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# Using the Expressive Arts to Provide Interpersonal Violence Services

Moderator: Judith Walton

Guest Hosts: Kimber Nicoletti-Martinez; Cathy Phelps

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# Featured Hosts



**Kimber Nicoletti-Martinez**

Founder and Director  
Multicultural Efforts to End Sexual  
Assault  
Purdue University



**Cathy Phelps**

Executive Director  
Center for Trauma and Resilience  
Denver, Colorado

# Using the Expressive Arts to Provide Interpersonal Violence Services



*Note: This session will be recorded and posted along with a copy of the PowerPoint slides on the Expert Q&A Past Sessions page when available.*



# QUESTIONS

# Question

What attracted you to using expressive arts in your work with survivors/victims?

## Question (continued)

What kinds of art forms can be used in work with victims/survivors and victim services professionals?

## Question (continued)

Can all staff implement the arts in work with survivors even if they may not have artistic talent? What about non-clinical staff?

## Question (continued)

Is there any research/evidence that supports of the use of expressive arts in therapy or in work with survivors?



## Question (continued)

How do you use expressive arts with limited or no budget?

## Question (continued)

Can expressive arts be used as a way to promote self-care for staff?

## Question (continued)

What kind of writing has been most effective for helping survivors? (creative, poetry, journaling, etc.)

## Question (continued)

Can you use expressive arts in clinical and non-clinical settings or remote work with survivors? What does that look like in each setting?

## Question (continued)

Is there a specific art form better suited to navigate healing with mental health/trauma?

## Question (continued)

Is there an artistic medium you've had the most success working with? Or does it just vary from case to case?

## Question (continued)

How do you engage survivors in expressive arts? Do you focus the work on the trauma or healing?

## Question (continued)

What are some things you can say to encourage a survivor or client who doesn't think that they can do art?



## Question (continued)

Do you find that victims want to share their expressive artwork with the community?

## Question (continued)

Are there challenges with getting started with expressive arts?

## Question (continued)

What expressive arts work best with support groups, teen girls and other types of groups?

## Question (continued)

Do clients take the art with them or do they leave it behind?

## Question (continued)

What types of questions are good for processing during or after an art project or session?

## Question (continued)

Do you have any final thoughts about ethical concerns in offering expressive arts or in getting your agency on board.



# RESOURCES

# Resources

Annous, N., Al-Hroub, A., & El Zein, F. (2022). A systematic review of empirical evidence on art therapy with traumatized refugee children and youth. Front. Psychol., 18 May 2022, v. 13 – 2022. <https://doi.org/10.3389/fpsyg.2022.811515>.

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Gangadhar, B. (2023). Evidence-based integration of yoga in psychiatric practice. Indian J Psychiatry. 2023 Jan; 65(1): 5–11. Published online 2023 Jan doi: [10.4103/indianjpsychiatry.indianjpsychiatry\\_813\\_22](https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_813_22).

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Hiscox, A. & Calisch, A. (Eds.) (1998). Tapestry of Cultural Issues in Art Therapy. Philadelphia: Jessica Kingsley Publishers.

King, Juliet. (2016). Art Therapy, Trauma and Neuroscience. New York: Routledge.



# Resources (continued)

Li, Yue & Peng, Jun. (2022). Evaluation of expressive arts therapy on the resilience of university students in COVID-19: a network analysis approach. Int J Environ Res Public Health. 2022 Jul; 19(13): 7658. Published online 2022 Jun 23. doi: [10.3390/ijerph19137658](https://doi.org/10.3390/ijerph19137658).

Liebmann, Marian. (2004). Art Therapy for Groups: A Handbook of Games Themes and Exercises. New York: Routledge.

Macpherson, H., Hart, A., & Heaver, B. (2016). Building resilience through group visual arts activities: Findings from a scoping study with young people who experience mental health complexities and/or learning difficulties. J. of Social Work Volume 16, Issue 5.

Malchiodi, Cathy. (2011). The Handbook of Art Therapy. New York: The Guilford Press.

Malchiodi, Cathy. (2006). Art Therapy Sourcebook. New York: McGraw Hill.

Malchiodi, Cathy. (2002). The Soul's Palette: Drawing on Art's Transformative Powers for Health and Well Being. New York: Penguin Random House.

Menakem, Resmaa. (2017). My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies. Las Vegas: Central Recovery Press.

# Resources (continued)

Prasad, S., Howie, P. & Kristel, J. (Eds.) (2013). Using Art Therapy with Diverse Populations: Crossing Cultures and Abilities.

Shukla, A., Choudhari, S., Gaidhane, A. & Syed, Z (2022). Role of art therapy in the promotion of mental health: A critical review. Cureus. 2022 Aug; 14(8): e28026. Published online 2022 Aug 15. doi: [10.7759/cureus.28026](https://doi.org/10.7759/cureus.28026)

Silverstone, Liesl. (2009). Art Therapy Exercises: Inspirational and Practical Ideas to Stimulate the Imagination. Philadelphia: Jessica Kingsley Publishers.

Van der Kolk, Bessel. (2014). The Body Keeps The Score: Brain, Mind, and Body in the Healing of Trauma. New York: Penguin Books.

Varambally, G., George, S., & Gangadhar, B. (2020). Yoga for psychiatric disorders: from fad to evidence-based intervention? The British Journal of Psychiatry , 216 (6), June 2020, pp. 291 – 293. doi:<https://doi.org/10.1192/bjp.2019.249>

Wadeson, Harriet. (2000). Art Therapy Practice: Innovative Approaches with Diverse Populations. New York: Wiley.

# Next Expert Q&A

**Topic:** Providing Services to Victims of Impaired Driving and DUI Crashes

**Date:** December 20, 2023

**Featured Host:** Heather Ayala

# Thank you!

Download a **certificate of attendance** for today's session via the link posted in the Chat.

## Questions?

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