

INTEGRATING THE EXPRESSIVE ARTS IN SELF-CARE

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OVERVIEW

- Integrating multifaceted expressive arts activities in self-care
- Exploring the Expressive Arts
- Integrating the Expressive Therapy Continuum
- Exploring neurographic art
- Integrating the algorithms in neurographic art



MULTIFACETED SELF-CARE

- Self-care can be defined as a multidimensional, multifaceted process of purposeful engagement in activities that promote healthy functioning and enhance well-being. All the planning in the world won't help if we aren't taking action to take care of ourselves.
- Put another way, self-care is about caring for yourself to ensure your physical and emotional needs are being met to reduce stress and burnout. Using multiple methods is important to maximize self-care.

MULTIFACETED SELF-CARE



- Which of these do you identify with?
- Which of these do you practice on a daily basis?
- How can you combine these and other areas to maximize your self-care?

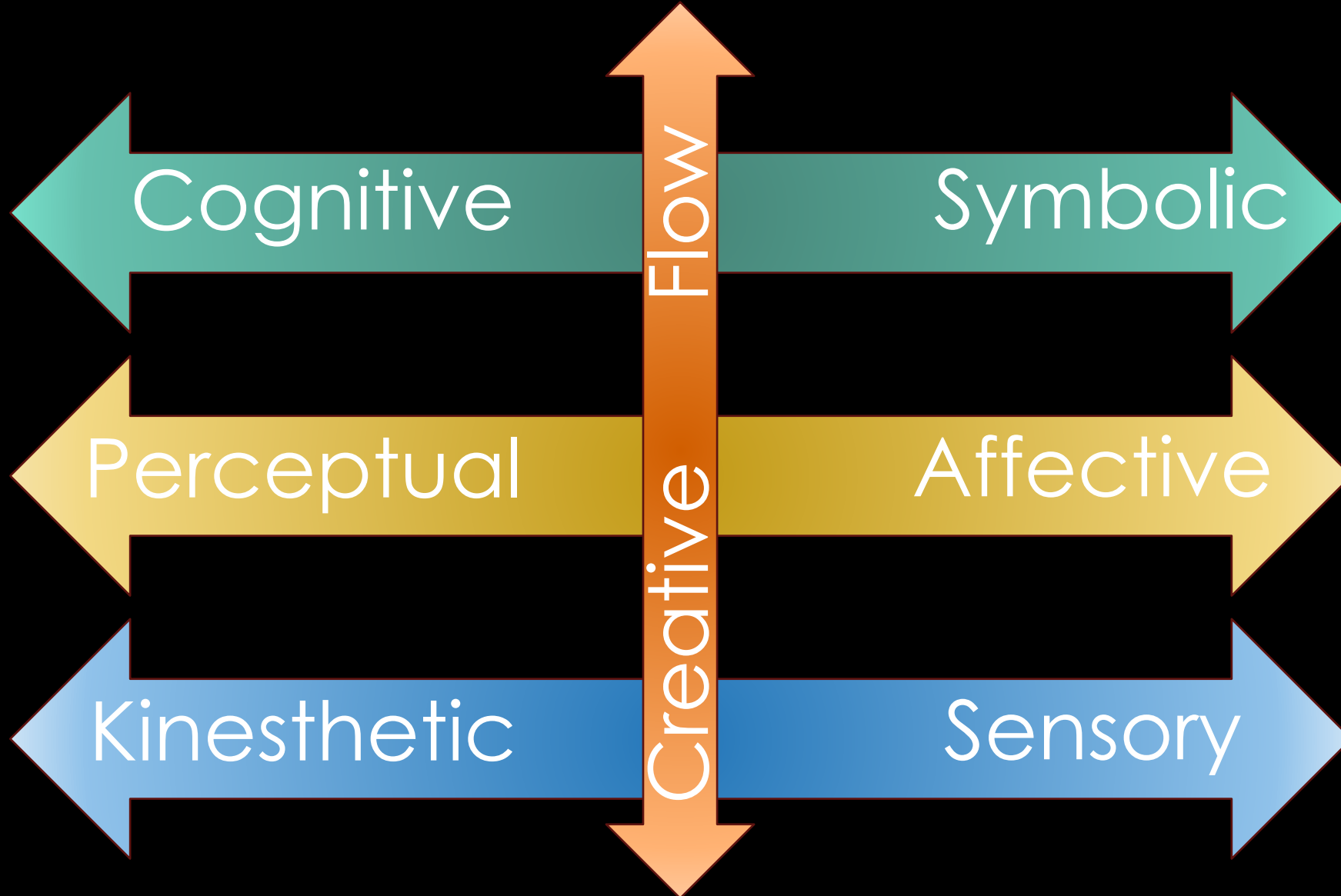
Experiential Exercise

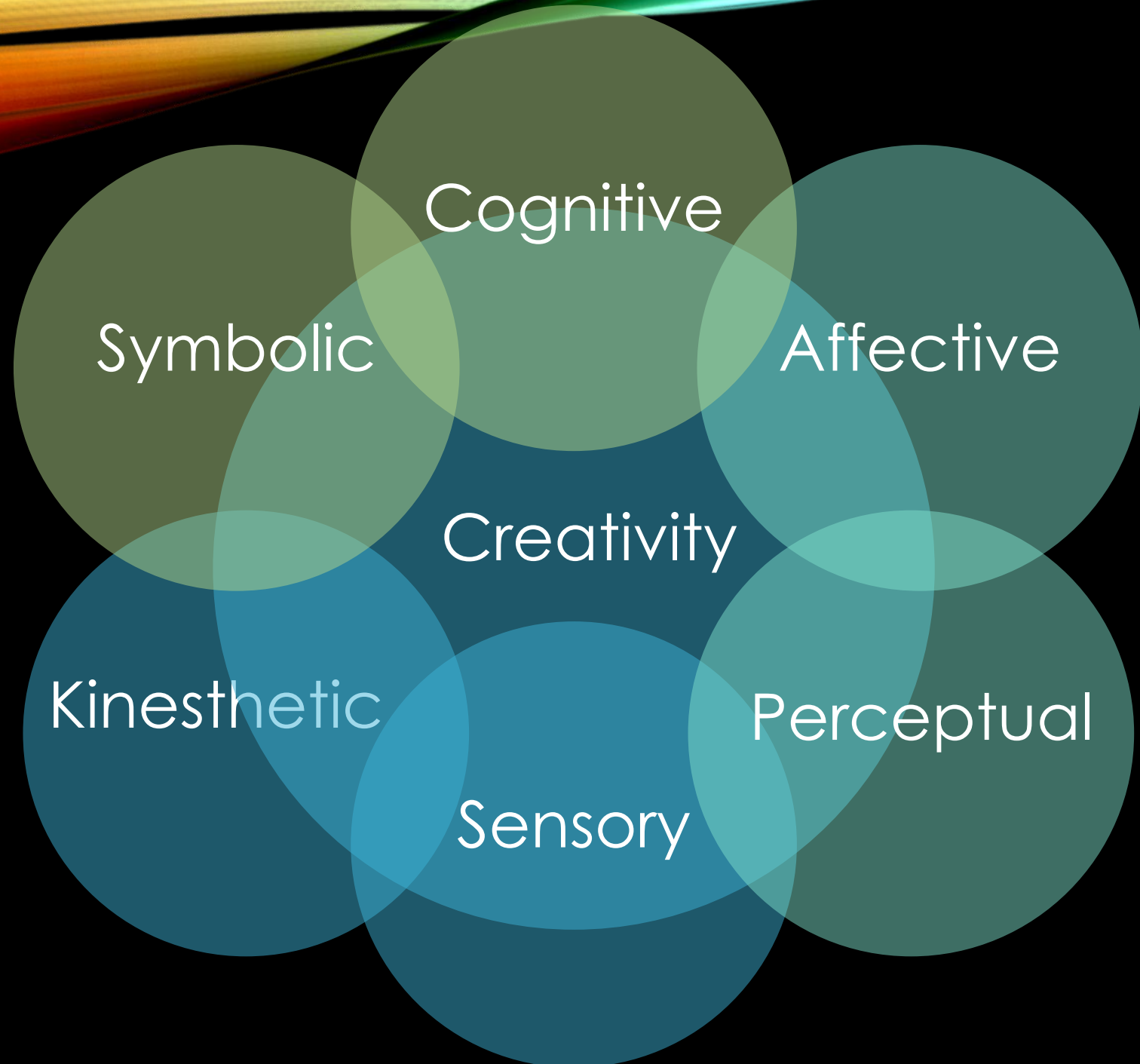


EXPLORING THE EXPRESSIVE ARTS

Expressive Arts combine multiple forms of the creative arts (drama, movement, visual arts, music, writing, etc) in interdisciplinary mental health professions to address behavioral and mental health challenges or stressors with individuals or groups through multimodal approaches or methods that integrates the creative arts using more than one art form.

