

*Finding the Artist in You:
Healing the Provider Through
Art*

*Presented By:
Molly Ticknor, MA, ATR, LPC
&
Michelle Hamilton, MS, LPC, ATR, NCC*

Objectives:

- Learn how stress can lead to compassion fatigue and the impact of secondary trauma.
- Learn how creative interventions / strategies can engage people emotionally and physically regardless of age, developmental level, or culture.
- Experience the healing power of creating art and how art bridges healthy relationships.



What is Trauma?



Traumatization occurs when both internal and external resources are inadequate to cope with external threat.

Van der Kolk, 1989

We are important too...

 Trauma informed care 6.mp4

**THE RELATIONSHIP OF
ADVERSE CHILDHOOD
EXPERIENCES TO ADULT
HEALTH STATUS**

A collaborative effort of Kaiser Permanente and The Centers for Disease Control

Vincent J. Felitti, M.D.
Robert F. Anda, M.D.



**CHILDHOOD ADVERSITY BY CATEGORIES
(18 years or younger)**

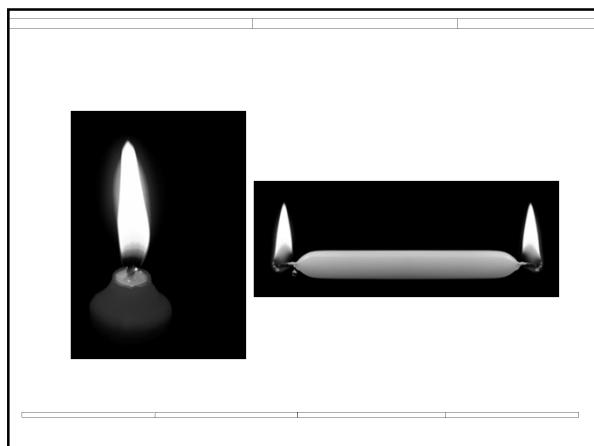
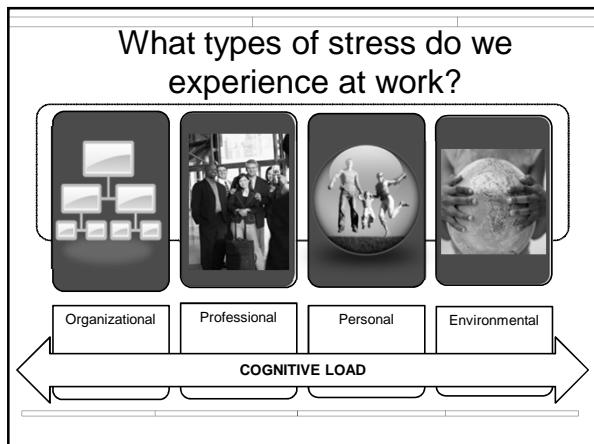
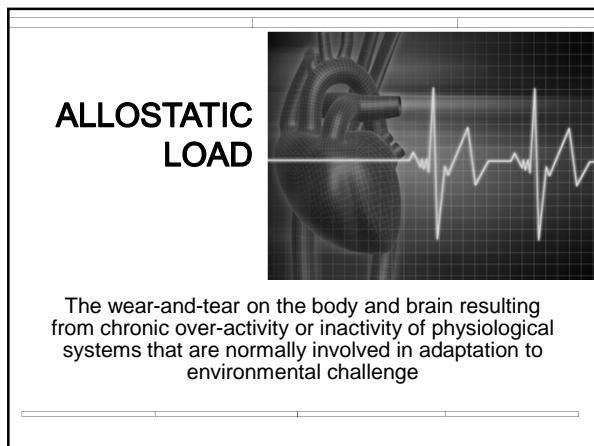
Abuse	Household
Psychological (by parents)	Substance Abuse
Physical (by parents)	Mental Illness
Sexual (anyone)	Parental separation/divorce
Emotional neglect	Mother Treated Violently
Physical neglect	Imprisoned Household Member

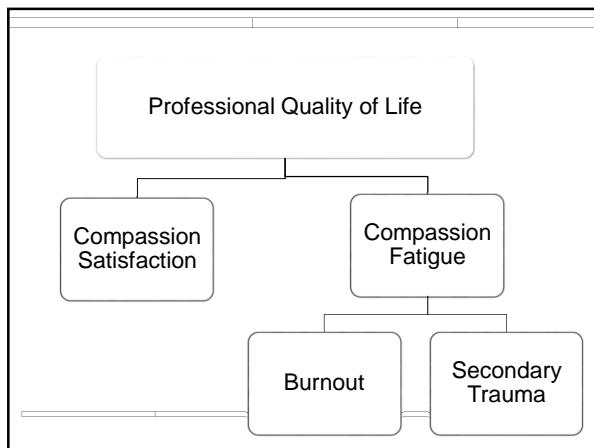
 Department of Health and Human Services
Centers for Disease Control and Prevention

