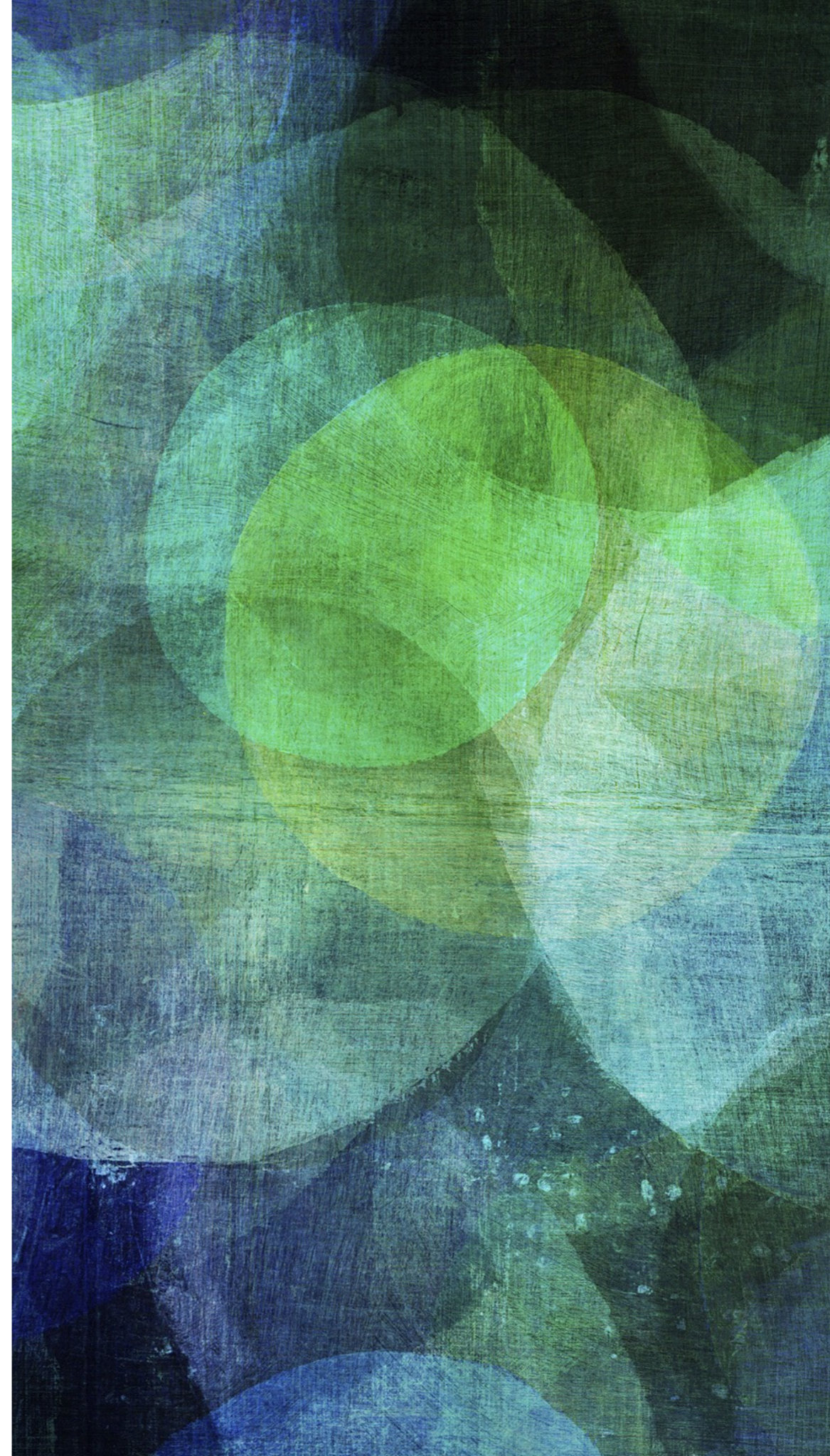


ART THERAPY IN CANCER CARE: A VISUAL NARRATIVE

Kim McAndrews
MA, LMHCA, ATR-P

*HeartTending® Art Therapy
& Swedish Cancer Institute*



- Discover what Art therapy *is*, and what Art Therapy *is not*.
- Understand the benefits Art Therapy can offer cancer patients, family members, and caregivers.
- Learn about HeartTending® Art Therapy & SCI Art Therapy Services
- Explore Additional Avenues of Art Therapy.
 - Art Therapy in Our Community
 - Art Therapy in Research
- Experience Art Therapy for yourself.

