SELAMAT DATANG

Welcome to 4th Public Health Seminar 2017

“Life Course Approach To Family Health”
Creative Expressive Art Therapy: Introduction of Filial Therapy

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What is Art Therapy?

- Art therapy is a creative form of allowing children/person to express their feelings and emotion through nonverbal methods.
- Art therapy is a very useful tool for us to understand person world and uniqueness.
- Art therapy also considered a safe outlet for showing any confused and complicated emotion.
What is Art Therapy?

- Creative processes in artistic self-expression can help resolve;
  - conflict and problems,
  - develop interpersonal skills,
  - manage behavior,
  - reduce stress,
  - enhances verbal,
  - cognitive,
  - psychomotor,
  - increase self-esteem and self-awareness.

- Art therapy can be done in groups or through one to one basis clinical sessions.
What is Art Therapy?

“Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental, and emotional wellbeing of individuals of all ages”.

(The American Art Therapy Association, 2008)
“Art therapy is the use of art materials for self-expression and reflection in the presence of a trained art therapist. Clients who are referred to an art therapist need not have previous experience or skill in art, the art therapist is not primarily concerned with making an aesthetic or diagnostic assessment of the client’s image. The overall aim of its practitioners is to enable a client to effect change and growth on a personal level through the use of art materials in a safe and facilitating environment”.

(The British Association of Art Therapists, 2003)
Definition of Art Therapy

“The therapeutic use of art making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek personal development. Through creating art and reflecting on the art products and process, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasure of making art”.

(The American Art Therapy Association, 2003)
Toys and Music Instruments
Toys and
Music
Instruments
Application of Creative Arts Therapy

ROHANI: WE NEED CRISIS MANAGEMENT

BY SARAUU

KOTA SAMARAHAN: The Ministry of Women, Family and Community Development will look into the establishment of Crisis Management as a practical step to address floods in the country more effectively.

Ms minister Datuk Seri Haji Rohani Abdul Karim said with the Crisis Management, which would comprise local leaders, the District and Resident's Officers, government agencies and non-government organisations could systematically manage floods.

According to Rohani, this will prevent panic among the people especially the flood victims.

This is based from the experience during the recent floods that hit the East Coast of Peninsular Malaysia, especially Terengganu.

"Sarawak has the best method of disaster management with the State Disaster Operations Room that gradually shifts to the district level," Rohani in a press conference held after visiting the evacuation centre at Kampung Nenggiri, yesterday.

Earlier, the minister, accompanied  Member of Parliament for Kota Samarahan Datuk Wong visited the evacuation centre  through the drawings by the children of the flood victims during their visit to the flood evacuation centre at the Nuri Islam Mosque in Kampong Payan in.
What is Creative Expressive Arts Therapy?

- Creative therapy refers to a group of the techniques that are expressive and creative in nature.
- The aim of creative therapies is to help clients find a form of expression not limited to words or traditional “talk therapy” creative therapy is as limitless as the imagination in finding appropriate modes of expression.
What is Creative Expressive Arts Therapy?

The most commonly used and professionally supported approaches include art therapy, writing, sand play, clay, movement therapy and psychodrama.
The Landscape of Creative Arts Therapy

• Visual Creative art therapy
• Expressive art therapy
• Play Therapy
The Sequence Of Creative Connection Process

- Movement, music, drawing, painting, sculpting, sound, writing Collages, guided imagery, visual fantasy, socio-psychodramatic.
- Can started with any type of expressive depend on client’s preference.
- Sensory motors and kinaesthetic movement.
- Depend on our way of being
Why Creative Art Therapy?

Rational of using Art Therapy:
- Immediate and spontaneous reaction
- Less threatening
- Non-verbal means of communication
- Control the process
The Beauty of Creative Arts Therapy

Therapeutic Power of Arts Therapy

- Facilitating emotional exploration
- Aiding in verbal expression
- Ahead/beyond words
- Bring hidden/avoid issues to concreate
Art Therapy; Perspective from Person Centered Approach

- Art therapist working from this approach play the role of being open, patient, caring, empathic, understanding, honest, encouraging, respectful, reflective and responsive that encourages clients to make positive choices to facilitate the growth of the individual through therapy.
- The key element is to understand client from their own inner self as first person and knows best for themselves.
- Allowing clients to accept themselves as they are with the support of counselors and art therapist to promote growth and further development.
Theory-based concepts of CAT: The process of Symbolization

- Concreate and broader symbolization.
- Symbolization of self, others, event, circumstances and experiences.
- Metaphors – something represent something else.
- Triadic relationship focus on task.
- Two people perception… need to care with highly sensitivity
- Self reflections and personal meaning.
Art Therapy Ethical Practice

