



# The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

Summer 2020

## Monthly Update

Since the end of April, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections, gastrointestinal disorders, and COVID-19, 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, in person and virtually, to patients ranging between the ages of four to twenty-three years old. From May through August, *The Harv Toback Creative Arts Therapy Fellowship* has provided **82** individual art therapy sessions.



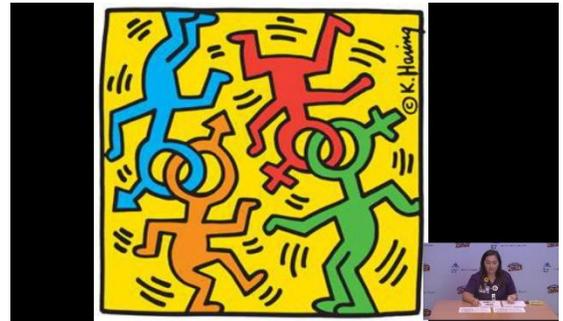
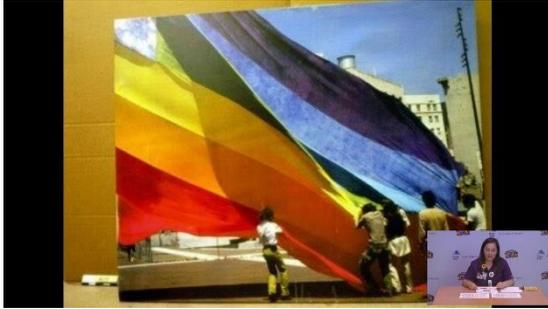
## Patient Spotlight – Kaylyn



Kaylyn, 14, came to the hospital to receive surgery for scoliosis and was referred for art therapy due to experiencing feelings of anxiety during her recovery. Through weekend sessions at bedside, Kaylyn was able to disclose thoughts and emotions related to her treatment and receiving surgery during COVID-19. Kaylyn was also a gifted painter and often used portraits in her personal artwork. To the left is Kaylyn's expressive self-portrait. This intervention was used not only to build rapport with Kaylyn, but also to provide a fluid experience where she could process the hospital environment. Kaylyn began to use warm colors to represent her feelings of anxiety, along with cool colors to represent herself. She described herself as introverted. Kaylyn shared that the black figure was her brain, and the colored spots represented the many thoughts she had while in the hospital. Through the creative process and supportive dialogue, Kaylyn was able to have a space where she could process her experience through an expressive process. Pictured above is another portrait that was also created by Kaylyn while in the hospital.

# KidZone TV

“Art with Sandra” has continued to see an increase in participation through phone calls, submitting of artwork, and open studio audiences. Throughout the spring and summer many holidays and special events have been highlighted on KZTV. During the month of June, an episode of “Art with Sandra” highlighted the LGBTQ+ community to celebrate pride month and pride history. The episode focused on sharing historical facts about the pride liberation movement, artists and artwork part of the LGBT+ community, as well as activists. This featured episode also took place on the date the annual LGBTQ+ pride parade was scheduled for this year. This KZTV special offered a time for education and awareness, as well as a time to honor the 2020 pride parade.



## Art Therapy Coping Kits

Over the last few months, the Child Life and Creative Arts Therapy department has been distributing coping kits to each patient. Coping kits began during the height of COVID-19 as way to provide materials for patients on isolation, as well as decrease contact between patient. Each coping kit is carefully assembled based on age, developmental ability and interests for each patient. Pictured are the three coping kits currently used for patients referred to art therapy services that are provided during introduction to services.



School Age Drawing Kit

Adolescent Drawing Kit



Adolescent Watercolor Kit



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We are thankful to our donors!

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