TODAY'S EXPERIENCE

Objectives

“

Few things can create connection
and grow our own capacities more
meaningfully than immersing ourselves
in each other's stories.”

—*Nina Simmons*

Moonrise: The Power of Women Leading from the Heart



VISUAL STORYTELLING,
through art making,
fills the gap other
treatments are
unable to address.

(Malchiodi, 2003)

For some, the words...

ART & THERAPY



For some, the words...

ART & THERAPY



SAFE. KIND. NON-JUDGMENTAL.

- There's **no wrong way** to make art.
- Be extra gentle with yourself.
- Try to refrain from comparison & critique.
- Process vs. product



A photograph of a red clay bowl with several red clay beads scattered around it on a white surface. The bowl is in the foreground, and the beads are scattered in the foreground and background. The text "Let's experience..." is written in a white, italicized font over the bowl.

Let's experience...

BEING PRESENT WITH WHAT ARISES



ART THERAPY IS...

.....

Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Art Therapy Credentials Board (ATCB) 2018

ART THERAPY IS...

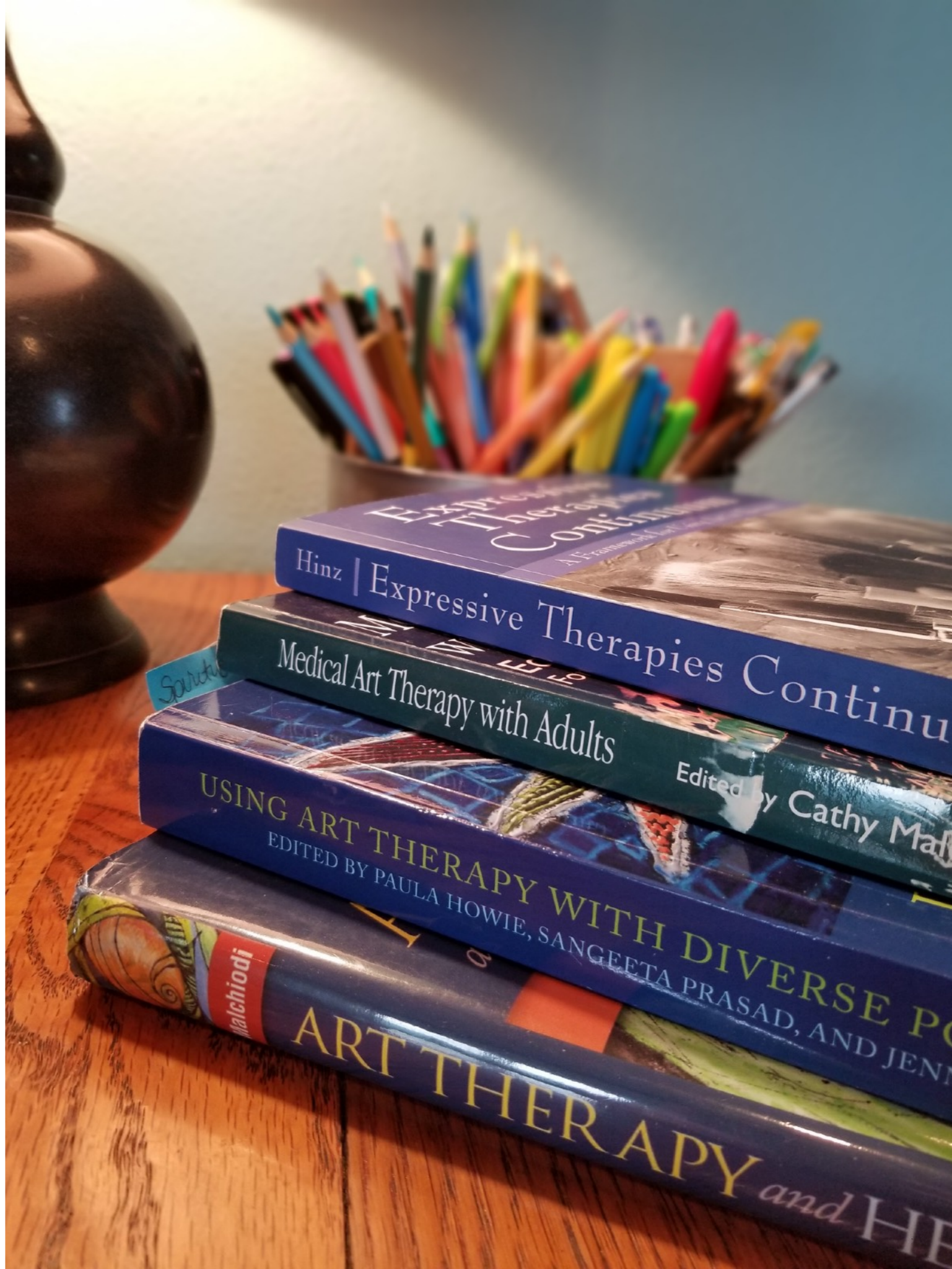
- ▶ Facilitated by a professional, Master's level, Art Therapist.
 - Mental Health Counselor
 - Marriage and Family Therapist
- ▶ Provides a safe environment for individuals, couples, and families to creatively express their thoughts, emotions, and experiences.

