

BUT FIRST, THE ART,

Presentation by

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Settling into space...

- Who are we?
- Who are you?
- AT Disclaimer
- Getting grounded together

INVITATION

The hope for this session is twofold...

- An exploration of a useful art-based intervention and a space to get curious around the use of art in therapeutic spaces.
- An opportunity to engage in the healing process of art making.
Let's pour into our cups!

BUT FIRST THE ART

Agenda:

3:30 - 3:45

Getting settled in

3:45-4:25

ART!!

4:25 - 4:45

Diving into what we felt and what we see

4:45 - 5:00

Wrapping up and time for questions

THEORETICAL FRAMEWORK

Process

- The HOW of what happens between the person and their art making
- What happened in the room?
- The pace, approach, preferences, patterns...
- Their emotional process
- Hesitation
- Frustration
- Flow
- Reactions to their artmaking or art product

Product

- The finished product
- A tool to use for reflection and exploration
- A visual timestamp of a point in treatment...of a journey in healing
- Might serve as a transitional object
- **safety considerations**
- Can be destroyed – cathartic release
- Can be deconstructed and reconstructed



Process: What do we feel?

The healing benefits of art making

Self-expression & exploration

Brain Food

Problem solving skills

Self-esteem

Mastery

"I love the idea that healing is in the rest notes, in the in-between places. Silence can say a lot when things are marinating, and you need to allow for this."

Resmaa Menakem, on using play and art in racial trauma healing

ART DIRECTIVE

Build an Island

- You and your table have crash landed on a deserted island. Length of time before rescue is uncertain
- Use the materials available to recreate the situation

Roles

- As you begin art making, decide at your table what your roles can be.
- You might be a family a group of scientists, or Gilligan's island style cast, or attendees of the WCW conference!

Let's Art: 30ish minutes Go!

Let's get curious

01

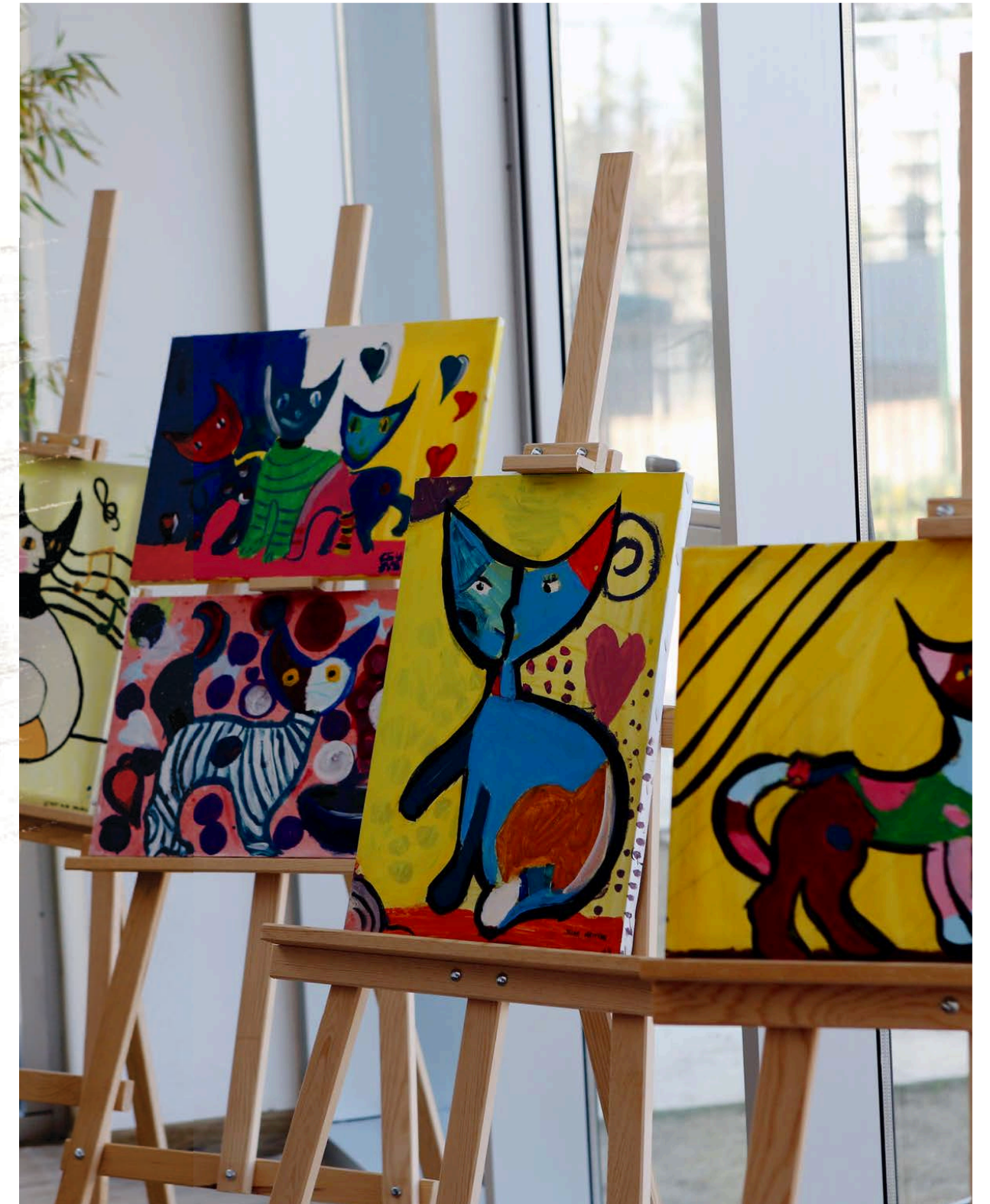
Clean up the space around you with the exception of your island and any accessories it has

02

Take a moment to reflect on how that process felt for you

03

Take a moment to take in your product



PRODUCT

How "successful" was the group in navigating the construction of the island?

Are there any people/self-structures made? Are they engaged in an activity?

Is there food?

Are there weapons?

Is there additional "danger" depicted?

Size/Space occupied

Colors used/not used

PROCESS: WHAT DID WE NOTICE/OBSERVE?

Who started things up?

Who felt vulnerable?

Did a nurturer appear?

Who felt themselves waiting or hanging back?

Were your growing edges present?

Did any teaming happen?

Were there signs of frustration?

Were your strengths present?

Did anyone step out of their comfort zone?

What jumps out of the metaphor?

Mini-island: transition object...

What from today can you take into your work?
Into your relationship with art?



THANK YOU!

Contact us!

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