

Creating Communities of Wellness through the Expressive Therapies

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- Introduction
- College population
- Expressive therapies
- Wellness deck
- Q&A

College & University Population

- More students are coming to college with histories of mental illness (Bishop, 2002, 2010; Schwitzer, 2009a)
- Increases in stressful life events associated with anxiety and depression (Deckro, et al. 2002)
- Stress experienced by college students has been documented as a predictor of suicidal ideation and hopelessness (Deckro, et al. 2002)

College & University Population

- AUCCCD (2011) reported the frequency of presenting problems across U.S.:
 - Self injury – 9%;
 - Depression – 37%
 - Anxiety – 41%
 - Alcohol abuse/dependence – 12%
 - Eating Disorders - 7%
 - Suicidal ideation/behavior– 16%
- ACHA (2011) reported the following findings of college students:
 - 14.3% reported physically injuring themselves
 - 1.9% reported seriously having considered suicide
 - 14.1% reported consume more than 7 alcoholic drinks a week

Life in College

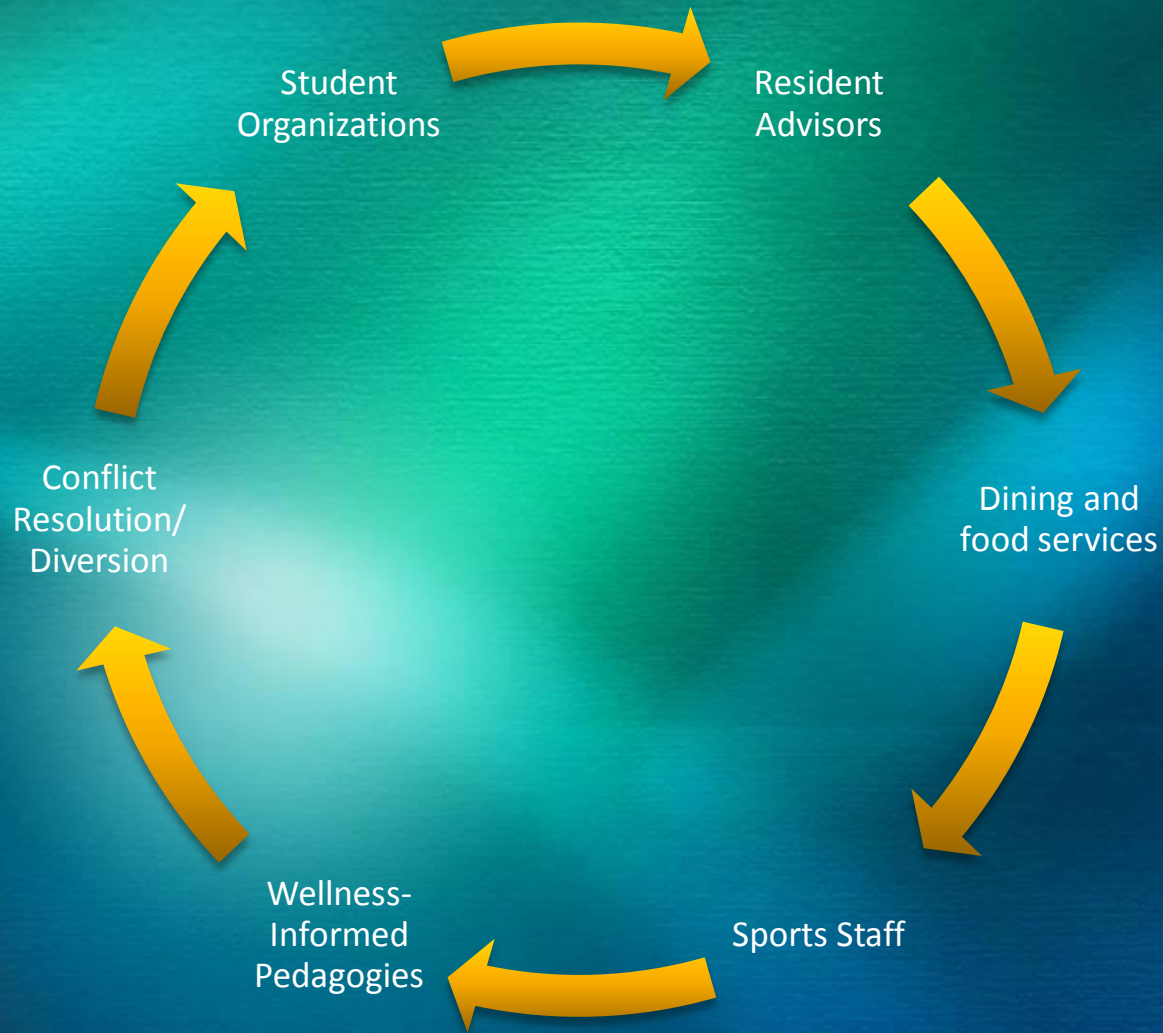


Reaching Across Campus

- Counseling and health staff must accurately recognize the needs of students for effective care
- Outside of the office, staff must develop strategies for reaching students who experience struggles but hesitate to visit (Schwitzer, 2009b)



Campus Outreach



Traditional Counseling Modalities

- Lagging behind are efforts to prevent various mental health issues from occurring (Greenburg, Domitrovich, & Bumbarger, 1999; Peterson & Seligman, 2004)
- Students who come to counseling centers already have identified mental health issues
- Despite outreach efforts to publicize counseling services, seeking counseling help continues to carry stigma.
- Many campuses have to limit counseling services to crisis-based interventions.