• BUILDING A CLIENT RAPPORT
  – Art therapist need to get as much information regarding the client life history, medical background, social pattern, client’s weaknesses and strengths in preparing treatment plan suitable for client.
  – Accepting the client without any prejudice and with open heart.
• CONFIDENTIALITY
  – Art work is as important and confidential.
  – Art therapist need to respect client’s art work by keeping it safe from the public eye because it contains personal and raw emotion expressed by the client.
  – Please do not put client’s art work in social networking example Twitter or Facebook
  – Letter of consent needs to be signed by the client or parents in allowing art therapist or art counselors to use art work in conferences only for educational purpose.
  – Clients have every right to refuse not allowing his art work to be display to be the public. Do not label art work ads drawing or painting from a down syndrome. Sexual abuse client, mentally ill or autistic. This is because the client is so much more than the disability or illness. Art therapist, counselors are fully responsible of taking care of the client. Any negligence and carelessness of handling client material can be taken to court.
• There is no one right method, but that all have different things to offer.
• What’s work for whom? (Rooth & Fonagy, 2005).
• Different people prefer to engage in different way (Natalie Rogers, 2003).
• Pluralism: Being committed to try my best, and to understand and accept the positions of people who have different ideas (McLeod, 2011).
• Client’s voice are utmost important.
Code of Practice

- Appropriate training requirement
- Cannot simply declare ... I am art therapist... I am professional play therapist.
- Misused and abused the field
- Need skills, clinical practice, experimental, proper supervision and reading from research finding.
- I am a counselor/teacher/educator/parent using play therapy skills.
Creating a Safe Space

- Create an appropriate and safe environment space for the client.
- A clean environment and organized working space will give a sense of calmness to the client.
- Art therapist and counselors need to create a space that give sense of trust, privacy, and safety for the client to make art so that therapy sessions can flow easily without any distraction.
Suitable Art Material

• Art therapy involves using many kinds of art materials like oil pastel, paint, charcoal, felt pen, color pencils, markers, clay, papers, glue and scissors.

• Please be mindful and sensitive to the condition of the client’s ability to handle art materials based on her/his physical ability and self-safety.

• It is also good to give clients a variety of art materials for them to choose from because this will increase their self-esteem and client knows best what material that resonate with their expression.

• Art therapist are encouraged to give assistance to the client when in need of help.
Cross Cultural Issues

- Working with a client from a different ethnicity is challenging in terms of communication.
- Art therapist or counselors need to understand the client’s culture and belief systems by raising their level of cross cultural awareness.
- Cultural awareness is also relevant in pic interpretation which may differ with different clients due to the influence of their ethnic background.
- In this regard, it is advisable interpret a client’s art work with caution, respect and with an open mind.
Benefit of Creative Arts Therapy

• Provides a way to communicate thoughts, feelings and beliefs.
• Develops insight of self and others to facilitate change.
• Improved perspective; externalize an internal process; take a step back.
• Develop problem solving skills.
Benefit of Creative Arts Therapy

• Improve and manage difficult or problem behaviors.
• Relief from overwhelming emotions or crisis.
• Reduce stress.
• Increase self-awareness and self-knowledge.
• Increase self-esteem and confidence.
Benefit of Art Therapy

• Teaches skills.
• Improves concentration.
• Increased ability to cope with symptoms, stress and trauma experiences.
• Enhance cognitive abilities.
• Improve sense of well being.
• Fosters transformation; use past experience to create a new present; author a new narrative of one’s life.
• Promotes integration and wholeness.
• Assists to identify processes of change.
Mask
Mandala
FILIAL THERAPY
Introduction To Filial Therapy

- Play therapy has been used successfully to help troubled children since the 1940s.
- Filial therapy is a special kind of play therapy.
- Filial Therapy was developed in the 1960s by Bernard and Louise Gurney.
Filial therapy provides caregivers (typically parents) with training in basic play therapy techniques so they can use these techniques with their own children.

This modality originated as a group family program and was one of the first systemic family therapy interventions.
Introduction To Filial Therapy

- It is suitable for children between the ages of 3 and 12 years old.
- Filial Therapy is a closely related form of child-centered play therapy that involves the parents or carers directly as the agents of therapeutic change,
Objectives

Filial Therapy can help **CHILDREN** to express their feelings and through the natural activity of play. Children may:

- Understand their own feeling better
- Become able to express their feelings more appropriately
- Be more able to tell parents what they need, what is worrying them
- Become more confident and skilled in solving problems as well as asking for help when they need it
- Reduce their problem behaviors
- Feel more secure and trust their parents more
- Have a more healthy self esteem and increase their self-confidence.
Objectives

Filial Therapy can help PARENTS to:

• Understand their child’s worries and other feelings more fully
• Learn new skills for encouraging co-operation from their children
• Enjoy playing with their children and giving them positive attention
• Increase their listening skills and develop open communication with their children
• Develop self confidence as parents
• Become more able to trust their children
• Deal in new ways with frustrations in family life
The goal of therapy is for the child to feel more accepted and to be able to express feelings in safe and appropriate ways.
Filial therapy aims to both empower parents and improve the relationship between parent and child.
Four basic techniques are taught in filial therapy:

1. **Structuring:** Parents structure the play session by creating a specific play area and telling the child any of the toys provided in the space can be played with, in any way the child desires (with a few safety-based restrictions).

