



# The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

February 2020

## Monthly Update

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

Art Therapy services have been provided at bedside to patients ranging between the ages of four to twenty-three years old. In the month of February, *The Harv Toback Creative Arts Therapy Fellowship* has provided **23** individual art therapy sessions.



## Patient Spotlight – Akila



The patient spotlight of February is on eighteen-year-old Akila. While receiving chemotherapy treatment, Akila has been actively utilizing Child Life and Creative Arts services. Akila wanted to share images of her bracelets she has made and a painting seen above.

During weekend Art Therapy sessions, Akila often makes collaborative art. Akila enjoys beginning the process and then inviting the Art Therapy Fellow to assist, while directing the creative process. She has shared that making bracelets and using bright colored beads brings her relaxation and happiness while in the hospital. Collaboration during the creative process is a testament to a strong level of trust within the therapeutic relationship. Having Akila direct the process provides opportunities for feelings of control and success.





During the month of February, an episode of “Art with Sandra” focused on relaxation and calmness. Viewers were invited to listen to questions related to these feelings and to reflect on what brings them a state of relaxation. These questions were then followed by using color association to create patterns, shapes, or an image that represented these feelings for each person.

Within the guided drawing also included prompts for viewers to reflect on the movement within their body during the creative process. This provided opportunities for cathartic movement to release any physical or emotional tension.

## Therapeutic benefits of beading

Beads are a versatile material that can be used for an endless amount of art therapy interventions such as: jewelry making, mixed media collage, dream catchers, and slime. Utilizing beads in the creative process has many physical and emotional therapeutic benefits. Beading is a process for individuals of all ages that is filled with endless creative opportunities, including making your own beads out of clay or paper!

### Benefits of Beading

- Decrease stress
- Provide coping strategies
- Improve fine motor skills
- Improve visual perceptual skills
- Sense of accomplishment
- Sense of control
- Tactile and visual stimulation
- Build frustration tolerance



Follow us and see exciting things happening every day!



@mschildlife & @kztvlive



Mountsinai.childlife



[mountsinai.org/childlife](http://mountsinai.org/childlife)

See more patient art, stories and poems in our SURGE publication online  
[http://bit.ly/SURGE\\_spring2019](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*