EXPRESSIVE THERAPY CONTINUUM (ETC)





Cognitive

Symbolic

Affective

Creativity

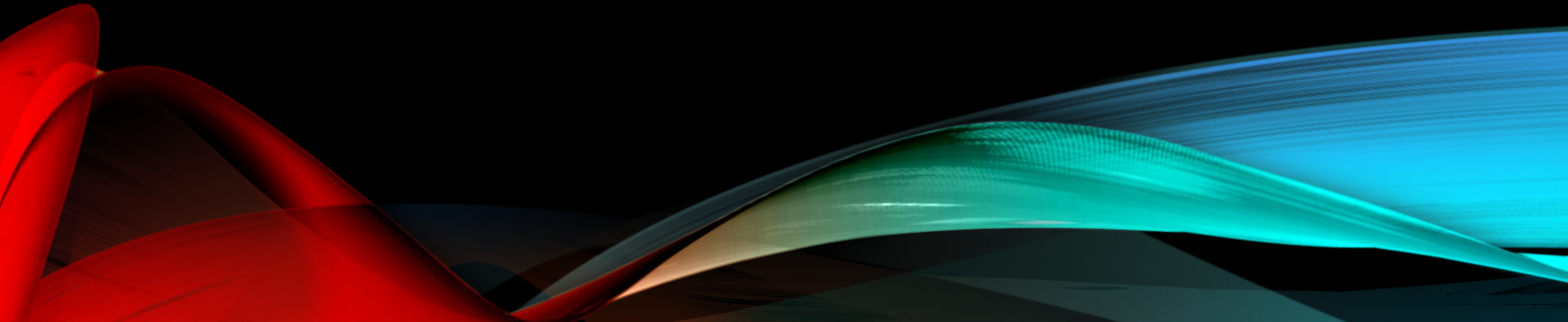
Kinesthetic

Perceptual

Sensory

WHAT IS NEUROGRAPHIC ART?

Neurographic art is a cathartic integration of the external forces in the environment with the unconscious mind that unfolds through drawing.



INTEGRATING NEUROGRAPHIC ART

Neurographic art is a meditative process based in mindfulness. It is an integrative pathway from the rational thinking mind to reach deep into the hidden layers of the unconscious creativity to develop new neural pathways.





