

A circular wreath of various botanical illustrations, including ferns, red and green leaves, orange flowers, and purple flowers, surrounding a central white circle.

2024

Arts-In-Medicine

Art As An Ally

Presented By Taylor Harrold

NM Cancer Survivorship for Primary Care ECHO Financial

Disclosure



NO FINANCIAL DISCLOSURES



Agenda

Introduction

Efficacy of Art in Oncology

The Creative Encounter

Questions

Art Exercise - if time allows

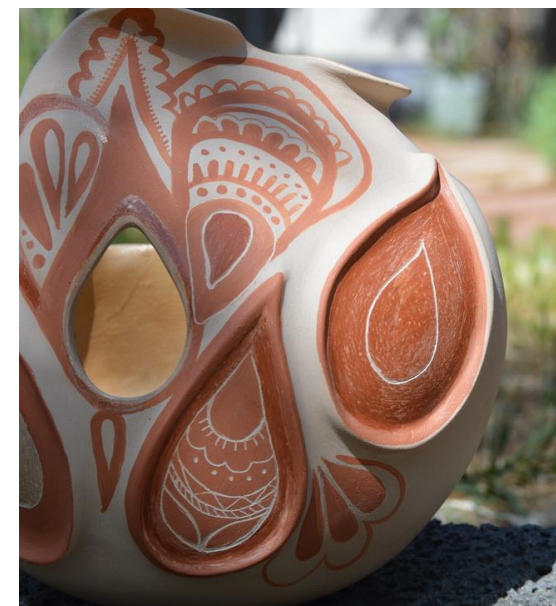


Introduction to Arts-In-Medicine

Founded in 2002 by Dr. Patricia Repar

- revitalize relationship with self and others
- transform medical environments
- enrich communities







Intervention: Evaluate changes in mood, perceived need for help and task enjoyment after participation in a one-time Oncology on Canvas expressive arts workshop intervention.

Outcomes:

- Significant improvements in mood, increased task enjoyment and decreased perceived need for help, with continued effects for up to 3—60 days post-intervention.
- A one-time expressive arts workshop intervention can provide a window for oncology survivors and their adult ohana to reflect on a stressful experience.
- Psychosocial health care providers, who are not professional art therapists can effectively implement expressive arts workshops as a cost-effective intervention for oncology survivors and their ohana.

Art Therapy: Journal of the American Art Therapy Association, 29(2) pp. 60-67, 2012



Intervention: Collaborative inquiry of oncological patients who were participating in an open art therapy group. Sessions took place at a support center for individuals and families whose members were coping with cancer.

Outcomes:

- Qualitative data collected support the claim that art making assists in improving self-concept and self-expression, both of which are often lost during cancer treatment.
- Clinicians who are working with cancer patients may want to offer art making as a way to help patients work through decisional conflict and to process experiences related to coping with cancer.
- Art making assisted patients in connecting to parts of themselves that were lost through coping with cancer and treatment.
- Participants described art making as stress reducing and pleasurable even when coping with difficult and negative emotions.

Johanna Czamanski-Cohen (2012) The Use of Art in the Medical Decision-Making Process of Oncology Patients, *Art Therapy*, 29:2, 60-67, DOI: 10.1080/07421656.2012.680049



Intervention: Artist-in-residence facilitated art activities such as painting, drawing and other art making with individual patients. The study's goal was to determine the effects of an arts-in-medicine program and the consistent presence of a resident artist on a medical-surgical unit's culture, quality of care, nursing stress and job satisfaction.

Outcomes:

- Positive impacts of arts programming on the medical-surgical environment are clear.
 - Positively affect unit culture, nursing practice, and quality of care on short-stay medical-surgical units.
 - Study also found 2 out of 31 nurses found music to be a distraction.
- Considerations in the development of practice protocols for artists.



“ Art can permeate the very deepest part of us, where no words exist. ”

Eileen Miller





The Creative Encounter

What are your interests?

What materials are you curious about?

Is there something you have wanted to try?

