

# **TRASHED:**

## **UTILIZING THE CREATIVE PROCESS TO ENGAGE ADOLESCENTS AND ADULTS IN TREATMENT**

Rebecca Sledge Johnson, LPC-MHSP ATR

[Cumberland Heights Treatment Foundation](#)

Nashville, TN



# GOALS FOR OUR WORK TOGETHER

- Identify and Explain how you can utilize junk materials into the creative process to better engage patients in addiction treatment.
- Explore theoretical approaches that prioritize experiential work for trauma and addiction treatment
- **PLAY!**





# WHY JUNK?

- Affordable and easy to accumulate
- It's not intimidating, often very familiar materials that will be used in a very different way
- Makes art much easier and more approachable
- Encourages resourcefulness and more creativity by reframing relationship with the media





# WHY JUNK?

- Less threatening for those who don't believe themselves to be artists
- Makes art making more approachable and accessible for all
- Powerful metaphor of creating something purposeful from 'trash'





# CHECK IN EXERCISE FOR ADOLESCENTS



- Using non drying clay, allow the patients to grab a piece and immediately warm it up by throwing at the wall or floor
- Create a check in sculpture to represent how you are feeling
- Make sure it is clear that the sculpture will be destroyed after check in.





"I'm sorry," I said. "You'll never know how sorry I am. I made the mistake of thinking—"

"I was thinking how little time I have here, on this trip."