Neurographi
c Art
Experiential

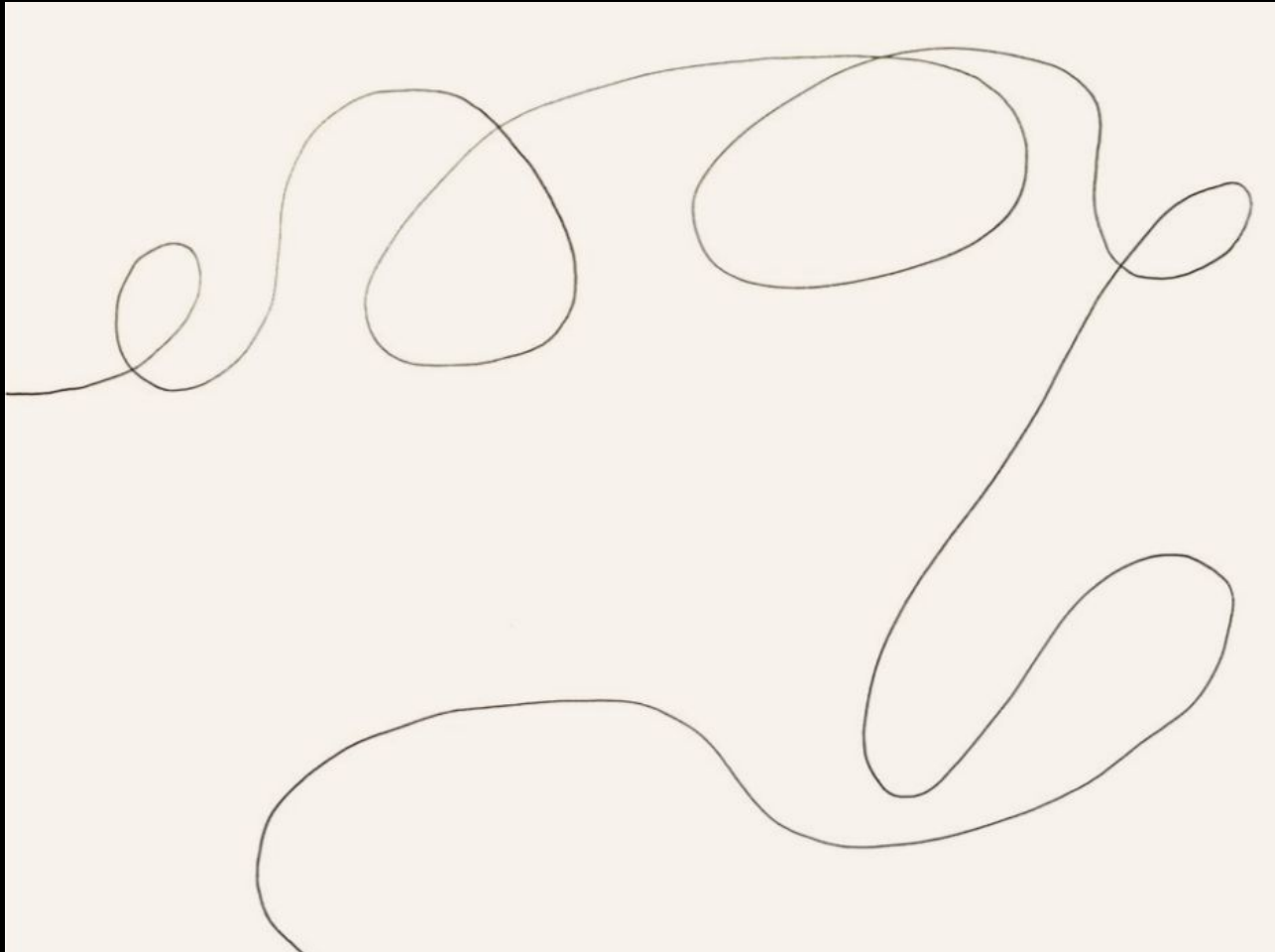
STEPS IN NEUROGRAPHIC ART

Warm up exercise –

1. Create a free form line.
2. Add grounding lines to the edge of the page.
3. Create neural connections – rounding intersections.
- 4 Add more lines and neural connections
5. Color in the shapes.

