

7th ANNUAL IRIS HOUSE SUMMIT

Women As
The Face
of AIDS



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Creative Care: Art Therapy for Women Living with HIV/AIDS

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Diaspora Community Services**



*"Art washes away from the soul
the dust of everyday life."*

~Pablo Picasso~



DIASPORA COMMUNITY SERVICES

Who We Are:

Brooklyn-based social support agency empowering families and individuals through culturally sensitive health promotion, family support services, and advocacy.

Who We Serve:

Diverse population of low-income and immigrant families living in Central Brooklyn.



The Women's Supportive Services Program

Providing supportive counseling services to women living with HIV/AIDS

- ❖ Individual Counseling
- ❖ Crisis Intervention/Counseling
- ❖ Family Counseling
- ❖ Advocacy Work
- ❖ Support Groups
- ❖ Structured Community Activities

**Services offered in English and Haitian-Creole*



What is Art Therapy?

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance physical, mental and emotional well-being. The creative process involved in artistic self-expression helps people resolve conflicts and problems, develop interpersonal skills, reduce stress, and increase self-esteem and self-awareness. Art therapists are masters-level professionals who hold degrees in art therapy and/or a related field. The educational requirements art therapists must fulfill include coursework in theories of art therapy, counseling, and psychotherapy; individual, group, and family therapy; human and creative development; assessment and evaluation; multicultural issues; research methods; ethics and standards of practice; and practicum experience in clinical and community settings. Art therapists are also trained in applying a variety of art modalities as part of assessment and treatment, including drawing, painting, sculpture, and other visual media.



(<http://www.americanarttherapyassociation.org>)

Art Therapy Goals for Women Living with HIV/AIDS

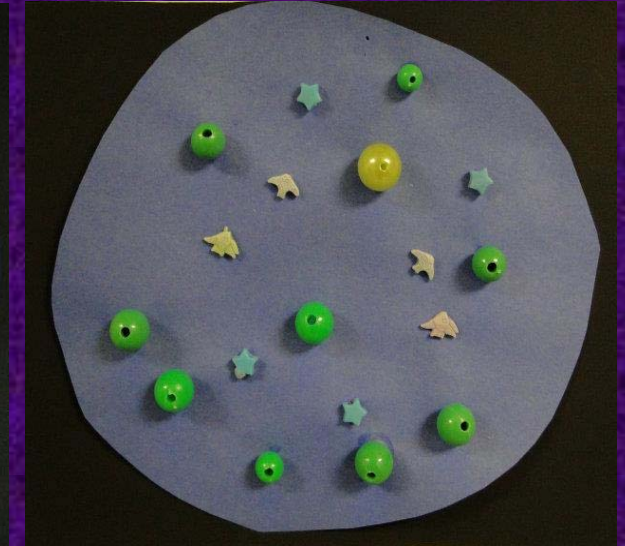
- Foster a sense of community
- Reduce isolation
- Build self-esteem
- Provide stress relief and relaxation
- Enhance communication
- Promote self-awareness
- Help to process traumatic experiences



Examples of Individual and Group Artwork from Diaspora Community Services Clients



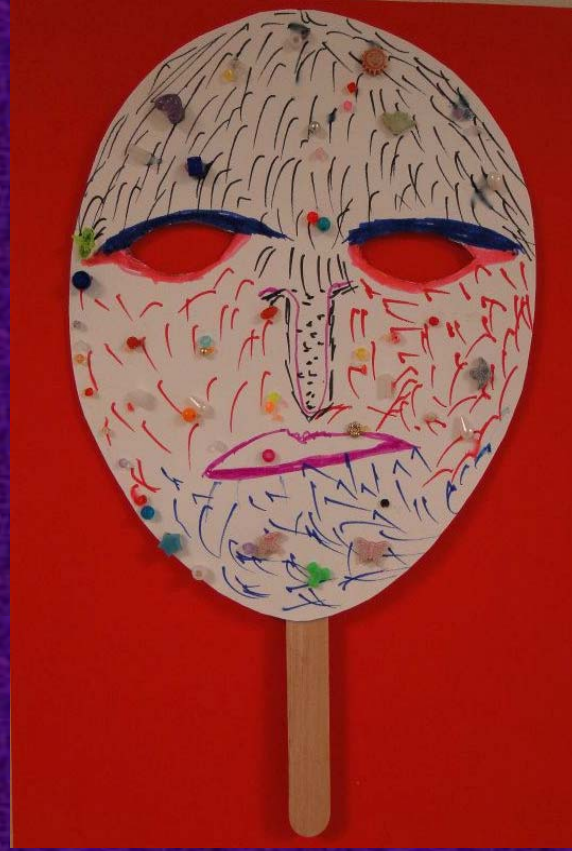
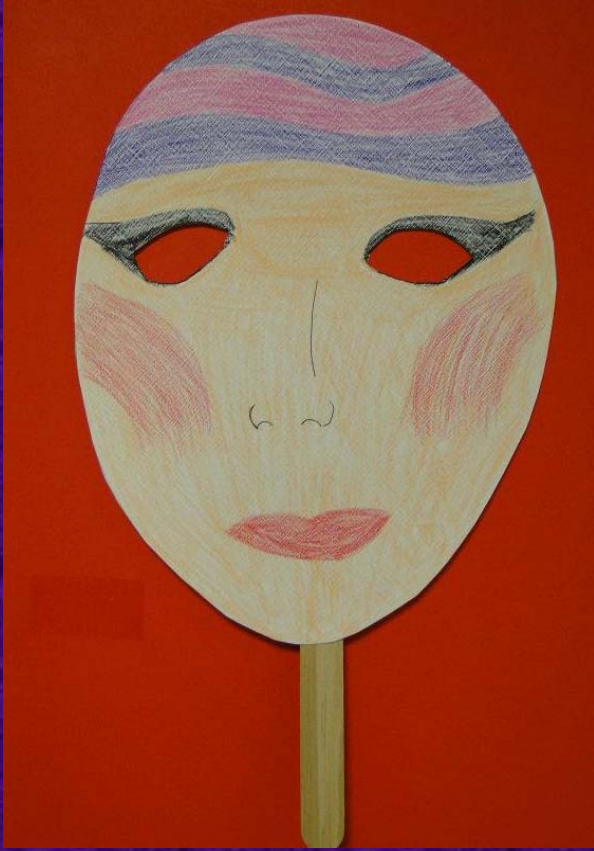
Mandalas



