Moving Forward with Art as a Support Tool
Arc NM Moving Forward Virtual Conference
Wednesday, June 30th
3-3:50
With

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Moving Forward with Art as a Support Tool

Objectives and Agenda

Participants will be introduced to the idea of using art and other self-care techniques as support tools.

Participants will be encouraged to think of art as a process rather than a product.

There will be an art activity and you will need some paper or a sketchbook and a pencil and some crayons or colored pencils and glue to complete it.
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Art and Covid
COVID Routine and strategies
check in
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Basic self-care for beginners and experts

4-7-8 Breathing
Hand on your stomach and a hand on
Your chest
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Creative self-care

“Activities that Build”
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Art and other creative activities
  Gardening
  Cooking
  Photography
  home decorating
  holiday decorating
  scrapbooking/journaling
Art as a Tool in Supporting Adults

ART THERAPY  ART AS THERAPY
MUSIC THERAPY  MUSIC AS THERAPY
DRAMA THERAPY
MOVEMENT THERAPY
EMDR AND MOVEMENT

DANCE THERAPY
YOGA
Art as a Tool in Supporting Adults

What is ART?
• Resistance, fear “I can’t draw” “I don’t have an artistic bone in my body”
• and Success

• Engaging clients and supporters Stories

• Disappointment does happen
Art as a Tool in Supporting Adults

Art Therapy vs. art as therapy

Does it really matter? Yes and no

Journal vs. sketchbook

Daily sketchbook habit start today self-care?

Journaling and sketchbook activity ideas
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Colleagues in Art. History and story of personal growth

Supporting with art along with other self-care support ideas

4 coffee shop openings and shows
2020 Rock Show
Plus a card show
Monthly Classes now on Zoom
Changes for the future
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- Colleagues in Art has had four art opening and art shows at Travelers café.

- The art world is open to Colleagues in Art members.
Colleagues in Art
First Friday Zoom Class

July 2, 2021 1:30 PM
coloring project
Aug. 6, 2021 1:30 PM
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Anyone is welcome to Join the Colleagues in Art.

Collage from a group project with Family Options
Art Activity that is Therapeutic

1. Choose three colors and cover a page of your sketchbook or a half sheet of paper with those colors. Try not to leave any white.

2. Tear the sheet out of the sketchbook.

3. Crumple and unfold and recrumple the paper at least ten times until it is soft and no longer makes crumpling noises.

4. Tear up the crumpled paper into 10-20 pieces.

5. On a fresh sheet of paper glue the pieces into a collage.

You may want to draw a shape on the page and collage in the shape or you may just collage it randomly on the paper. That is your decision.
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You Tube and Art Lessons

You Tube

https://www.youtube.com/watch?v=dYMAJ7oy3hk&list=UUy0-9vYn94d3i-PZ3RJn2A&index=69&t=0s

https://www.youtube.com/watch?v=ePdUIZ_Hhkc&list=UUy0-9vYn94d3i-PZ3RJn2A&index=111

Colleagues in Art You Tubes

“Activities that Build” book
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Process over product but hey the product is awesome too!!!
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