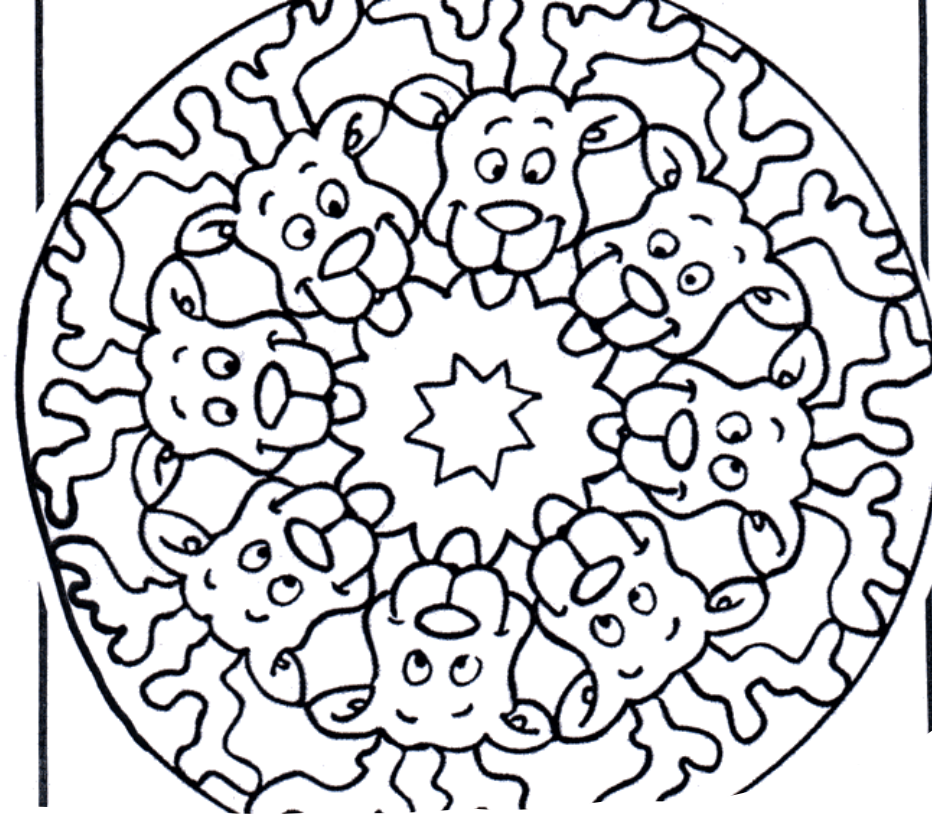
Can you collaborate/include family or friends?



Blind Contours



Crafts and Gift Making



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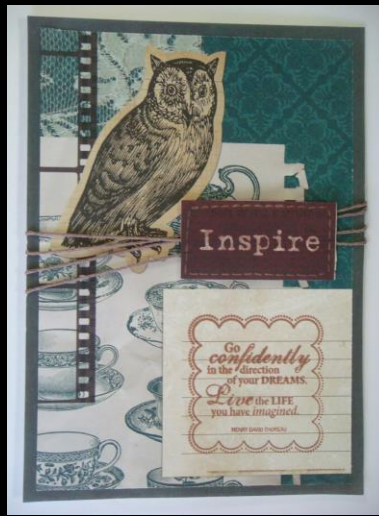
Mandalas



