

Positive Visual Reframing – A Case Study of using Creative Art Therapy and Journaling to Defuse Away Energy of Negative Experiences and Regulate the Emotions in Special needs Mothers

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Objective: To assess the influence of expressive art therapy and journaling activity on unmindful worries and increase positive emotions in mothers of children with special needs.

Background: As humans, we will never have complete control over what we feel, but we have a lot more influence over how we feel than you might have heard. The concept of mindfulness, which originated from early Buddhist practices, historically encouraged an enlightening meditation that focused on awareness of one's emotions, sensations, and consciousness (Smalley & Winston, 2010). Since its beginnings in the late 1940s, art therapy has become a rapidly developing field, its application spreading everywhere from hospitals to prisons, in addition to many individual practices. A typical art therapy session will generally include either the art as therapy approach, in which the act of creating serves as a means of releasing emotions, or the art psychotherapy approach, in which the completed art is analyzed by the therapist and client to develop insight into their emotions (Coleman & Farris-Dufrene, 1996). The following research paper emphasizes on effectiveness of creative art and craft therapy techniques on the emotional ordinance and temperament of mothers bearing and caretaking children with special and additional needs. This is important for inference and to learn from as these mothers go through a realm of emotions but are never paid heed to, instead the child and their concerns remain of prime importance.

Research Design and Level of Evidence: A descriptive case study report, Level -VI

Intervention Process: The art therapy practices included focused on counteracting anxiety, self improvement, empowering positive thoughts and emotions, playing a guide for your fellow buddy, practicing affirmation, tackling mood swings, practicing self love, how to harness me time, locking the negative energy. The mode of art was in the form of sketching, painting, craft making, writing, doodling, making customized props. Activities were carried both with as well as therapeutic music. Journaling was administered to keep a tap on the challenging behaviors and reactions to various circumstances encountered by mother with child as well as society in journal. The baseline and outcomes were assessed by Hamilton Anxiety Rating Scale (HARS), Panas Scale for positive and Negative Effect, Goal Attainment Scale for Self Love.

Discussion: The major boon of art therapy is that it can increase the self awareness and resiliency. It helps to practice mindfulness through paying attention to purpose and nonjudgmentally to the unfolding of the experience moment by moment. There are many studies done to study how art benefits kids with multiple deficits and additional needs. The mothers are the ones spending ample time and effort for maximizing the potential of their child. In this struggle and journey of hardships their thoughts and feelings get repressed and lead to heavy emotional baggage. Thus art therapy is the best remedy and needs wider research especially to be strongly used in this particular strata. This coincides with evidence from research that art as always showed significant gains whenever related to stress or trauma for any individual of any age.

Clinical Relevance and Implications:

The most important ethos that can be drawn for therapist treating kids with unique needs is that parents mental wellness is equally important and their energy travel to kids. There are minimal drug free options to recoup from mental health concerns in adults and art therapy is the greatest and latest rescue.

Keywords: art, craft, special needs, self love, anxiety, mother.