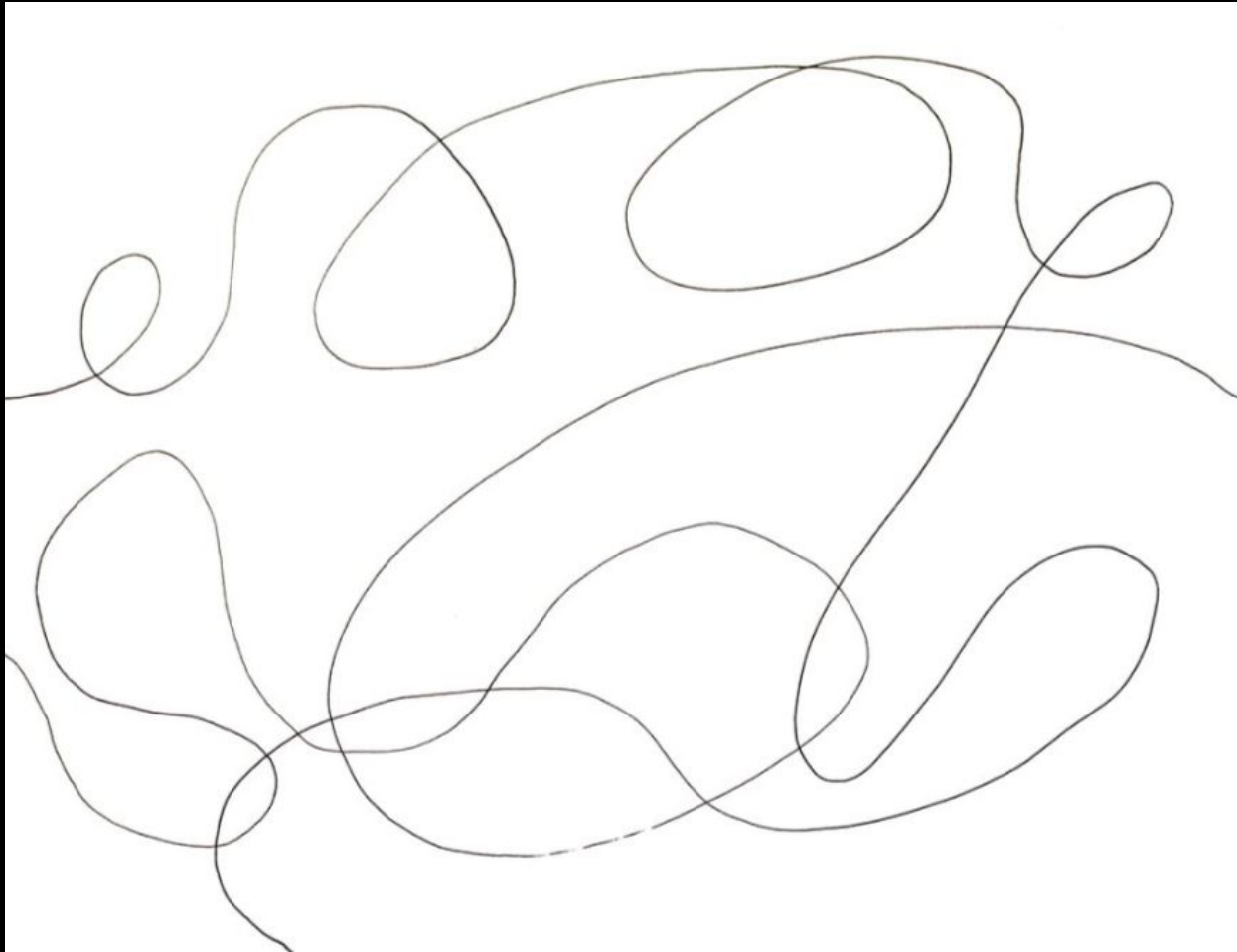


STEP 1



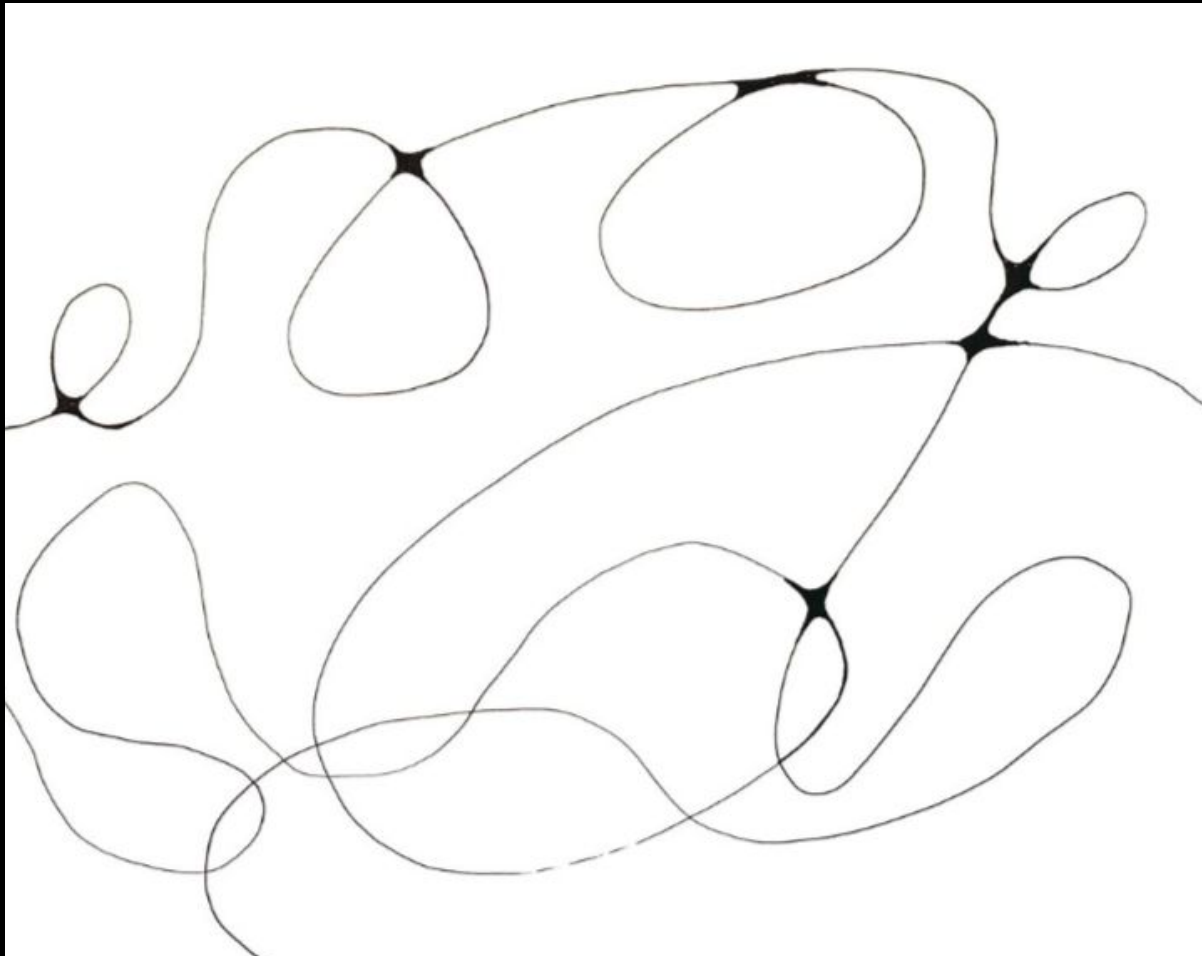
- 1. Create a free form 'neuro line' with a dark marker. If you want, you can reflect on a feeling, experience, challenge or problem.