Fiber Arts



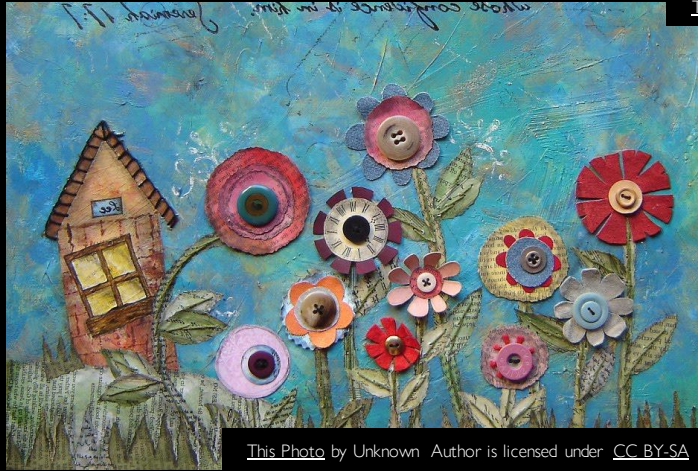
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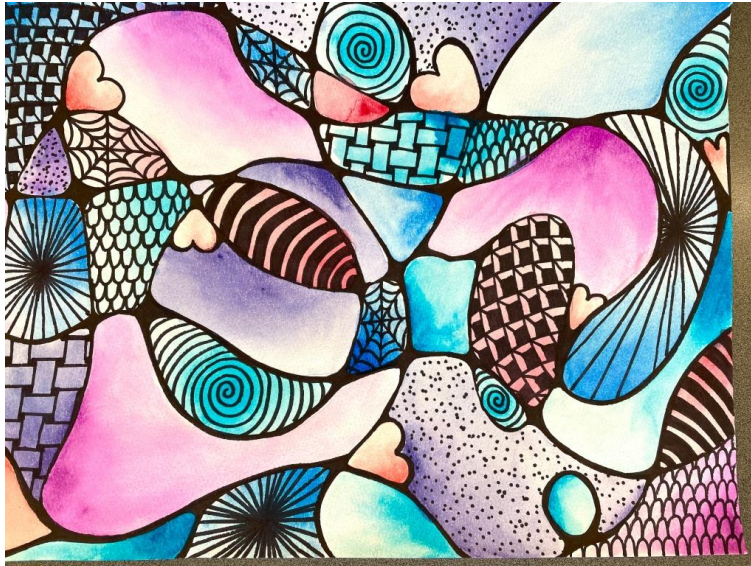
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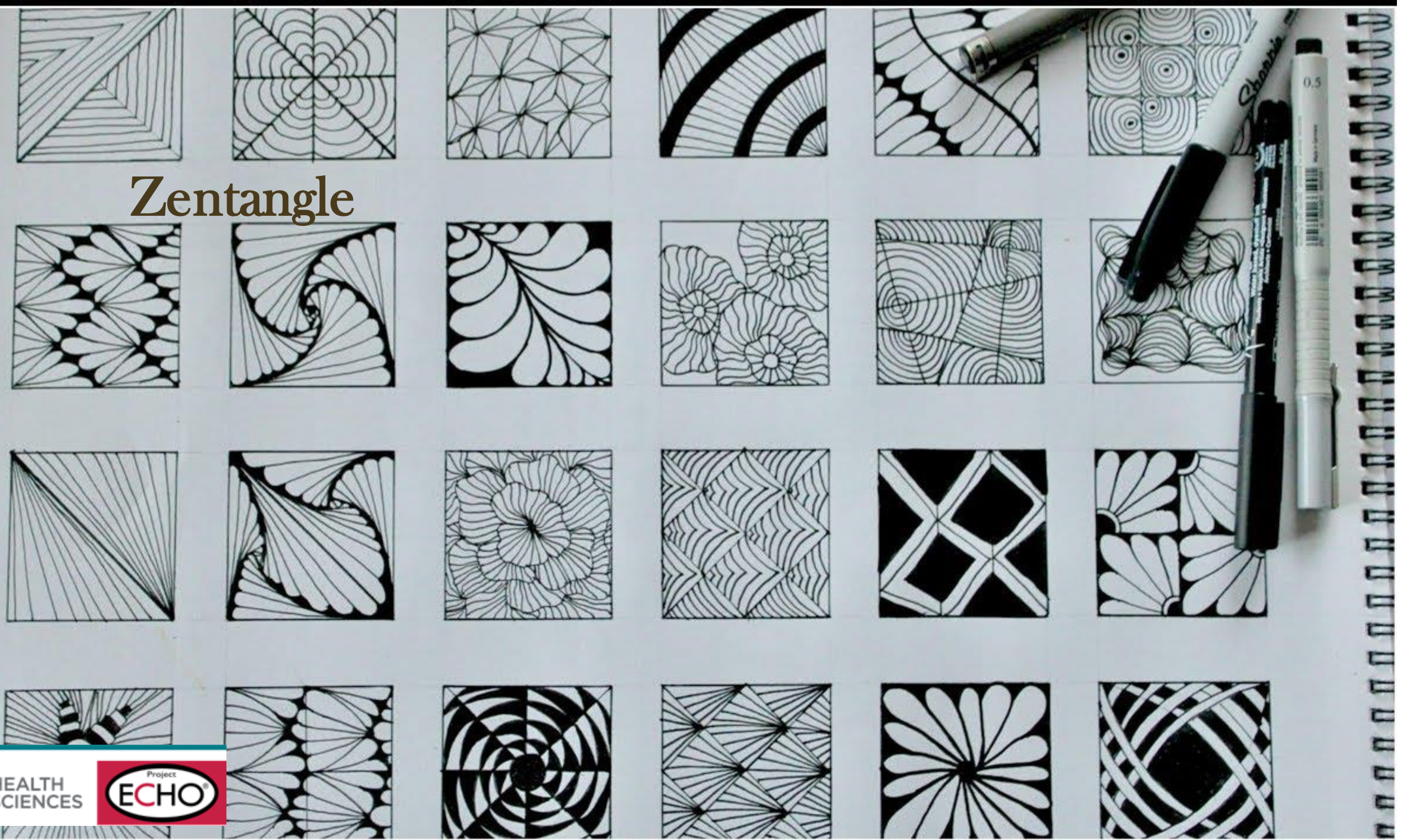
Collage



