

# InnerArt Connection

WINTER 2020

A NEWSLETTER FOR RESIDENTS, FAMILIES & THE COMMUNITY

## The controlled act of psychotherapy takes effect



The controlled act of psychotherapy is a legally restricted act. It is defined as treating, by means of psychotherapy technique, delivered through a therapeutic relationship, an individual's serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual's judgement, insight, behaviour, communication or social functioning.

As of January 1, 2020, only certain regulated professionals will be authorized to perform the controlled act of psychotherapy in Ontario. This includes professionals regulated by the College of Nurses of Ontario, College of Occupational Therapists of Ontario, College of Physicians and Surgeons of Ontario, College of Psychologists of Ontario, Ontario College of Social Workers and Social Service Workers and the College of Registered Psychotherapists of Ontario.

All members of the InnerArt Inc. team are Registered Psychotherapists in good standing with the College of Registered Psychotherapists of Ontario.



**InnerArt** Inc.  
Providing the services of Creative Arts Therapies

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## ***Joy in the hive* art therapy project**

The Art therapist at Bendale Acres designed and facilitated a successful home wide collaborative art therapy project called, “Joy in the Hive”. The goal of this initiative was to provide opportunities for residents to express personal insights in a collaborative, vibrant hive of activity. Over the course of several months, residents developed personal and colourful artwork using a hexagon pattern.

## **InnerArt Inc. in and around the city**

### **Fudger House**

Fudger House offers an art therapy group that includes residents from multiple units. Group goals include reducing social isolation, promoting a sense of meaningful purpose and the provision of therapeutic and peer support.

### **Kipling Acres**

The art therapist continues to provide weekly group art therapy sessions. These person-centered sessions focus on the strengths and needs of residents. Residents address their current needs through diverse visual arts media.

### **Bendale Acres**

Individual art therapy sessions are facilitated using a person-centered approach. Weekly group art therapy engages residents in psychosocial and cognitive stimulation while supporting emotional well-being.

### **Carefree Lodge**

Carefree Lodge offers an art therapy group that includes residents from multiple units. Group goals include addressing psychosocial and emotional needs and the provision of therapeutic and peer support.

### **Seven Oaks**

Art therapy at Seven Oaks focuses on one-to-one person-centered art therapy. Therapeutic goals include managing feelings of anger, sadness and loss.

### **Wynfield Chartwell**

Wynfield Chartwell offers weekly individual art therapy sessions in addition to group art therapy for 6 to 8 residents. The art therapist offers residents media such as paint, clay, poetry, and mixed media collate to encourage creative expression and to support residents emotional, cognitive and intellectual needs.

# Engaging residents and resident communities

## Cummer Lodge

The art therapist provides both small group and individual art therapy sessions within the home. Therapeutic goals include promoting a sense of purpose, improved psychosocial well-being and facilitating self-expression. In early January 2020, a month-long resident-initiated art therapy exhibition opened in the Main Lobby.

## Wesburn Manor

In addition to individual art therapy, Wesburn Manor currently also offers two small art therapy groups that include residents from multiple units. Group participants often work on art collaboratively, which enhances positive social interactions and communication skills, contributes to the development of a sense of community and promotes a sense meaningful purpose and accomplishment.

## Castleview Wychwood Towers

Art therapy participants are enjoying a larger art therapy group that caters to each participants' abilities and needs and artistic development. The art therapist provides both individual sessions and a group session on a weekly basis. The approach is client-centered and offers a variety of materials and media for art making.

## Lakeshore Lodge

An art therapy group is offered on a weekly basis and discussion on personal stories and history is a common theme in group sessions. The completed work from a summer project will be mounted for display in the home's main floor.

## True Davidson Acres

Two weekly art therapy groups are offered at True Davidson Acres. The first group engages residents in spontaneous creative expression for self-discovery and growth. The second group is facilitated in the Alzheimer's unit with a focus on cognitive and sensory stimulation, conversation and positive reminiscence.

## Amica Unionville

Art therapy continues to thrive at Amica Unionville with the offering of two weekly art therapy groups. The first group fosters the use of creative expression for personal and emotional growth, healing and self-awareness. The second group is held in the Memory Care Unit with a focus on reminiscence, cognitive stimulation, communication and well-being.

## Working up the courage: the art of getting started



When asked, 'when did you last create art?' many residents in long term care communities reflect that they have not made artwork since childhood. Many residents share that they feel like their hands are clumsy and they doubt their creative potential. For these residents, the idea of making artwork in a therapeutic individual or group setting can be daunting. Anxiety about skills and abilities may prevent a person from even trying.

Art therapists understand this starting point well and tailor art therapy sessions to support, encourage and embolden residents to take the first step towards creating art in a therapeutic setting. Art therapy sessions are different than an art class; there are no set rules or corrections to reach a refined finalized product. The goals of the art therapy session are embedded in the creative process itself and the reflections and interpretations made to the artwork afterwards. It can take a great deal of courage to move out of one's comfort zone, but the gains made by trying can be fruitful and inspiring.

## Sexuality and intimacy in aging

In September 2019, the InnerArt Inc. team engaged in a peer-led learning workshop on the theme of sexual identity and intimacy in aging. The team collectively reviewed academic studies and discussed the relationship between personhood and sexual identity throughout the aging process.

For professional development, the InnerArt Inc. team engages in 3 peer-led learning workshops annually, on diverse topics related to art therapy in long term care.



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