

InnerArt Connection

SUMMER 2018

A NEWSLETTER FOR RESIDENTS, FAMILIES & THE COMMUNITY



Heather Hennick, *Diversity*,
Encaustic Process, 2018

Creativity and mental health

InnerArt Inc. art therapists use the visual arts and psychotherapy to help residents in long-term care express their inner emotions, experiences and feelings in individual or group encounters. Without much talking, residents experience self-discovery with imagery. This can provide a safe distance to help with complex emotions such as grief and anger.

The art therapist works closely with the inter-professional long-term care team to gain insight into the unique needs of the resident community. The art therapist, in turn, also plays a valuable role as a mental health advocate. In addition to providing individual and group art therapy, the art therapist occasionally partners with other professionals on short term art initiatives to foster community and positive mental health.

Making an impact

From Scarborough, to the Village and to New Toronto, InnerArt Inc. is honoured to provide art therapy services in all ten City of Toronto long-term care homes. Our feature, *In and around the city*, highlights the therapeutic programs currently taking place within these homes.



InnerArt^{Inc.}
Providing the services of Creative Arts Therapies

What's inside...

Art therapy vs. art activities
InnerArt Inc. in and around the city

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Differences between art therapy and art activities

Art Therapy is a combination of two distinct disciplines: art and psychotherapy. Art therapists merge a therapeutic relationship and the creative process to promote positive mental health. The therapeutic relationship develops through:

- Consistency and Reliability
- Trusting Relationship
- Safe, quiet and private environment
- Confidentiality

An **art therapy session** may help residents cope with cognitive, emotional or physical challenges. Art therapists develop treatment plans to meet the resident's goals. The process of making the artwork is just as valuable as the final product. The artwork is confidential and a part of the therapeutic process.

In an **art activity**, the primary focus is on technique and creating a beautiful final product. The participant is expected to use learned skills. The value of the artwork is based on the level of skill. Lastly, the art facilitator may influence the creation of the artwork to help make it a "better" product.

Interested in accessing art therapy?

Referrals for art therapy can be made by professional staff, residents and family members at any City of Toronto long-term care home. The first step is preparing a referral form. This form is located at nursing stations or through the Resident Services Manager. Art therapy may benefit residents who need support:

- Working through difficult emotions
- Connecting with others
- Adjusting to life transitions
- Coping with their stress and loss

Depending on the demand for services, the referred resident may be placed on a waitlist. As soon as it is possible, the art therapist will conduct a multi-session assessment to determine suitability and priority for services.

InnerArt Inc. in and around the city

Fudger House

Fudger House currently offers small group sessions, including a new art therapy support group for men.

Carefree Lodge

Carefree Lodge currently offers both individual and group art therapy sessions.

True Davidson Acres

Two art therapy groups at True Davidson Acres continue to thrive. One art therapy group has expanded to include new residents. An additional art therapy group has been established in home's specialized Alzheimer's and Dementia unit.

Wynfield Chartwell

A collective art initiative was facilitated by the art therapist in celebration of Wynfield Chartwell's 15th anniversary. Residents, family and staff created prayer flags that depicted symbols, positive words or messages.

Seven Oaks

Art therapy at Seven Oaks continues to focus on providing emotional and therapeutic support for residents via small group and individual art therapy sessions.

Castleview Wychwood Towers

Multiple art therapy groups and individual sessions help to address the therapeutic needs of young adults and seniors living in long term care.

Kipling Acres

In collaboration with complementary care, the art therapist is facilitating an art initiative for the palliative care program. A group of residents will create doves to decorate the doors of residents in palliative care. In addition, a new 8-week art therapy group is in development as an outreach initiative.

Lakeshore Lodge

The art therapist facilitates one small art therapy group and four individual sessions within the home. The program focuses on each residents' unique strength, skills, and creative styles.

Bendale Acres

Residents express themselves and share their stories through art making using paints, photos and other art media. They benefit from accomplishment, mastery and process.

Wesburn Manor

The art therapy group on the behaviour support unit continues to thrive. Recently participants enjoyed creating hanging mobiles for Wesburn Manor's doll therapy program.

Cummer Lodge

At Cummer Lodge via self-directed art, each resident's unique skills and emotional needs are addressed.

Staff member profile:

Heather Hennick, BA, RGD (Emeritus), DTATI, RP



My joy working with older adults in LTC is to see them share their great wisdom, confidence, character and strengths. Deep listening, attunement and compassion support my approach. As a professional art psychotherapist, I use client centered approaches such as *narratives* in storytelling, *mindfulness* to enhance focus and reducing anxiety, *psychodynamics* in creating spontaneous art and *humour* as a way to express their needs and regulate the mood. I provide a range of materials such as photos, custom stencils, paints, drawing materials and collage materials. I truly am fortunate to witness the resiliency of my clients. I am humbled by their need to find their own voice and journey in life and I trust this journey with compassion and respect.

As a practicing visual artist, I continue to work on my own body of work, which helps me to facilitate the art process for others in a deeper way.



InnerArt Inc. welcomes a new art therapist

Bailey Oake, MC: AT, DVATI, CCC

Bailey is passionate about art therapy and the role it plays in encouraging meaningful expressions about our personal and collective life experiences. Bailey has worked with clients living with chronic pain, cancer, trauma, dementia and life transitions. She has practiced in long-term care, addiction treatment centres and a transition house for women and children.



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For more information on
Art Therapy Services
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