Neurographic Art



Zentangle



Expressive Arts movement, music, nature



A person wearing a purple long-sleeved shirt is drawing colorful patterns on a paved surface with chalk. The patterns include various shapes like circles, lines, and abstract designs in colors like yellow, green, blue, red, and purple. The person's hands are visible, with one hand holding a piece of chalk and the other hand resting on the pavement. The background is slightly blurred, showing more of the paved surface and some foliage.

Integration of community/family/friends – connection through creativity



How to jumpstart your creativity

- Take a class – local libraries, community events, college classes, local businesses
- Include Family and/or friend(s)
- Let compassionate curiosity be your guide – PLAY! Experiment! Release attachments, expectations and judgement around creating/creations

Conscious Creativity look, connect, create By Philippa Stanton

Materials and Media in Art Therapy critical understandings of diverse artistic vocabularies
By Catherine Hyland Moon





References

Johanna Czamanski-Cohen (2012) The Use of Art in the Medical Decision-Making Process of Oncology Patients, *Art Therapy*, 29:2, 60-67, DOI: 10.1080/07421656.2012.680049

Jill Sonke, Virginia Pesata, Lauren Arce, Ferol P. Carytsas, Kristen Zemina & Christine Jokisch (2015) The effects of arts-in-medicine programming on the medical-surgical work environment, *Arts & Health*, 7:1, 27-41, DOI: 10.1080/17533015.2014.966313

Penny L. Morrison, Patricia W. Nishimoto, John B. Kim, Abbie Neves & Erin O'Carroll Bantum (2022) Oncology expressive arts: providing a window to reflect on a stressful experience, *Journal of Psychosocial Oncology*, 40:1, 80-97, DOI: 10.1080/07347332.2021.1899352





QUESTIONS?





Art Exercise

Materials Needed:

Paper (Preferably 8 x10in at least)

Pen, Pencil, Marker, Crayon

Close Your Eyes and focus on your breath, draw circles for at least 1 minute. Observe. How do the materials feel? Do any thoughts, sensations, images come to mind? Can you find any images in the 'scribbles'? Perhaps accentuate them with another color or darkened lines...



Arts-in-Medicine

HEALING AND THE HUMANITIES

Thank you

<https://finearts.unm.edu/arts-in-medicine/>