



# The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

January 2020

## Monthly Update

Throughout the month of January, 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 and 23 years old. In the month of January, The *Harv Toback Creative Arts Therapy Fellowship* has provided **23** individual art therapy sessions.



## Patient Spotlight – Kayla



The patient spotlight of January is on eleven-year-old Kayla. During a weekend art therapy session, Kayla wanted to make her own stress ball. We were able to mix baking powder and dish soap into a medical glove to provide the consistency that Kayla wanted. Kayla also drew two different faces on the gloves and shared that the each one would be used depending on how she was feeling.

During this session Kayla was able to utilize art making to identify coping skills during difficult times. This session also provided opportunities for a sense of control within the hospital through using medical supplies and making decisions on the consistency of the stress ball.



## KidZone TV

During the month of January, “Art with Sandra” has continued to expand. We saw an increase in participation as patients called into the live show to share their art process, as well as to display their artwork at bedside. Below is artwork created during an episode based on guided imagery. Viewers were invited to listen to questions related to the preprinted mountain drawing in order to support reflective thinking and to provide opportunities for control and imagination. During this process, a patient called in to share that he was creating a sunset in his artwork. The patient was also able to participate in his own way by picking elements to add to the drawing below. He asked to add green grass and blue trees!



### Example of questions for Guided Imagery

- What season is it in your drawing?
- Does your mountain have smooth or rough surface?
- Are you climbing this mountain? If so, are you at the beginning, middle, or top?
- What do you need to get to the top of your mountain?
- If you are not climbing the mountain, what do you need in the scenery?

## Robot Highlight

Thanks to a generous donation from Garth Brooks and the Teammates for Kids Foundation, the Child Life Zone acquired two new Ohmni Robots in 2019. The robots are operated using Surface Pro tablets and their user-friendly controls make it easy for patients of all ages to drive the robots around the space. The robots are incorporated with recreation activities and provide opportunity for patients who are unable to leave their rooms to participate in group activities. By delivering activity materials and the Surface Pro tablet, patients can “call in” to the robot via video connection and engage in the group.

Over a weekend in January, a ten-year-old patient was unable to join her younger siblings in weekend zone group. After expressing feelings of disappointment during an art therapy session, the patient was able to use the Ohmni robot to join her siblings in group activities from her room. This helped meet clinical goals, such as socialization and sense of control within the setting



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