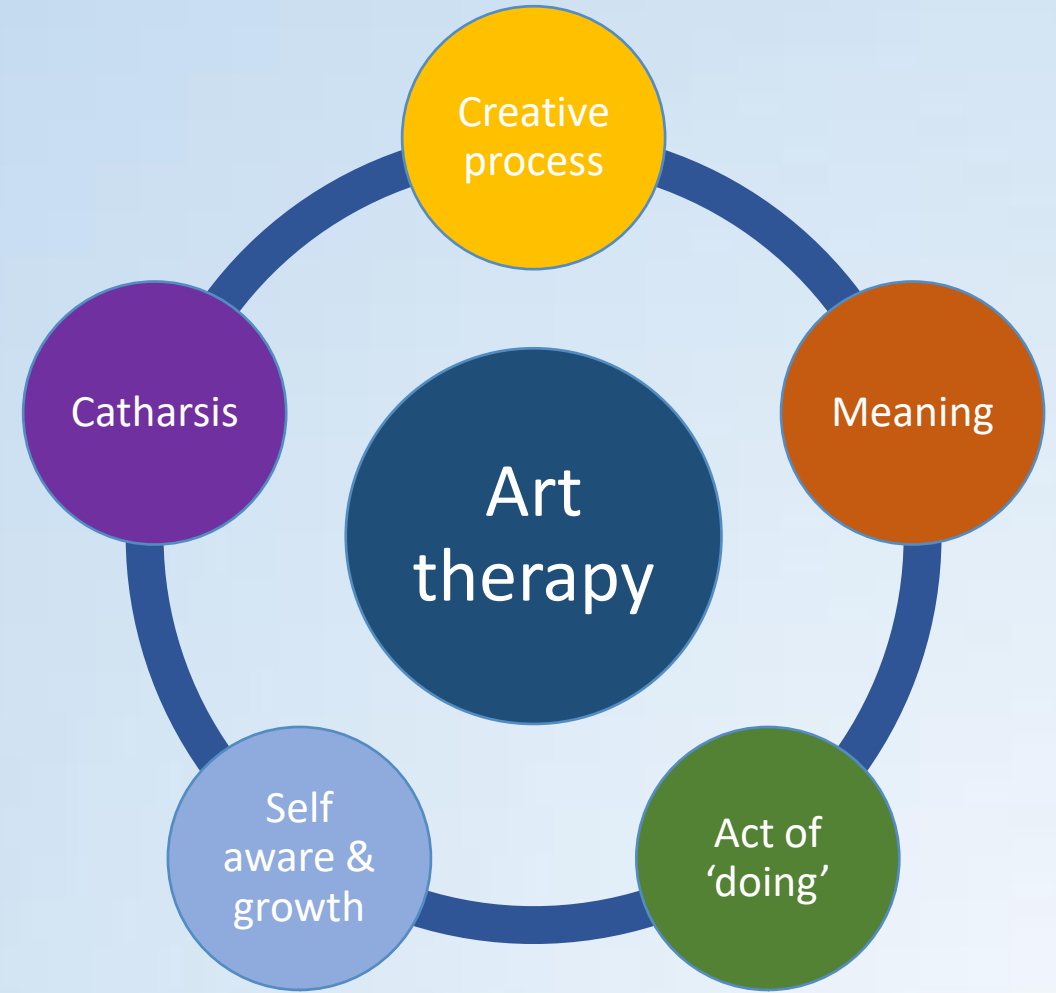
“Art is a way of knowing.”

(Pat Allen, artist & art therapist, 1995)

Creative process using image-making

“Everyone’s creative acts, whatever they may be, make constructive form out of the apparent formlessness of our lives.”