<https://www.atcb.org/>

<https://arttherapy.org/>

THEORY

Art AS Therapy vs. Art IN Psychotherapy



“A theoretical foundation is
necessary to inform the
“lightening quick decisions” that
characterize therapeutic work.

—*Elenor Ulman*

(as cited in Expressive Therapies Continuum, A Framework for Using Art in Therapy, by Lisa D. Hinz)

What *media*,
under what *circumstances*,
with which particular *individuals*?



ART THERAPY IS NOT...

.....

- An art class
- Arts & crafts time
- Only for artists
- Only for kids
- Occupational or physical therapy
- Play time
- Pinterest projects, coloring, or, 'how to do art therapy' guide books

- *Therapeutic Art Techniques vs. Art Therapy Benefits of both*

HOW ART THERAPY WORKS

(In general)



**Art Therapy helps to get out what's in your brain
and place it in front of you.**

HOW ART THERAPY WORKS

- ▶ Non-verbal areas of the brain
- ▶ Emotional safety
- ▶ Decreasing stress
- ▶ Subconscious mind
- ▶ Externalization



ART EXPRESSION IS NOT A LINEAR PROCESS

It does not need to conform to the rules of language, such as grammar, syntax or logic.

A work of art can safely contain:

- complexity
- contradiction
- ambiguity
- confusion

Because, unlike language, art contains no rules about organization or structure.

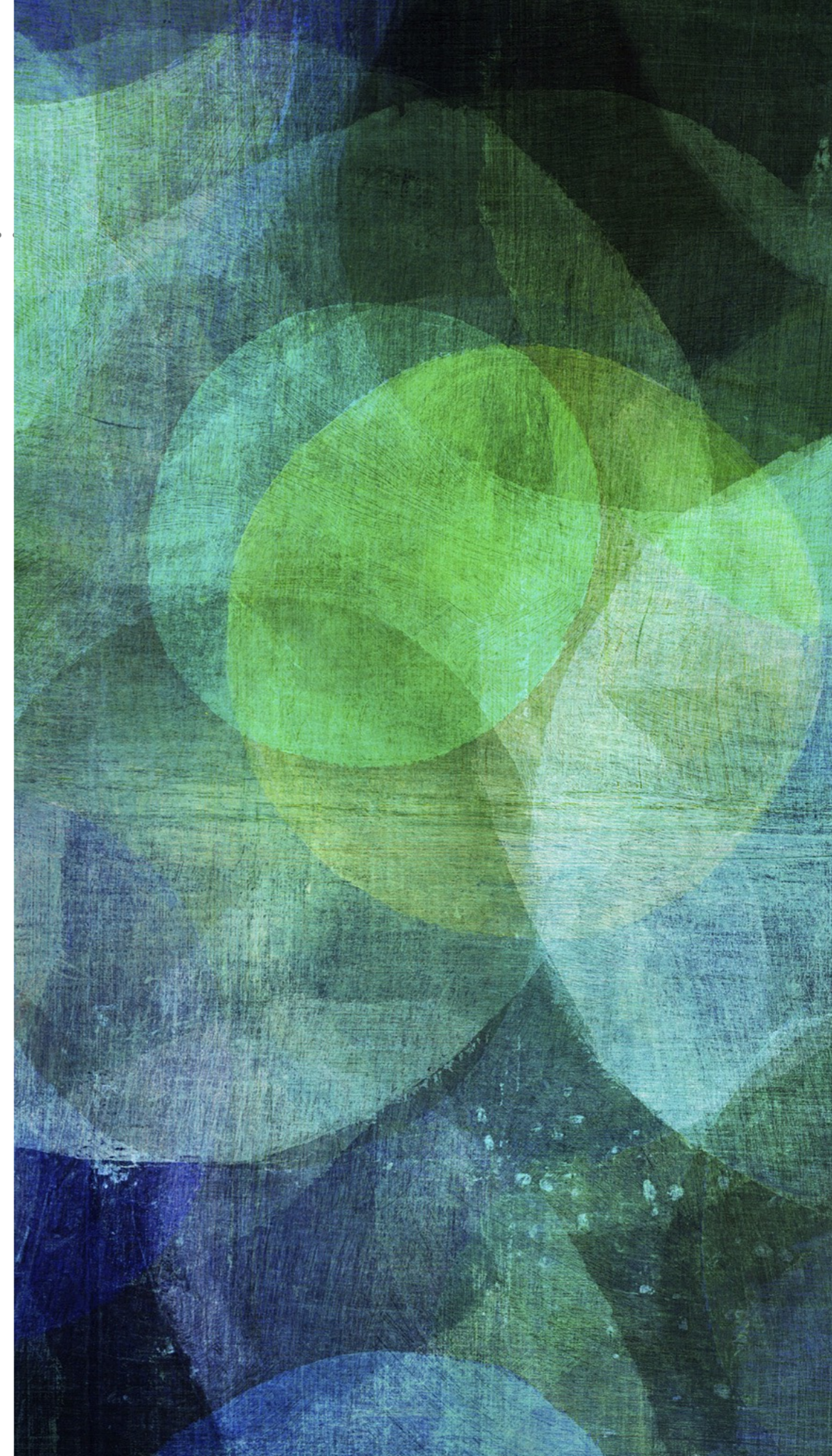
(Malchiodi, 2007)



