

WHY DO I PAINT WITH A BEER BOTTLE?



TO DO OUR PART FOR PTS AWARENESS FOR OUR VETERANS

There are 3 hallmark symptoms of clusters associated with PTSD:

- Reexperiencing
- Hyper-Vigilance
- Avoidance / Emotional Numbing

Our Focus:

Taking the object (beer bottle) they use to numb their feelings turn it around and use that same object to creatively express their feelings without words



Our goal through our art (as art therapy) is to establish another method to work out one's emotional stress. Many drown themselves in alcohol to escape depression, stress, and anxiety; essentially to numb the bad feelings. Using art as a remedial activity to encourage self-expression we hope to be able to shift and/or reduce depression of our Veterans.

Our intention is to show that you can use a beer bottle to create masterpieces rather drinking to numb the pain. Our channels in which we aim to complete this is:

- Free Art workshops using a bottle
- True Top 1% Annual Art Exhibition
- Our Top 31 (Sharing the stories of 31 different Veterans time in the service through art)

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ART THERAPY:

Art Therapy is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial activity or an aid to diagnosis.

A study done in the American Art Therapy Association Journal in 2013 by Kopytin and Lebedev conducted on 112 male and female war Veterans being treated for PTSD. Results showed that the experiment group experienced increase humor and creative problem solving as well as improved self-esteem.

Art Therapy allows people to communicate without relying on words



- 22 Veterans and Active-Duty military commit suicide every day
- Alcohol intoxication is involved in 22% of all suicides
- Over 45,000 Active-Duty Military and Veterans committed suicide in 2020

Art Therapy is a Technique rooted in the idea that creative expression can foster healing and mental well-being.

~ Van Lith T. *Art Therapy in Mental Health. A systematic review of approaches and practices.*

THE INSPIRATION:

The Bottle Technique we use in our True Top 1% Project is created by Nicolas Thallot-Arcs out of France 7 years ago. As an artist I am inspired by Georges Seurat a Post-Impressionist artist who created the 10 ft *Sunday Afternoon on the Island of La Grande Jatte* (1884 – 1886). He stated the tiny, juxtaposed dots allowed the viewers eye to blend colors optically rather than having the paint physically blended on the canvas. That is what lead me to create art starting with stippling to the current Bottle Technique we look to use to help our veterans with.