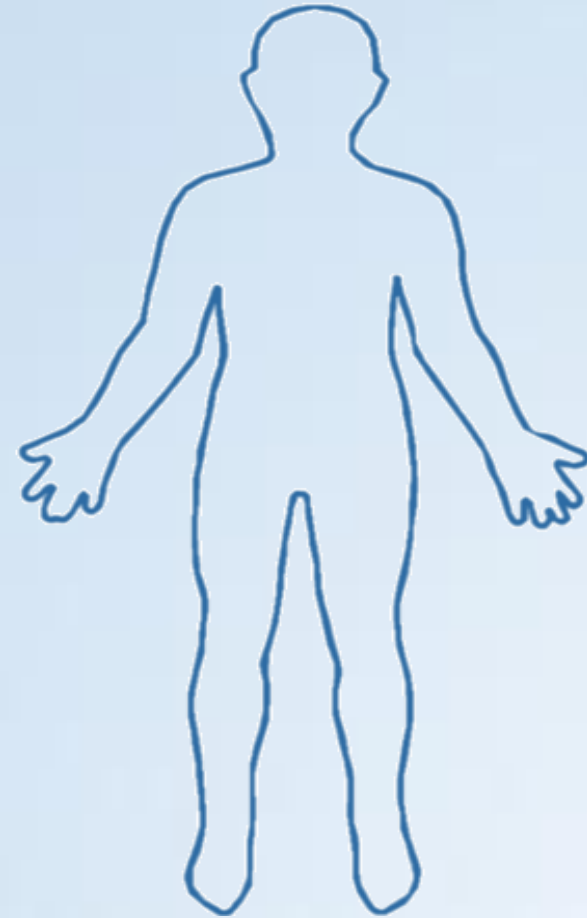
(Rollo May, 1985)



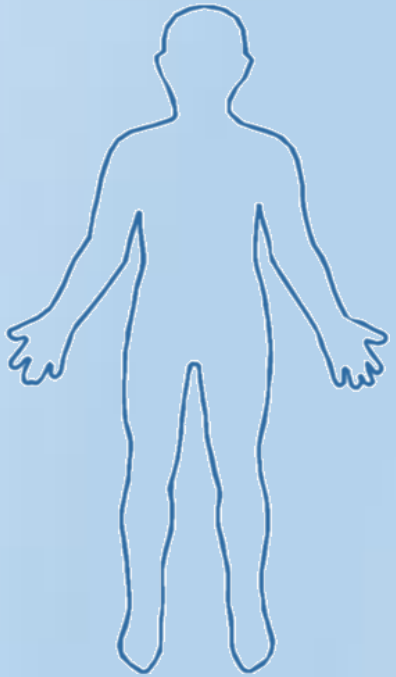
Activities

Activity 1 – Body map – Phase 1

- Mindfulness & art therapy approaches
 - Pay attention to your body
 - Mark areas of aches and pains



Phase 2 - Picture of health



Activity two

- Relaxation technique
- Guided imagery
- Mindfulness approach



Examples of publications on
mindfulness and art therapy

Research on mindfulness and art therapy



Art Therapy
Journal of the American Art Therapy Association

ISSN: 0742-1656 (Print) 2159-9394 (Online) Journal homepage: <http://www.tandfonline.com/doi/uaart20>

“Walkabout: Looking In, Looking Out”: A Mindfulness-Based Art Therapy Program

Caroline Peterson

To cite this article: Caroline Peterson (2015) “Walkabout: Looking In, Looking Out”: A Mindfulness-Based Art Therapy Program, *Art Therapy*, 32:2, 78-82, DOI: 10.1080/07421656.2015.1028008



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Contents lists available at ScienceDirect

The Arts in Psychotherapy

Research Article

The bodymind model: A platform for studying the mechanisms of change induced by art therapy

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PSYCHO-ONCOLOGY
Psycho-Oncology 15: 363–373 (2006)
Published online 15 November 2005 in Wiley InterScience (www.interscience.wiley.com). DOI: 10.1002/pon.988

A RANDOMIZED, CONTROLLED TRIAL OF MINDFULNESS-BASED ART THERAPY (MBAT) FOR WOMEN WITH CANCER

DANIEL A. MONTI*, CAROLINE PETERSON, ELISABETH J. SHAKIN KUNKEL, WALTER W. HAUCK, EDWARD PEQUIGNOT, LORA RHODES and GEORGE C. BRAINARD
Thomas Jefferson University, Philadelphia, PA, USA