2. **Empathic listening:** Parents can develop skills to reflect a child’s behavior and emotions during play and use these skills to provide reflective commentary on what the child is doing and what the child may be feeling or experiencing.
Four basic techniques are taught in filial therapy:

3. Child-centered imaginary play: The parent simply watches and follows as the child engages in imaginary play.

4. Limit setting: Although rules are kept to a minimum, parents provide limits to ensure safety and respect for property. Some aggression is permitted, but parents intervene if the child attempts to destroy toys or engage in dangerous behavior.
Issues Treated with Filial Therapy

- Anxiety
- Concern related to adoption and foster care
- Chronic illness and disability
- Depression
- Trauma
- Inattention and Hyperactivity
- Oppositional behaviors
- Aggression
- Attachment Issues
Filial Therapy can help parents and children to form closer and happier relationship
Filial Therapy can also be used as a treatment for parent/child relationship problems.
Empowering parents and children

Play is a child’s language and offers the child a safe environment in which to express themselves.

1. The approach is strictly non-directive and child centred. No pressure is put on the child to explore painful areas of his life. The child–led approach allows the child to take charge and explore areas that are important to him.

2. Filial Therapy builds on a relationship which is already important to the child and strengthens the parent-child relationship directly.

3. Parents know their children intimately. They are the experts on their child and can often be extremely motivated to work with their child and to help him or her deal with challenging experiences or developments.
4. Filial therapy acknowledges that most therapeutic work goes on in the home – it does not involve sending the child outside the home to a professional. In this way, the parents are kept central and this avoids any feelings of marginalisation while the child is in therapy.

5. Filial Therapy can help prevent the development of future problems because the parent comes to a greater understanding of the child and can use the skills long after the therapy ends.
Child-Parent-Relationship (C-P-R)

Basic Principles For Play Sessions

1. The parent sets the stage by structuring an atmosphere in which the child feels free to determine how he will use the time during the 30-minute play session.

2. The child leads the play and the parent follows.

3. The parent’s major task is to empathize with the child: to understand the child’s thoughts, feelings and intent expressed in play by working hard to see and experience the child’s play through the child’s eyes.
Child-Parent-Relationship (C-P-R)

Basic Principles For Play Session

4. The parent is then to communicate this understanding to the child by:
   a) Verbally describing what the child is doing/playing
   b) Verbally reflecting what the child is saying
   c) Most importantly, by verbally reflecting the feelings that the child is actively experiencing through his play.
5. The parent is to be clear and firm about the few “limit” that are placed on the child’s behavior. Limits to be set are: time limits

- not breaking toys
- or damaging items in the play area and
- not physically hurting self or parent.
Play Session Do’s & Don’ts

- **Do:**
  a. Do set the stage
  b. Do let the child lead
  c. Do join in the child’s play actively, as a follower
  d. Do verbally track the child’s play (describe what you see)
  e. Do reflect the child’s feelings
  f. Do set firm and consistent limits
  g. Do salute the child’s power and encourage effort
  h. Do be verbally active
Play Session Do’s & Don’ts

• **Don’t:**
  a. Don’t criticize any behavior
  b. Don’t praise the child
  c. Don’t ask leading questions
  d. Don’t allow interruptions of the session
  e. Don’t give information or teach
  f. Don’t preach
  g. Don’t initiate new activities
  h. Don’t be passive or quiet
Goals of the Play Sessions

- To allow the child through the medium of play to communicate thoughts, needs and feeling to his parent, and for the parent to communicate that understanding back to the child.
Goals of the Play Sessions

• Through feeling accepted, understood and valued—for the child to experience more positive feelings of self-respect, self-worth, confidence and competence—and ultimately develop self—control, responsibility for actions and learn to get needs met in appropriate ways.
Goals of the Play Sessions

• To strengthen the parent-child relationship and foster a sense of trust, security and closeness for both parent and child.

