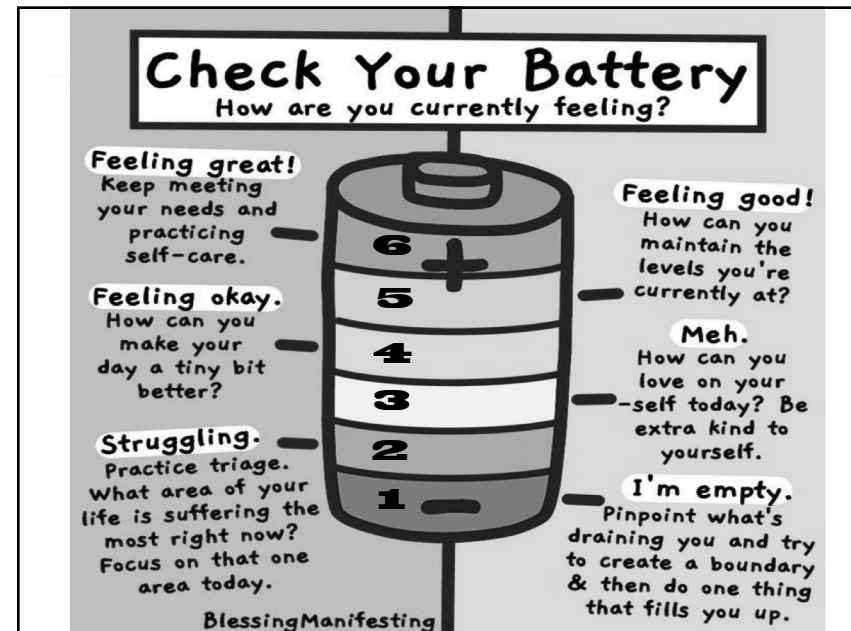


2020 INCAM VIRTUAL RESEARCH SYMPOSIUM

Tips & Strategies When Using Expressive Arts in Online Support Groups During COVID-19

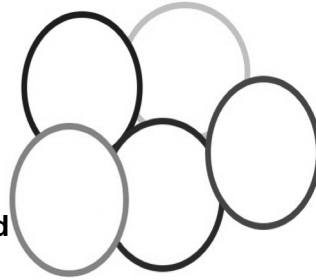
Dawn McBride &
Alyson Worrall,
Registered
Psychologists

Handout Available
www.dawn-mcbride.com



OUR PLAN to introduce to your group

- a) Opening round activity we used: How is your battery?
- b) Use of an image to validate and welcome group members & snapshot of the group structure
- c) Invitation to take care of oneself and others
- d) Drawings to open up space for acknowledgement and grief
- e) Dance of the circles
- f) A closing round activity we used



The thing is,
the human brain is
extremely evolved for
connection &
relationship
- you were never
supposed to be alone
with pain & stress.

Needing emotional
support isn't something
wrong with you-
It's the sign of
something RIGHT
with you.

Our Opening
Group Slide:

**To Normalize &
Validate It is Okay
To Be Here**

Using Art To Express



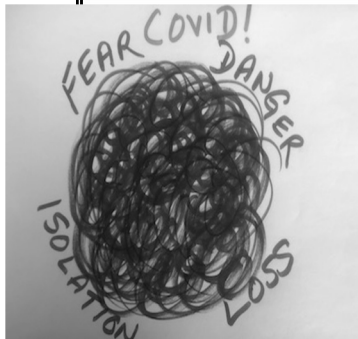
- ❖ Not everyone likes to draw...
- ❖ Addressing perfectionism...
- ❖ Offer ideas to generate ideas...
- ❖ Give permission to modify any direction to ensure a 'best fit'
- ❖ Expressive arts invites the metaphor to speak for the client ...
- ❖ When debriefing expressive arts – avoid judgmental comments *"oh wow", "nice", "you are amazing"* ... instead show curiosity ... without labelling or being the expert ...

When you hear the word COVID or PANDEMIC, what image comes to mind?

- Please capture this image on paper in any way you want (e.g., draw an actual image, use line squiggles, use shading, doodles, etc.)
- Perhaps include in your image something that represents your feelings, thoughts, and/or inner body sensations.

Examples to generate ideas:

- ▀
- a tree with broken branches
- a boat on a lake in the midst of a violent storm
- an abstract doodle



8

Debriefing

What is happening in your drawing?

- ▀ Which emotions are in your drawing?

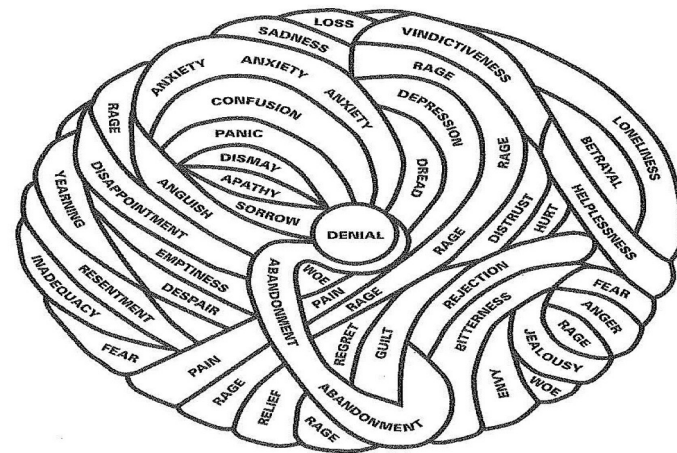
How was the experience of drawing for you?

