



InnerArt^{Inc.}

Providing the services of Creative Arts Therapies

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Markham and Vaughan

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Let's get creative with self care strategies

Art making as self care strategy for dementia care providers

Self care is an essential component of caring for persons living with dementia. While the definition of self care varies, the following strategies hold a critical place in a carer's tool kit.

- Get proper rest
- Use your team for support
- Be aware of the physical and psychological impact of your work
- Affirm your successes in enhancing each person's quality of life. Recognize that the definition of success is in a constant state of redefinition as the client's condition progresses
- Honour your grief
- Allow yourself time to do nothing
- Nurture a sense of humour
- Participate in activities you enjoy...get creative!

Art making can play an important role in the maintenance of self care. For the artistically shy, consider this: treat yourself to a sketchbook and fine art markers. Line art is a great place to start your own creative journey or exploration. It is not important how you draw as your ideas can be captured through simple lines, colours or symbols. Spontaneous drawings provide an excellent opportunity for mindfulness and stress reduction. Get creative and take advantage of what the visual arts has to offer.

Relaxation and Self Expression

In December 2014, the InnerArt team gathered for our monthly meeting, supervision and a self care workshop. InnerArt, Inc Director, Sharona Bookbinder, creatively facilitated a 'line art' self care experience. The team relaxed and created unique spontaneous line art using black paper and gel pens.





Art Therapy Services: Toronto, Vaughan and Markham

Kipling Acres

Art therapy is offered to two different groups in the home. This past fall, both art therapy groups participated in an art exhibition. Family members, friends and staff from Kipling Acres were invited to witness residents' creative expressions. The art has since been permanently displayed throughout the home.

Lakeshore Lodge

The art therapy program continues to grow and has welcomed new residents to the two art therapy groups. In addition, residents took part in the annual Intergenerational program facilitated by the art therapist. In collaboration with the recreation staff, 25 residents and 16 children from Vincent Massy Child Care Centre engaged in a 'doll making' workshop.

True Davidson Acres

In addition to individual art therapy, the home's art therapy group continues to thrive and accept new residents. Each week residents explore different mediums of choice, share thoughts and ideas, laugh and reminisce.

Wynfield Chartwell

Residents contributed artwork created in art therapy sessions to a special six-month exhibition within the home. Resident artists received positive feedback and recognition for their creative achievements. Currently, the art therapy group is collaborating on a travelling painting titled, 'Transition'.

Chapter 21

In collaboration with the staff at Chapter 21, the art therapist facilitated a fusible quilting project. Members created a large banner with the theme of 'community'. Each member was provided with an '8 x 8' fabric square to decorate.

Carefree Lodge

Participants of art therapy at Carefree Lodge are engaging in a variety of media and techniques including clay, watercolour painting and collage. Several residents have elected to donate a portion of their artwork to the Home as a way of giving back and providing joy to fellow residents and staff.

Cummer Lodge

Art therapy at Cummer Lodge is currently focused on providing one-to-one sessions where each resident's unique skills and needs are addressed via spontaneous and self-directed art.

Wesburn Manor

Art therapy groups continue to thrive at Wesburn Manor. A new art therapy group was established in 2014 due to popular demand by residents.

Bendale Acres

The art therapy program continues to thrive in 2015. The men's art therapy group continues to be a place for creativity and self expression. A new women's group has been formed on the 4th floor due to popular demand and the Art Therapist continues to provide one to one service to artists at bedside.

Seven Oaks

Group and individual art therapy sessions continued to be offered in the Wellness Room. During the summer months, art therapy sessions were held in the home's private outdoor garden. The art therapist led art therapy sessions focused on mindfulness, creativity and sensory awareness 'en plein air'.

Castleview Wychwood Towers

In 2014 Art Therapist provided opportunities for residents to display their art creations in one centre-wide art display in the front showcase and throughout the P&S area as part of the In-Service open house. The artwork has since become part of an ongoing display in the P&S area.



Seven Oaks Wellness Room

THE COLLEGE OF REGISTERED PSYCHOTHERAPISTS OF ONTARIO (CRPO)

“The transitional Council, College of Registered Psychotherapists of Ontario (CRPO), is the governing body of a new health regulatory college, currently under development in Ontario. The College will be established under the Psychotherapy Act, 2007 and the Regulated Health Professions Act, 1991 (RHPA).” (<http://www.crpo.ca>)

The college that will regulate the Act of Psychotherapy is due for proclamation this year. We, as art therapists, qualify to become part of this college and achieve status as registered psychotherapists.

All of our InnerArt staff are either in process, or have applied for membership.

The mandate of the CPRO, once fully operational, will be to regulate Registered Psychotherapists in the public interest, striving to ensure that practitioners are competent, ethical and accountable. The mission of the CRPO is to develop standards and procedures to regulate psychotherapists in the public interest, striving to ensure competent and ethical practice within a professional accountability framework.

A Psychotherapist's scope of practice includes the “assessment and treatment of cognitive, emotional or behavioural disturbances by psychotherapeutic means, delivered through a therapeutic relationship based primarily on verbal or non-verbal communication” (Psychotherapy Act, 2007, section 3)

Staff Profile: Sarah Greenall

Sarah Greenall is a graduate of the Fine Arts Program from Lakehead University and the Art Therapy program from the Toronto Art Therapy Institute. Sarah is a professional member of the Ontario Art Therapy Association (OATA) and is also the Communications Chair for the Board of Directors 2013-15 for OATA. She has experience working with seniors, adults and children to facilitate self-exploration using imagery, colour, and shape. Sarah is familiar with a variety of art media and techniques including paint, clay, drawing, collage and loves to use unconventional materials such as plasticine, wire, shaving cream, and other fun found objects to create unique art and experiences.



Snapshots of Art Therapy Programs in Action



Wynfield Chartwell



Lakeshore Lodge



Chapter 21

Exhibiting client artwork in a public display occurs only when it correlates with therapeutic goals outlined within the client's art therapy care plan.

When exhibition is appropriate and therapeutically beneficial for the client, it is discussed at length within art therapy groups before the onset of an art therapy project.



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