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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“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
Shields
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.