



The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

Dec 2019

Monthly Update

Throughout the month of December creative arts therapy services have been utilized by patients experiencing a range of diagnoses, such as: cancer, renal disease, respiratory infections, and gastrointestinal disorders. Weekend art therapy services have been implemented to support patients and families with adjustment, coping, and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside and during weekend Zone Group sessions for patients between the ages of four and twenty-three. In the month of December, *The Harv Toback Creative Arts Therapy Fellowship* has provided **20** individual art therapy sessions.



December brings the holiday season, so the Child Life and Creative Arts Therapy Department was hard at work organizing many special events for the patients and families at Kravis Children's Hospital. In addition to multiple holiday parties held in The Zone, caregivers were invited to choose gifts from our holiday shop for patients and their siblings. Gifts were also wrapped and delivered to those still admitted on Christmas Day! Below you can see Santa posing with Professor, who is one of our week-day animal assisted therapy dogs.



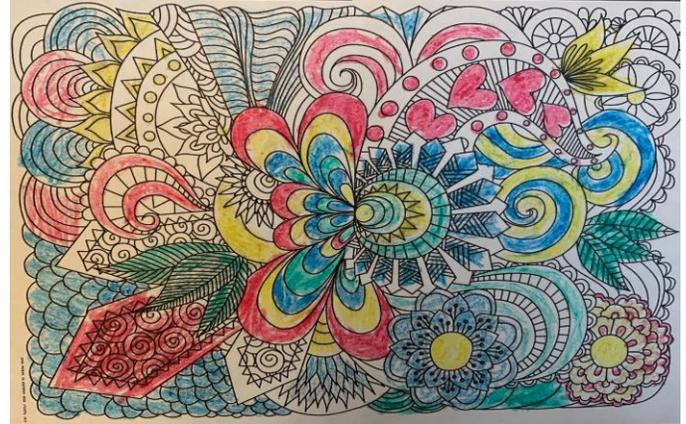
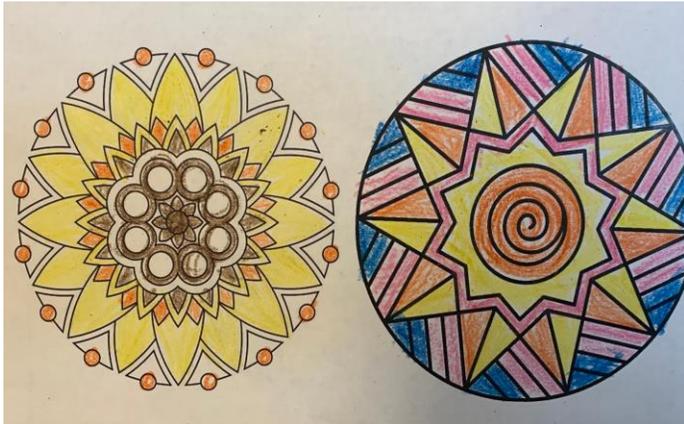
Patient Spotlight - Alexis

This month's patient spotlight is on Alexis! Alexis is nine years old and loves to make art, play board games, and collect seashells. While her newborn brother was receiving services in the NICU for many months, Alexis benefitted from weekend visits to The Zone. The Zone is a state-of-the-art facility for patients and families to engage in play, art, and socialization seven days a week.

For artwork, Alexis chose to share a piece of Sand Art made during an Art Therapy session in The Zone. She worked on mixing different colored sand to make "rainbow sprinkles" followed by adding seashells into the bottle. While adding in the shells, Alexis whispered into each shell and shared that they were "secrets and wishes to my new baby brother".

KidZone TV

This month “Art with Sandra” focused on mindfulness. Mindfulness based art therapy combines meditative practice with creative processes and invites participants to reflect and explore inner thoughts and emotions. Two creative arts interventions that incorporate these aspects are mandalas and zentangle drawings. Patients and families following along to the live shows were provided a space for refocus, distraction, and relaxation. Viewers were invited to color in previously drawn patterns as well as create their own unique mandala or zentangle pattern. Throughout December, two episodes of “Art with Sandra” also incorporated an open studio concept, allowing patients to participate as a live studio audience.



Special Visit

Magician and street artist David Blaine made a weekend visit to the Kravis Children’s Hospital. David Blaine put on a live performance that was broadcasted on KZTV and visited each unit to see patients, families, and staff. Participants were able to interact by assisting David with different kinds of magic tricks. He brought smiles, joy, and surprise to all!



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See more patient art, stories and poems in our SURGE publication online
http://bit.ly/SURGE_spring2019

We are thankful to our donors!

The Creative Arts Therapy Fellowship is generously supported by *The Harv Toback Fund for The Arts*