WHEN THE WAR ENDED,



## HANDOUT INCLUDED ON MATERIALS

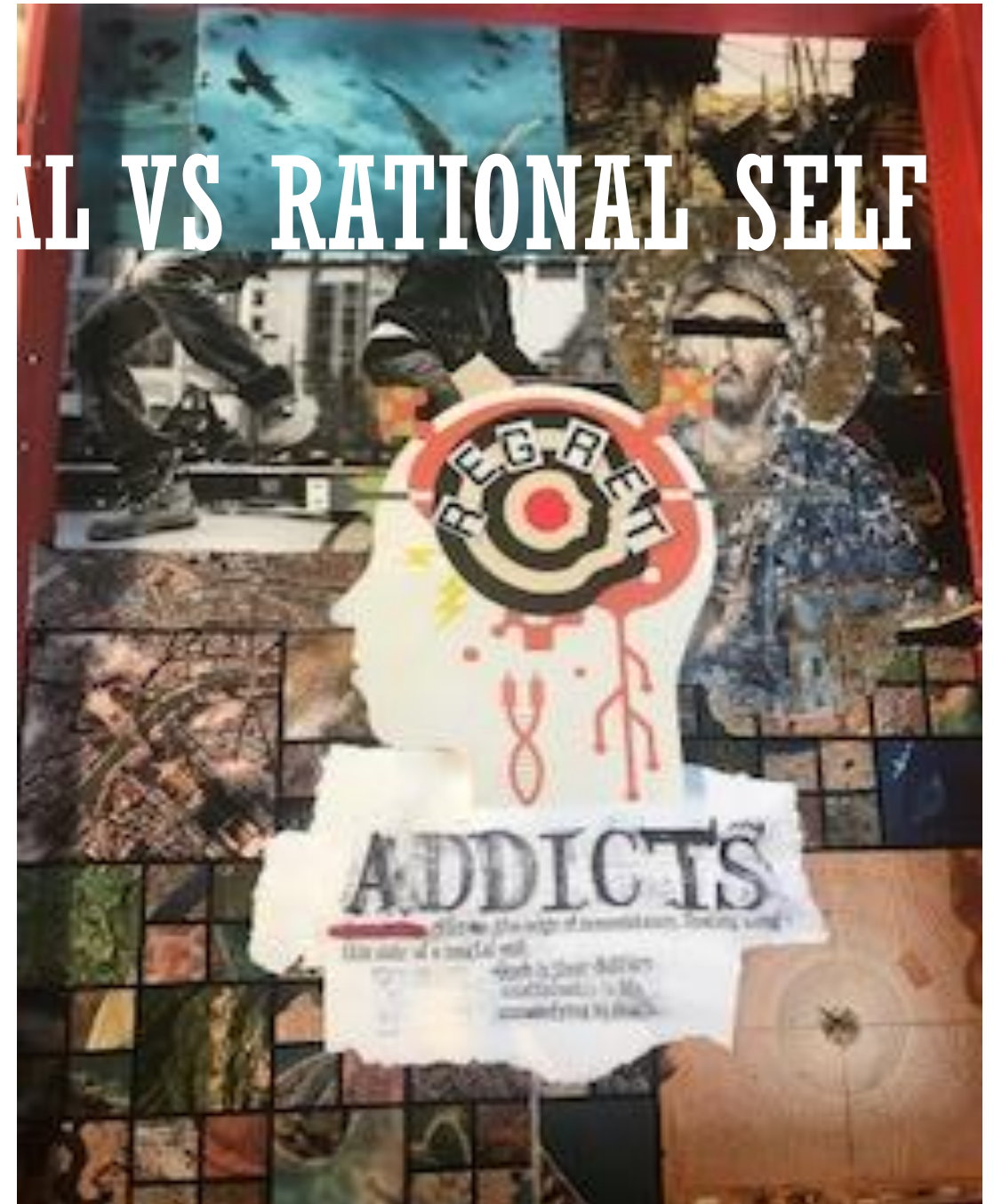
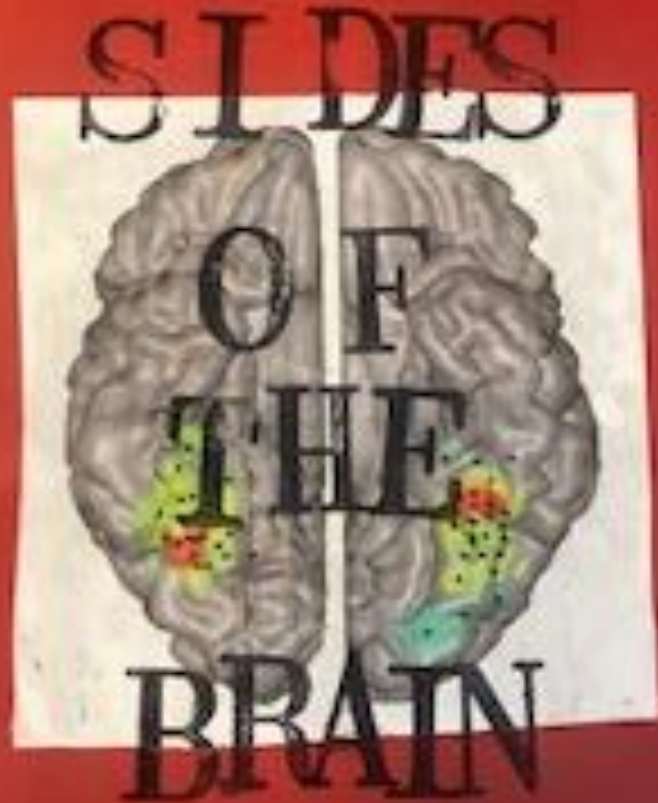
- Start collecting now-
  - News papers and book pages
  - Playing cards
  - Wire, thread and yarn
  - Broken glass or mirrors
  - Fabric
  - Puzzle pieces
  - Make up containers
  - Packaging
  - Figurines
  - Photos or images
  - Nails and screws
  - feathers
  - Natural resources- bark, leaves, sticks, rocks, etc





# BOTH SIDES OF THE BRAIN

## EXPLORING EMOTIONAL VS RATIONAL SELF





# INNER CRITIC

ve tried to cover up any of the sharp  
ainful pieces by keeping only pretty  
eat things at the forefront for other's  
”





