



WHAT SHOULD A RESIDENT EXPECT WHEN PARTICIPATING IN OUR ART PROGRAM

Elders have a right to privacy when communicating or meeting with a therapist. When working with an individual in a one-on-one situation, our therapists actively try to maintain privacy. In group sessions they aim to maintain a safe and confidential space within the neighborhoods. This is done by discouraging on lookers or the input of anyone not participating in the

HOW YOU CAN SUPPORT A SAFE AND POSITIVE THERAPEUTIC EXPERIENCE

Remember that this is the resident's time and they are entitled to the spectrum of human experiences including enjoying a safe and private therapeutic space.

Take an empathetic view and imagine yourself in art therapy; perhaps talking about the things that make you sad or angry, or maybe just relaxing and envision what you would need to feel safe.

Not all attention is welcome, especially when someone is expressing something very personal. Please do not offer unsolicited praise or comments to art therapy participants. It can take weeks of relationship building for the therapist to get an individual to participate and well-intended comments can undermine the trust relationship.

If a person chooses to share their work with you after group, please go ahead and celebrate their accomplishment with them.

ART PROGRAM

Registered Art Therapist

Using the creative process of art making to improve and enhance the physical, mental, and emotional well-being of our elders. This process through artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, handle life adjustments, and achieve insight.