STEP 2



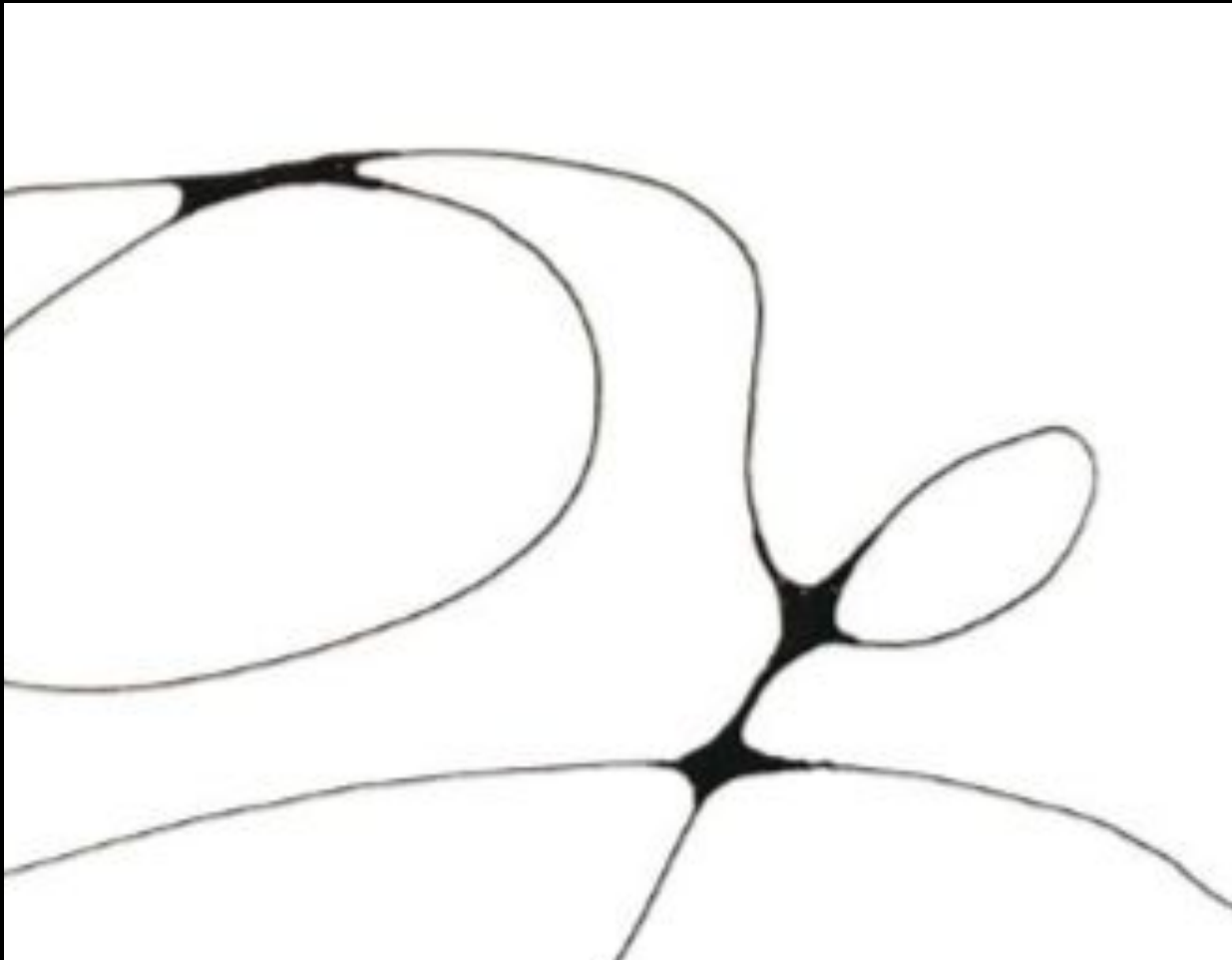
2. Add more lines, “grounding” the image with lines that go to the edge of the page.

