

Application of Brief Artistic Interventions within Integrated Care and Services

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Learn to utilize basic brief artistic interventions as a part of your agency's efforts to provide services by helping clients manage stress and anxiety and increasing the effectiveness of interactions with clients.

What are Brief Artistic Interventions?

Simple techniques based on principles of art therapy and movement therapy that can be utilized to promote mindfulness and relaxation, reduce stress and anxiety, and improve mood. The audience will be invited to participate in these experiential activities and learn ways to guide their clientele through these interventions, including drawing, coloring, breathing and tapping.

What makes Brief Artistic Interventions effective?

The process of art-making and artistic-moving allows for expression of feelings, increased focus, and enhanced mood. Empirical research in the field of art therapy has shown how anxiety and negative mood may be reduced by engagement in drawing activities that allow a release of emotion, and coloring activities which encourage focus on the present moment, serving as a distraction and method of calming one's self.

Empirical research performed by Leijssen (2006) noted that the effects of body-oriented interventions on the client's process are many and multifaceted. They include a greater awareness, engagement in the present, deepening of experience, opening the body memory, cathartic release, resolving blocks and exploring new possibilities.

Who can use Brief Artistic Interventions?

Agency and nonprofit managers, supervisors, and practitioners from the fields of mental health, substance abuse, child welfare, and criminal justice, and others.

When can they be used?

- As psycho-educational interventions based on teaching and supporting self-regulation. *A person is feeling anxious, stressed or is starting to lose control.*
- As behavioral health interventions based on teaching self-expression and self-soothing. *A person is becoming upset, frustrated, or agitated.*