

2023 Pain Care Skills Training

Art Therapy for Pain

Presented by: Mallory Van Fossen, ATR-BC, LCAPT, ATCS

Offered: 21 AUGUST 0730-1130 EDT

Location: NIH Natcher Center, Room F1/F2

Description:

This presentation will provide an overview of the clinical and theoretical foundations of art therapy, and its practical applications in the management of pain. Attendees will be provided with a summary of the professional field of art therapy; methods, applications, and approaches; pertinent theories to support its effectiveness; and data to support clinical outcomes. Art making experiential will be facilitated to provide practical application of methods discussed, and further attendees understanding through hands-on learning.

Learning Objectives:

1. Attendees will understand how art therapy and art making can be successfully used alongside conventional treatment and management of pain.
2. Attendees will be able to identify three art making directives or approaches and the data to support and describe the outcomes and effects of each.
3. Attendees will understand how the Haaga Art Therapy & Chronic Pain Framework (2015) can provide useful objectives for the future application of art therapy in the treatment of pain.
4. Attendees will engage in artmaking to process didactic material through a creative hand-on experience, and to demonstrate methods through experiential learning.

Agenda: 21 AUGUST 0730-1130

0730-0830 Present art therapy treatment (Methods, applications, approaches, art therapy profession)

0830-0930 Present art therapy for pain (Theory, objectives, experientials, materials, ethical considerations)

0930-0945 BREAK

0945-1000 Provide artmaking experiential directions

1000-1100 Artmaking experiential

1100-1130 Discussion of experiential, Q&A