STEP 3



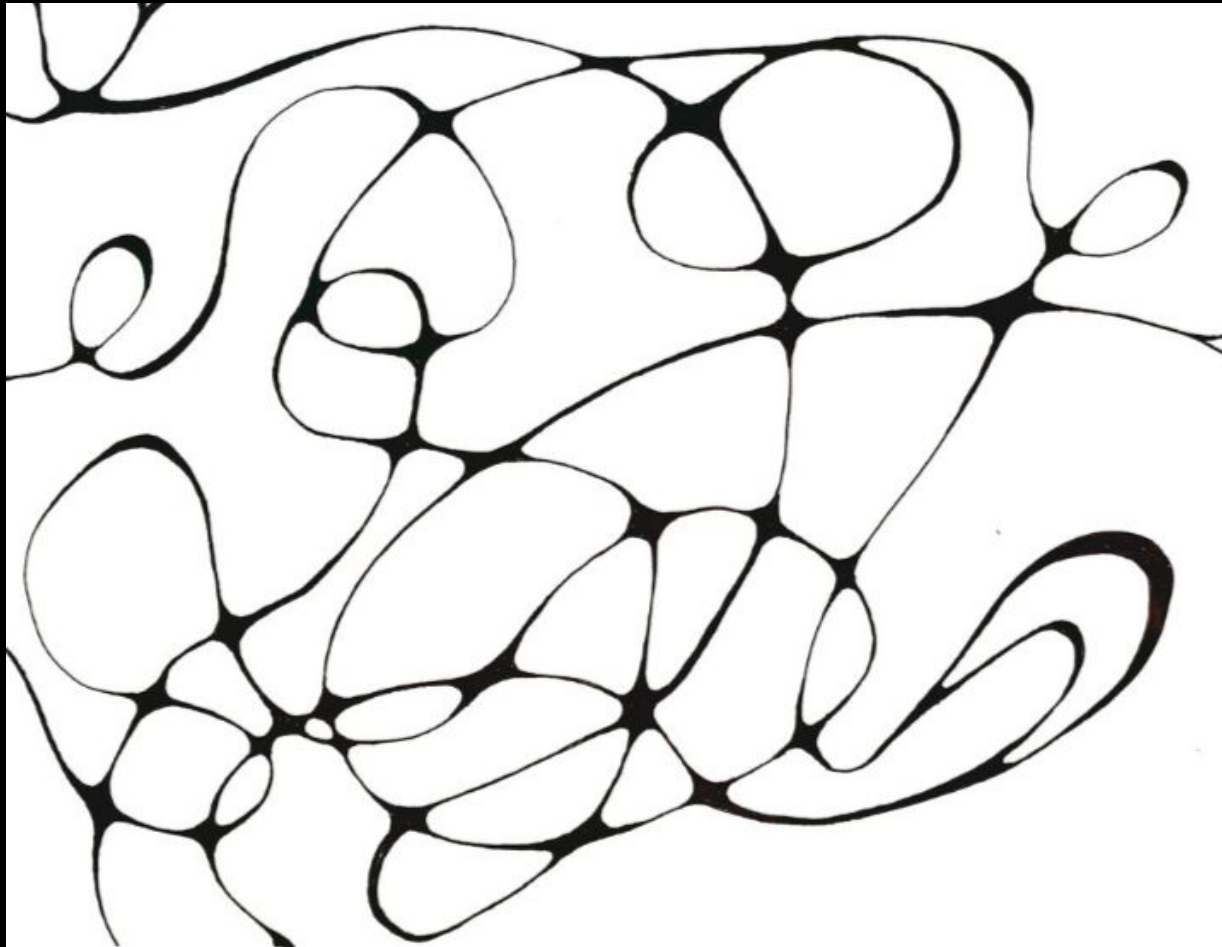
3. Here is when the neural connections begin. Anywhere the lines cross, round the intersections with a curved line and color it in. Let your mind go.