Journal of Pain and Symptom Management

Volume 31, Issue 2, February 2006, Pages 162–169

Original Article

Relieving Symptoms in Cancer: Innovative Use of Art Therapy

Nancy Nainis, MA, ATR, Judith A. Paice, PhD, RN, Julia Ratner, BA, James H. Wirth, BA, Jerry Lai, BA, Susan Shott, PhD

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Mindfulness-based stress reduction for people with chronic diseases

Monika Merkes

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Australian Journal of Primary Health 16(3) 200-210 <https://doi.org/10.1071/PY09063>
Published: 6 September 2010

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Systematic review of the efficacy of pre-surgical mind-body based therapies on post-operative outcome measures

Elizabeth A. Nelson, Michelle M. Dowsey, Simon R. Knowles, David J. Castle, Michael R. Salzberg, Kaveh Monshat, Anthony J. Dunin, Peter F.M. Choong

Altmetric 2

DOI: <http://dx.doi.org/10.1016/j.ctim.2013.08.020> | CrossMark

Disabil Rehabil. 2013 Aug;35(16):1309-23. doi: 10.3109/09638288.2012.732188. Epub 2012 Nov 2.

Identifying the evidence-base for art-based practices and their potential benefit for mental health recovery: a critical review.

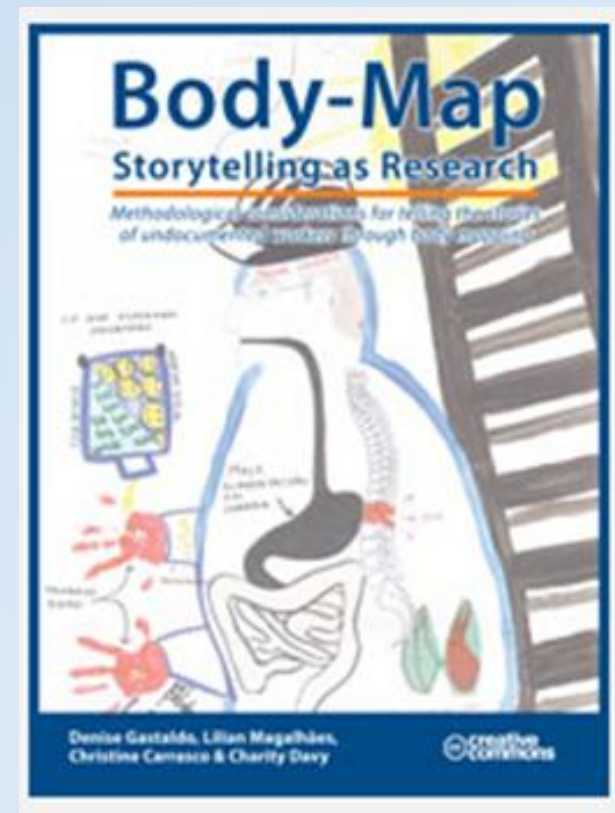
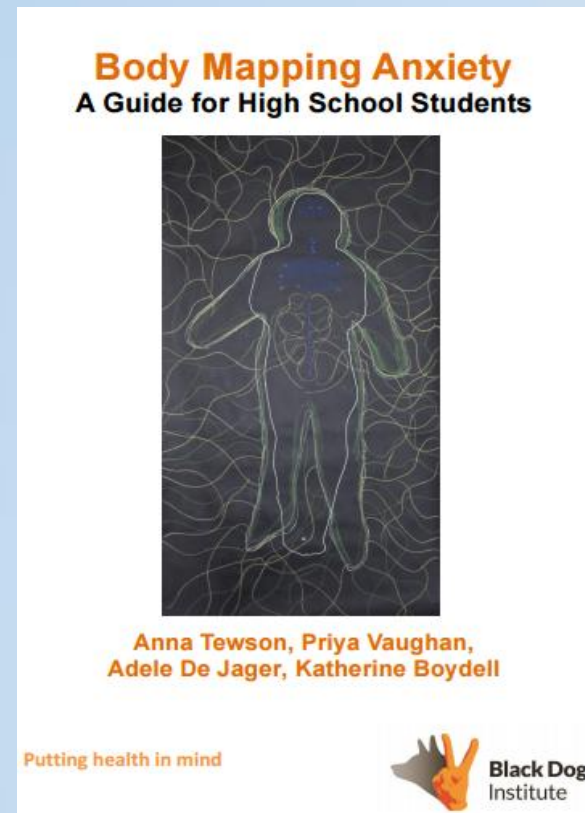
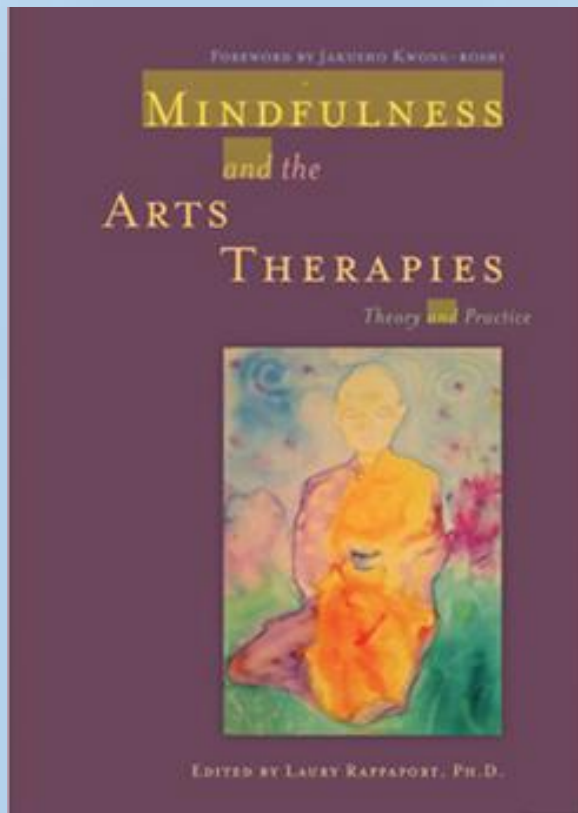
Van Lith T¹, Schofield MJ, Fenner P.