**FROM CHAOS TO ORDER**





**FROM CHAOS TO ORDER**





# MASK MAKING





# SELF PORTRAIT





# MASK MAKING



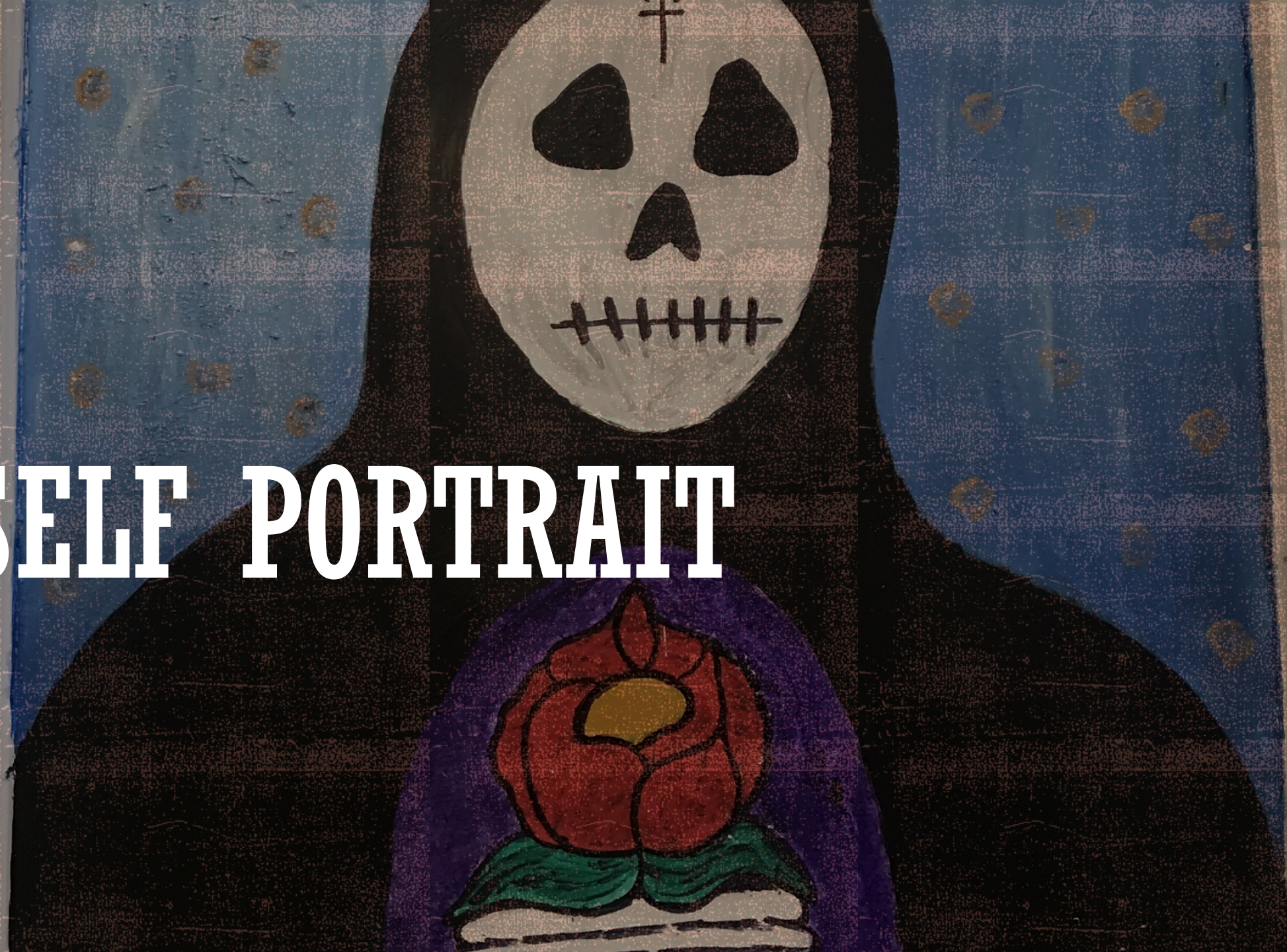


# TRAUMA EXPLORATION





# SELF PORTRAIT







# MY RACING MIND

- Struggled to create something that was any more 'abstract' in media- the use of cutting and pasting was very helpful in balancing emotionally charged messages and supported him in being successful











# RESOURCES

- **Clark, S. (2017) *DBT Informed Art Therapy: Mindfulness, CBT and the Creative Process*. London: Jessica Kingsley Publishers.**
- **Farrelly-Hansen, M. (2009) *Spirituality and Art Therapy: Living the Connection*. London: Jessica Kingsley Publishers.**
- **King-West, E. and Hass-Cohen, N. (2008) 'Art Therapy, Neuroscience and Complex PTSD'. In N. Hass-Cohen and R. Carr (eds) *Art Therapy and Clinical Neuroscience*. London: Jessica Kingsley Publishers.**
- **Kramer, E. (2001) *Art as Therapy: Collected Papers*. London: Jessica Kingsley Publishers.**
- **Ulman, E. and Dachinger, P. (eds) (1996) *Art Therapy: In Theory and Practice*. Chicago, IL. Magnolia Street Publishers.**
- **Van Der Kolk, B. (2014). *The Body Keeps the Score*. New York, NY. Penguin Books.**





# THANK YOU!

- Rebecca Sledge Johnson, LPC-MHSP ATR
- [Rebecca\\_Johnson@cumberlandheights.org](mailto:Rebecca_Johnson@cumberlandheights.org)