STEP 3



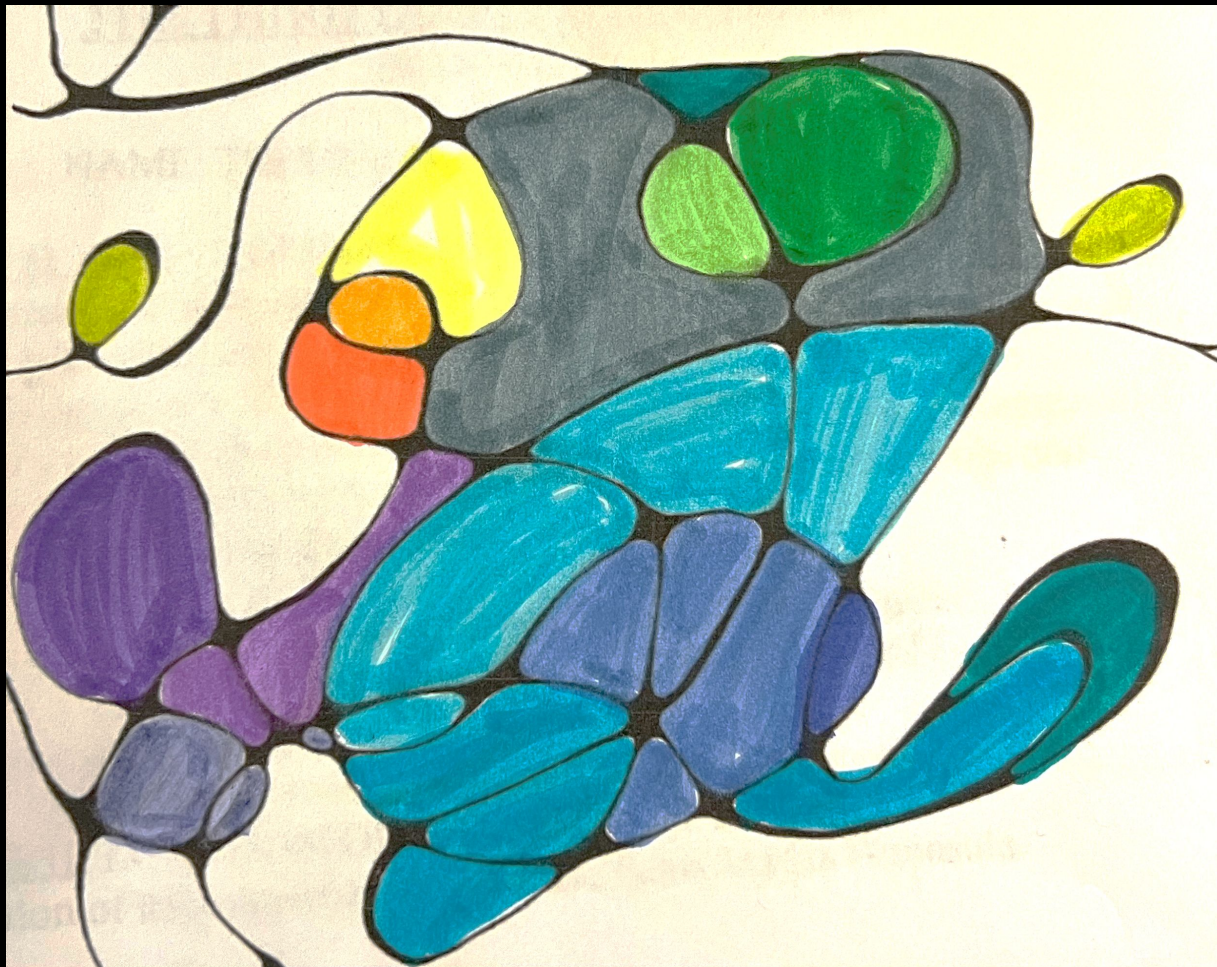
3. Close up of neural connections. Anywhere the lines cross, round the intersections with a curved line and color it in. Let your mind go.

STEP 4



3. Add more lines and neural connections, round the intersections with a curved line and color it in. Keep an open mind. How do you feel now?

STEP 5



5. If you like, you can use the other markers to color in the shapes.



Question
s?



Thank
You!