BENEFITS OF ART THERAPY

Research shows Art Therapy improves:

- Cognitive and emotional processing
- Self-esteem, self-awareness, resilience
- Social support systems
- Communication skills, conflict resolution
- Can help reduce symptoms of pain, anxiety, distress, and depression
- Feelings of well-being & quality of life
- Building of new neural pathways
- Heart rate, blood pressure (lowers)
- Slows nervous system & improves ability to respond





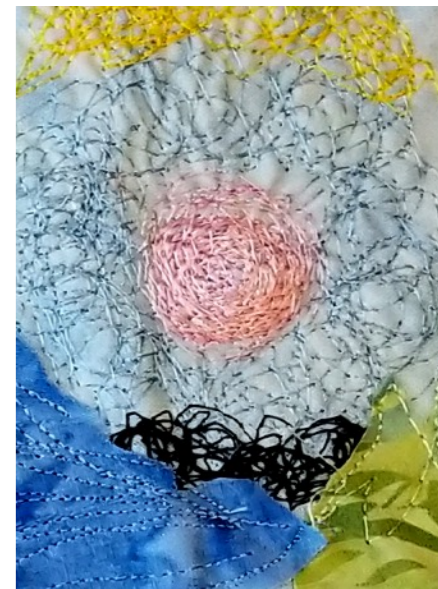
ART THERAPY IN CANCER CARE & SURVIVORSHIP

.....

- Improved mood & decreased perception of pain
- Reduction in stress
- Increased sense of control
- Release through self-expression
- Increased self-discovery & self-esteem
- Meaning-making
- Increased connection to self, others, and community
- Increased feelings of hope