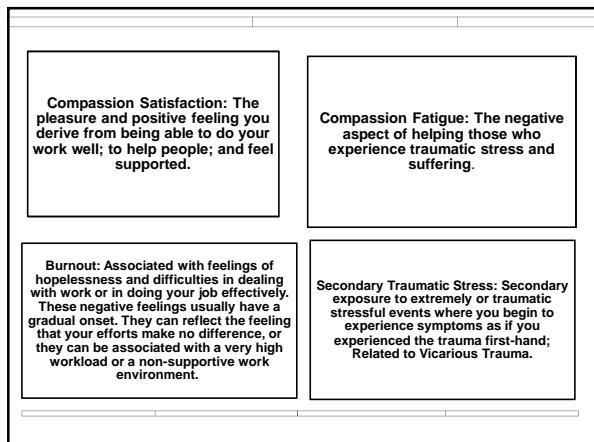
Out of 350 people working in social services	
Psychological abuse (Parents)	37%
Physical abuse (parents)	29%
Sexually abused	25%
Emotional neglect	35%
Physical neglect	12%
Substance abuser in household	40%
Separated from one/both parents	41%
Witnessed Domestic Violence	21%
Imprisoned household member	10%

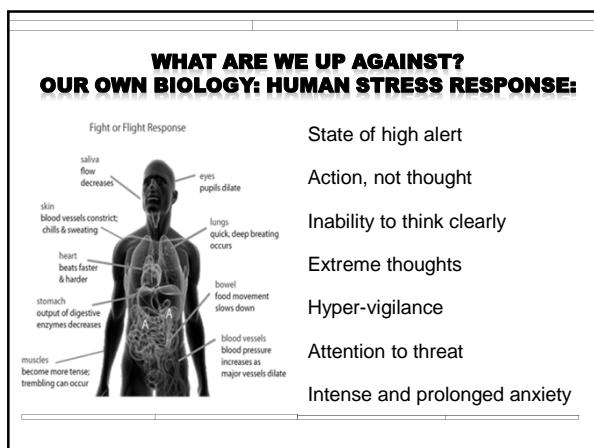
It's Not Just the Clients

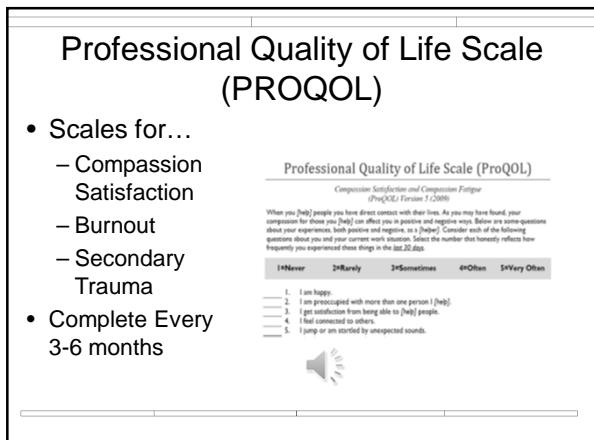
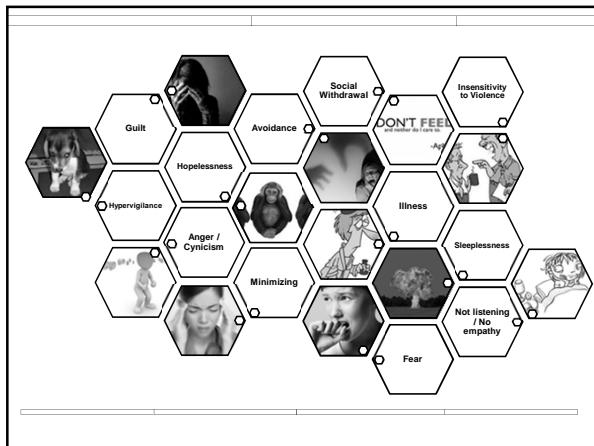










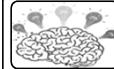


What is Art as Therapy??

"Art can be said to be – and can be used as – the externalized map of our interior self." - Peter London



How Creative Arts Heal

-  Changes the neurological connections in your brain & positively impacts the entire nervous system
-  Reduces the amount of Cortisol in your body - the stress hormone
-  Clears your mind – Achieve FLOW
-  Increases the level of Serotonin in your brain - Positively impacts your mood