J Adv Nurs. 2005 Nov;52(3):315-27.

Mindfulness-Based Stress Reduction as supportive therapy in cancer care: systematic review.

Smith JE¹, Richardson J, Hoffman C, Pilkington K.

Literature on mindfulness art therapy & body mapping



Examples of art-based activities
used as team building
in a workplace.

Example – Body map drawing

- Objective: To attend to one's health & well-being using art-based activity
- Art-based Activity: Body map
- Materials: Oil pastels and A4 bond paper
- Length of activity: 5-10 mins
- Outcome: Awareness, gave insight to what was causing them distress.



Example – Conversations on paper

- Objective: To improve communication using art-based activity
- Art-based Activity: Conversation on paper, in pairs
- Materials: Oil pastels and cartridge paper
- Length of activity: 5-10 mins
- Ages: 21-45 years old
- Gender: Male and females
- Outcome: Reported improvement in communication between colleagues.

Workmate 1 and Workmate 2



Workmate 3 and Workmate 4



Workmate 5 and Workmate 6



Conclusion

- Take home messages:
 - Being 'mindful' is paying attention
 - Creative process allows us to understand ourselves and be in the 'here and now'
 - Health and well-being is an interaction of Bio-psycho-social factors.



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- http://nursingplanet.com/theory/biopsychosocial_model.html
- <http://www.mindfulnesscds.com/>
- Work Safe Victoria.

Support & self-care

- Talk to your GP or mental health professional
- See an allied health e.g. chiro, physio, etc.
- Lifeline: 13 11 14
- MensLine Australia: 1300 78 99 78
- Catch up with friends or people who haven't seen that makes you feel good
- Do activities you enjoy or take up new ones.
- Consider your nutrition / sleep.

Questions?