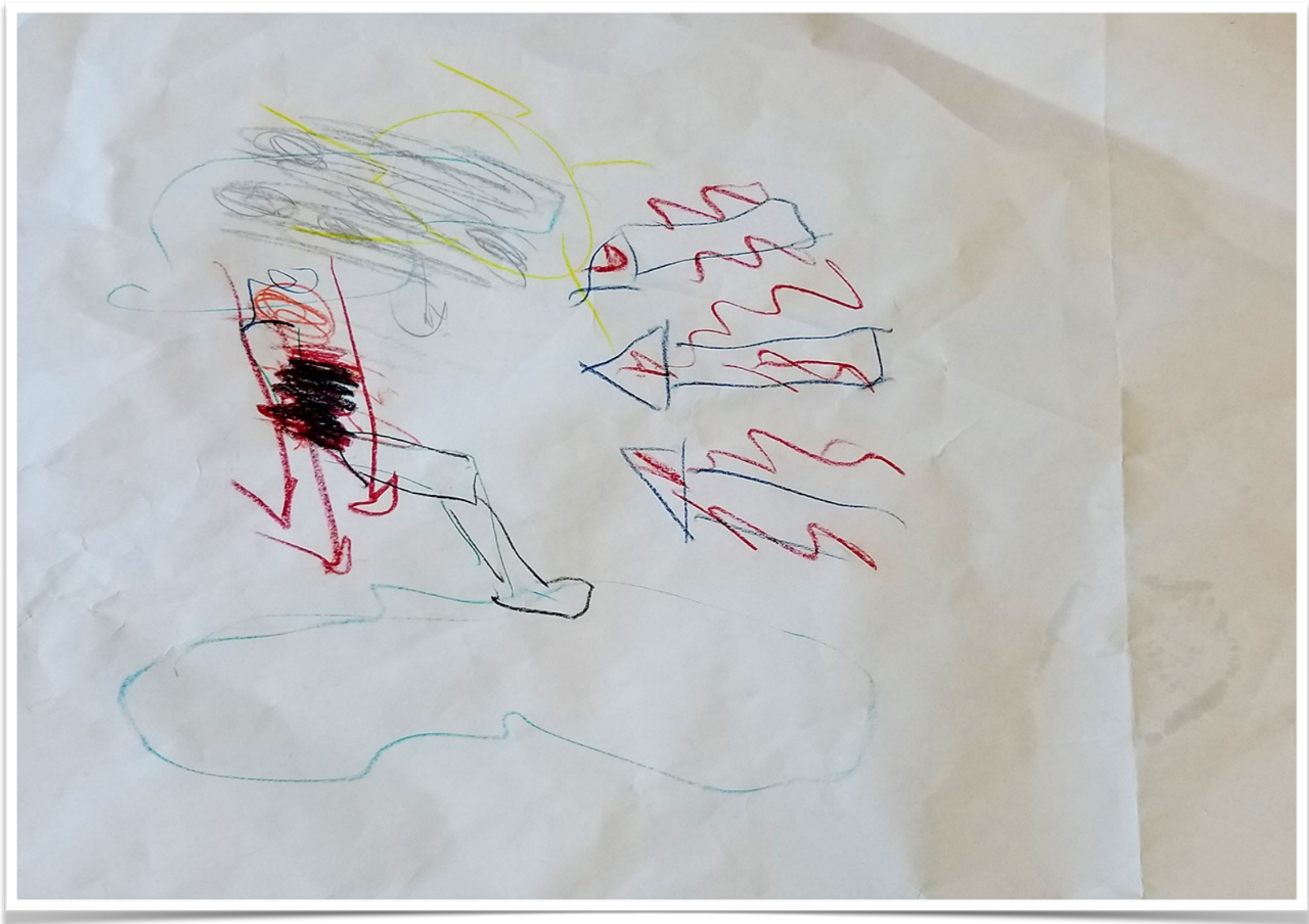
A CASE STUDY: BOUNDARIES

“Lisa”