A Wellness Approach

How can counselors and other health practitioners reach across the campus to Enhance student wellness, beyond traditional health and counseling modalities?

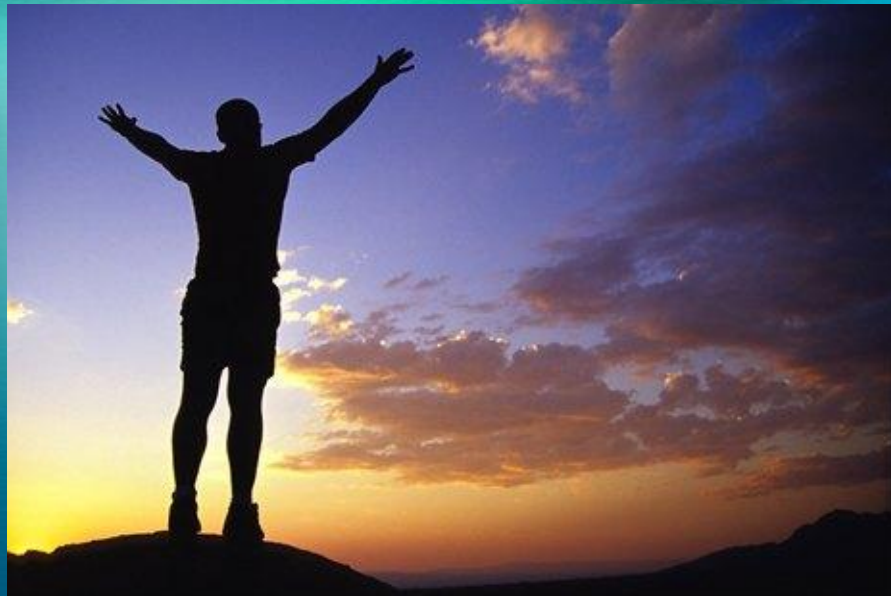
Wellness approach → Strength-based, developmental, holistic/whole person approach

(Myers & Sweeney, 2008)

What is Wellness?

A way of life oriented toward optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human and natural community.

(Myers, J. E., Sweeney, T. J., & Witmer, J. M., 2000)



Expressive Therapies

Why enhance wellness
through expressive therapies?

“...the ability to play spontaneously with ideas, colors, shapes, relationships—to juggle elements into impossible juxtapositions, to shape wild hypotheses, to make given problematic, to express the ridiculous, to translate from one form to another, to transform into improbable equivalents. It is from this spontaneous toying with life that there arises the hunch, the creative seeing of life in a new and significant way”

(Rogers, 1954/1967, p. 355).

Expressive Therapies

- Expressive therapies defined as: art, music, dance/movement, drama, creative writing, play, sandtray, [mindfulness] (Malchiodi, 2005)
- The *arts* used for healing throughout history as preventative treatment (McNiff, 1981, 1992; Malchiodi, 2005)
- Mind-body-spirit connection (Rogers, Tudor, & Keemar, 2012)
- Use of different expressive styles (i.e., visual, tactile, etc.) (Malchiodi, 2005)
- What is important is not the final product, rather the process (Boldt & Paul, 2011; Bowman & Boone, 1998; Wallace, 1987)

Expressive Therapies

- Potential Benefits of Meditation
 - Reduction in Blood Pressure
 - Reduction in Perceived Stress Levels
 - Improved Sleep Quality
 - Improved Mood
 - Reduction in Anxiety
 - Improved Concentration
 - Improvement in Immune System Function

(Caldwell, K., Harrison, M., Adams, M., Rebecca, H. Q., & Greeson, J., 2010; Horowitz, S., 2010; Jonathan, R.K., Shahrestani, S., & Andrew, H. K., 2011; Oman, D., Shapiro, S. L., Thoresen, C. E., Plante, T. G., & Flinders, T., 2008)



Wellness Deck: Sample of Wellness Groups Utilizing Expressive Therapies

Guided Meditation



Art of Wellness Series—Art Journaling



Art of Wellness Series—Creating Mandalas



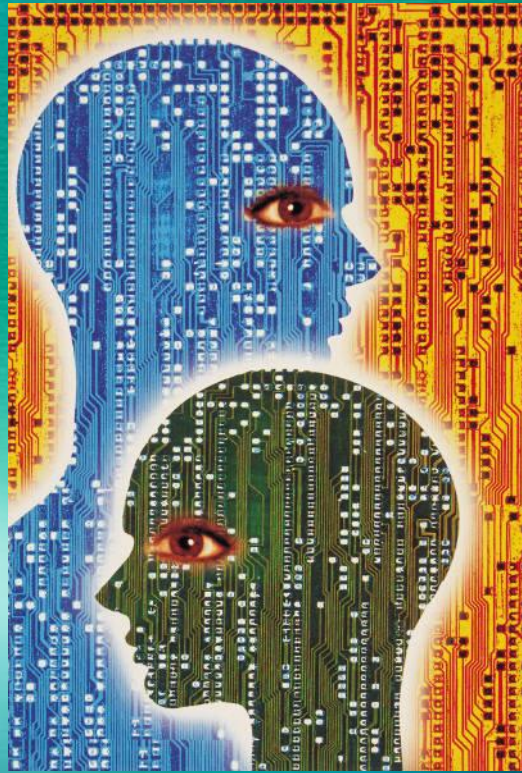
Mask Making



5 Minute Wellness



Q & A



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