ACKNOWLEDGING LOSS & GRIEF

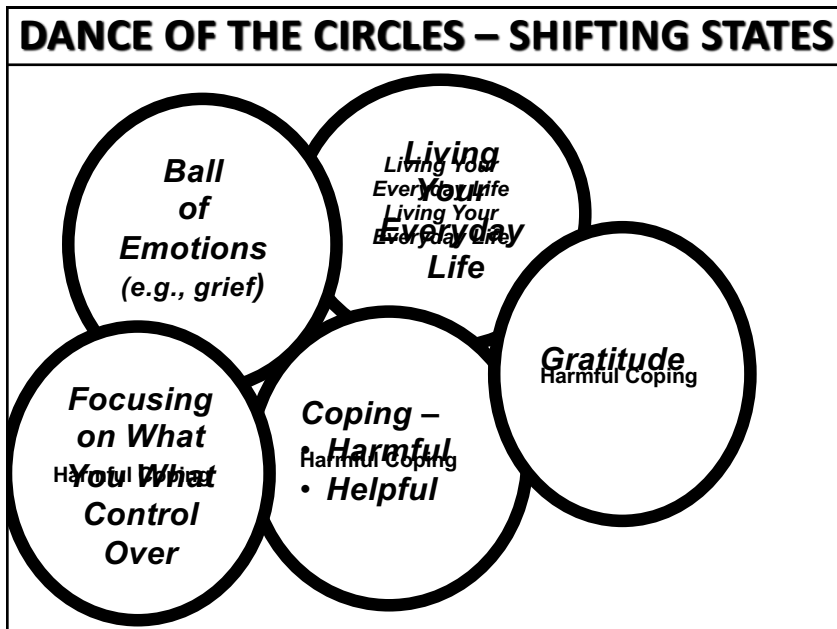
You are not “overreacting”.
 You are not “too sensitive”.
 If it hurts you, then it hurts
 you. Whatever you are feeling
 is valid. Pain is pain.

@mentalhealthagram

Ball Of The Grief



Reference: www.normanwright.com



The section contains three jars, each with a corresponding text block to its right:

- Top Jar:** Contains several dark, irregular stones. Text: "We developed negative coping skills because they worked to help us survive."
- Middle Jar:** Contains a few light-colored stones. Text: "Healing isn't 'getting rid' of the ways we cope"
- Bottom Jar:** Contains a mix of light and dark stones. Text: "Healing is finding and *adding* healthier ways to cope so we rely less and less on coping in ways that aren't good for us."

Below the middle jar is the text: @LINDSAYBRAMAN


COPING: Which quote speaks to you the most?

re: staying regulated during the pandemic

A


People with purpose,
goals, and visions have
no time for drama.
They invest their energy
in creativity
and focus on living
a positive life.

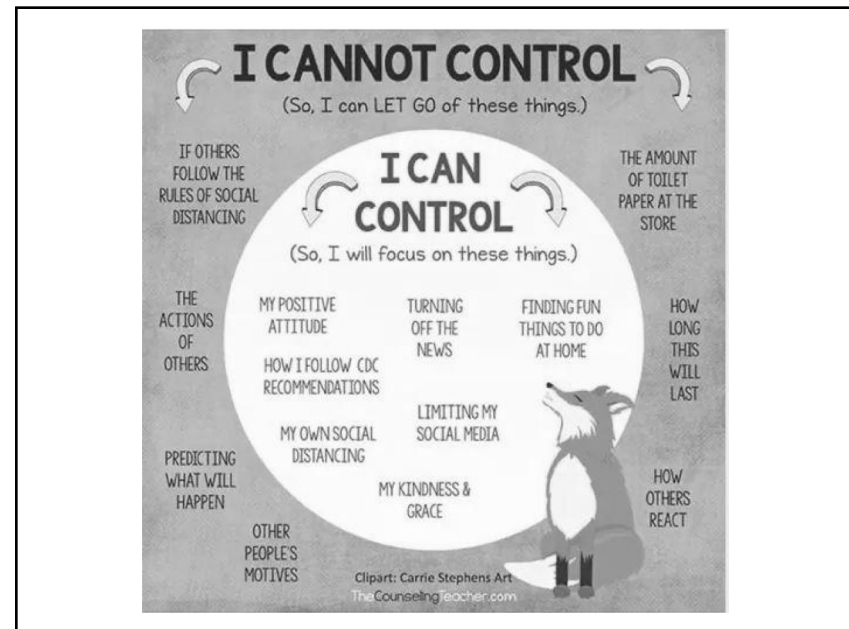
QUOTLING



B

When the world feels like an
emotional roller coaster,
steady yourself with simple rituals.
Do the dishes. Fold the laundry.
Water the plants.
Simplicity attracts wisdom.





- IMPROVES PHYSICAL HEALTH
- IMPROVES PSYCHOLOGICAL HEALTH
- ENHANCES EMPATHY + REDUCES AGGRESSION
- MAY HELP YOU SLEEP BETTER + LONGER
- IMPROVES SELF-ESTEEM
- INCREASES MENTAL STRENGTH
- OPENS THE DOOR TO MORE RELATIONSHIPS



8

Making a Connection: Using the Butterfly Story



- <https://www.youtube.com/watch?v=glprCZujOeY> - 4 min video of how to make an Origami Butterfly out of paper
- How we used the butterfly

In these tough times, what message do you need to say to yourself?

Please type your answer in the chatroom.