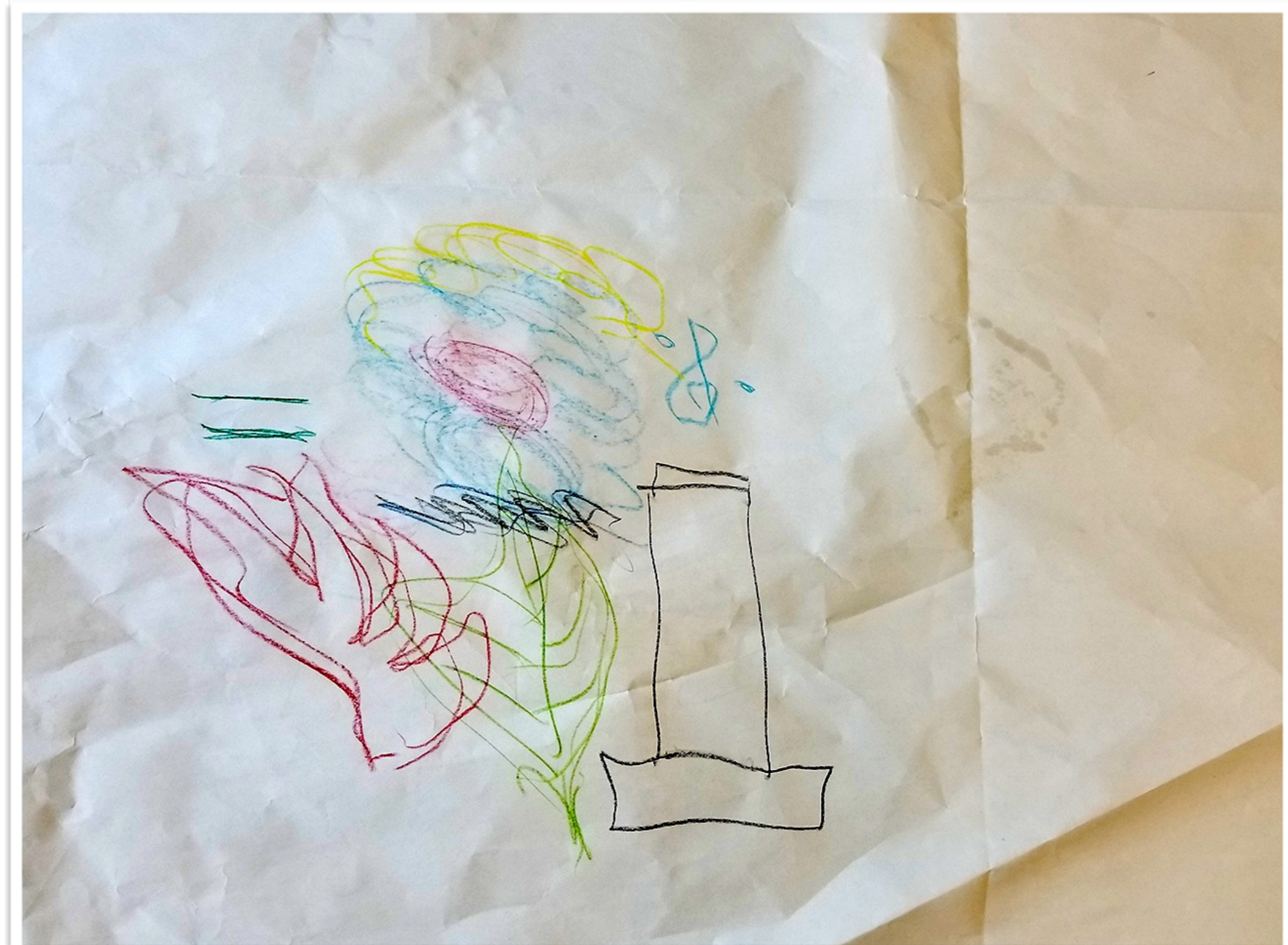


Permission granted by client.
Name has been changed to protect confidentiality.

“LISA” HOW I FEEL IMAGE #1



“LISA” HOW I WANT TO FEEL IMAGE #2



“LISA” HOW I WANT TO FEEL – EMBROIDERED IMAGES #3 & 4





HeartTending®

Art Therapy

Ballard & Wenatchee

As an art therapist and clinical mental health counselor, I work primarily with adult women who have a desire to explore and transform emotions and symptoms into authentic expressions through art making.

- *Individuals & Groups*
- *Collaboration with other Health Professionals*

Kim@HeartTending.com

Swedish Cancer Institute (SCI) *Art Therapy Services*

First Hill, Edmonds, & Issaquah

Open to:

- SCI oncology patients, family members, & caregivers
- Oncology patients outside of SCI

.....
All SCI Art Therapy services are funded through philanthropy and FREE of charge.
.....

Arts & Wellness Groups

Drop-in: First Hill, Edmonds, & Issaquah

Individual Art Therapy

By appointment only: First Hill & Edmonds

Art, Music & Mindfulness

Collaborative Group with Art & Music Therapists
First Hill, Edmonds, & Issaquah

Kim.McAndrews@Swedish.org

Bonnie.Walchuk@Swedish.org



COMMUNITY / RESEARCH



- **How to find a professional Art Therapist in the community**

(Look for an ATR credential)

Evergreen Art Therapy Association:
[http://www.evergreenarttherapy.org/
find-an-art-therapist-in-washington-
state](http://www.evergreenarttherapy.org/find-an-art-therapist-in-washington-state)

Art Therapy Credentials Board:
[https://www.atcb.org/Home/
FindACredentialedArtTherapist](https://www.atcb.org/Home/FindACredentialedArtTherapist)

American Art Therapy Association:
[https://arttherapy.org/art-therapist-
locator/](https://arttherapy.org/art-therapist-locator/)

- **Research**

American Art Therapy Association
Outcome Bibliography:
[https://arttherapy.org/upload/
Research/OutcomesBib_2017.pdf](https://arttherapy.org/upload/Research/OutcomesBib_2017.pdf)

THANK YOU.
QUESTIONS?