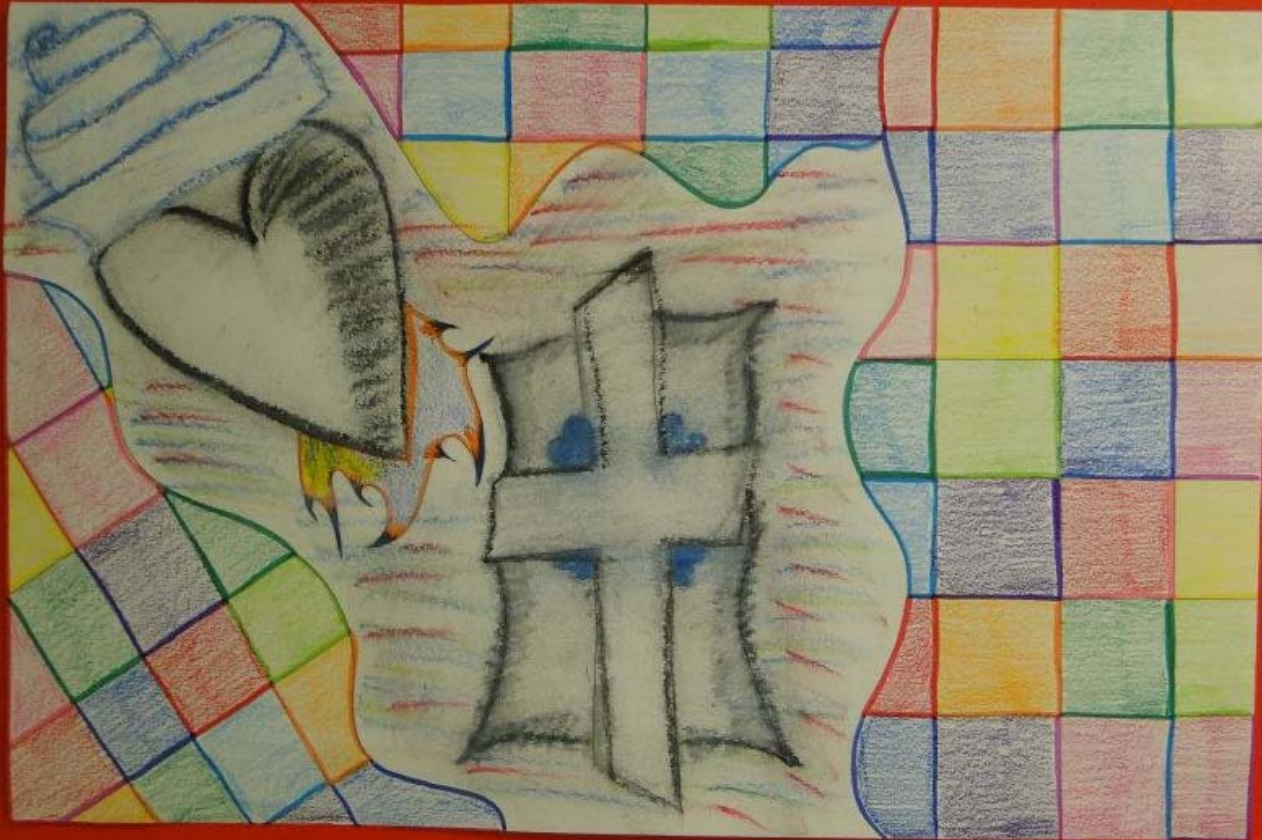
Islands



Masks



Individual Work



Experiential Activity

- Express an emotion on an index card using markers or colored pencils, and have the person next to you interpret the emotion.



Conclusion

- Providing an art therapy program for women living with HIV/AIDS can meet specific individual needs and unify a group in a unique way.
- The sense of holistic healing encouraged through art therapy can lead the way to building more fulfilling relationships and lives.