• To increase the level of playfulness and enjoyment between parent and child.
Three step A-C-T method of limit setting;

- **A**cknowledge your child’s feeling or desire (your voice must convey empathy and understanding)

- **C**ommunicate the limit (be specific and clear- and brief)

- **T**arget acceptable alternatives (provide one or more choices, depending on age of child)
When to set Limits?

• “During play sessions, limits are not needed until they are needed”

• Limits are set only when the need arises, and for **FOUR** basics reasons:
  1. To protect child from hurting himself or parent
  2. To protect valuable property
  3. To maintain parent’s acceptance of child
  4. To provide consistency in the play session by limiting child and toys to play area and ending on time
Limit Setting

• Avoid conducting play sessions in areas of the house that require too many limits.
• Limits set during play sessions should allow for greater freedom of expression than would normally be allowed.
• The fewer the limits, the easier it is for you to be consistent- consistency is very important.
• Determine a few limits ahead of time.
Why Establish Consistent Limits?

• Providing children with consistent limits helps them feel safe and secure.
• This method of limiting children’s behavior teaches them self-control and responsibility for their own behavior by allowing them to experience the consequences of their choices and decisions.
• Limits set in play sessions help children practice self-control and begin to learn to stop themselves in the real world.
Parent Play Session Notes

• Significant Happenings:

• What I learned about my child:
  – Feeling Expressed:
  – Play Theme:

• What I learned about my self:
  – My feelings during the play session:
  – What I think I was best at:
  – What was hardest or most challenging for me:
Play Therapy
Health Counseling Skills

1. Empathic Responses
   – Empathy
   – Paraphrasing
   – Reflecting
   – Summarizing

2. Exploring Responses
   – Probing
   – Confronting

3. Engaging Responses

4. Reframing Responses

5. Instructional Responding
   – Information Giving
   – Instruction giving
What constitutes An Effective Counseling

- Interpersonal Skills
- Personal Beliefs and Attitudes
- Conceptual ability
- Personal Soundness
- Mastery of technique
- Ability to understand and work within social systems
Frequently Asked Questions
What is special about the play in Filial play sessions?

• The most important is the parent focuses exclusively on the child without interruption for 30 minutes.
• The child gets to lead the play.
• The parent puts the child’s feelings, thoughts and even actions into words, without questioning, teaching or praising.
• The parent learns a simple method to set limits on the child behaviour.
**My Child has some serious problems, How can play help?**

- Play is a child’s natural way to explore their world.
- Children use play to find solutions to problems.
- Play can be healing.
- Children’s thoughts and emotions come to the surface during play.
- You can often find out more about how a child views the world by watching and joining in their play than you can by asking them to tell you what is wrong, or asking why they did something.
What does the Filial Therapist do?

- The therapist trains the parent(s) over a number of weeks, and then supervises the weekly Filial play sessions between parent and child.
- The first few sessions may take place in the therapist’s play room.
- When parent and child are ready they have Filial play sessions at home without therapist.
- Parent and therapist continue to meet for feedback and training.
Outcomes

• Lessens the conflict between the child and the parents, and reduces challenging behaviour from the child.
• Reduces the child's anxiety, fear and poor behaviour by allowing their feelings to be explored in the new family environment.
• Gives parents a better understanding of the feelings and emotions which underlie the child's behaviours.
Outcomes

• Strengthens the attachment between the child and the parents as the child starts to understand that the parents understand and accept his or her feelings.

• Teaches the parents new ways of responding sensitively and empathically in situations outside the filial therapy sessions.

• Enhances the sense that the parent is in control in dealing with their child by giving them therapeutic tools which they know they can use effectively. Reduces rivalries by involving all children in the family.
Remember the “Be With” Attitudes: Your intent in your responses is what is most important.

Convey to your child:
“I am here – I hear/see you – I understand – I care”
Filial Therapy Coaching
Creative – Expressive Arts Therapy
Creative – Expressive Arts Therapy
Creative – Expressive Arts Therapy
Application of Creative Arts Therapy
My True Me! basic arts therapy WORKSHOP

Who Am I?

The Objectives
- Know oneself through art
- Strengthen and enhance one’s self-esteem
- Stabilize one’s life direction and goals

The Schedule

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<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>0845 - 0900</td>
<td>Registration</td>
</tr>
<tr>
<td>0900 - 0930</td>
<td>Ice-Breaking</td>
</tr>
<tr>
<td>0930 - 1130</td>
<td>My Image My True Me</td>
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<tr>
<td>1130 - 1200</td>
<td>Social System</td>
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<tr>
<td>1200 - 1400</td>
<td>Lunch</td>
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<tr>
<td>1400 - 1600</td>
<td>Mandala</td>
</tr>
<tr>
<td>1600 - 1730</td>
<td>Music Therapy</td>
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</tbody>
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MERIKAN AREN
Thank You