Principles and Application of Mindfulness and Art Therapy

Amee Le| Occupational Therapist | November 2014
Agenda

- Mindfulness & Brain Injury Research
- What is Mindful Art Workshop?
- Group Protocol
- Weekly Themes
- Outcome Measures
Learning Objectives

Appreciate the value of using mindfulness for persons with cognitive impairments.

Be familiar with how mindfulness and art therapy can be combined into an effective clinical program.

Be inspired to consider these useful tools in your current programs and adding them to your treatment toolbox.
Mindfulness, Group Therapy & Brain Injury

Mindfulness-Based cognitive therapy reduces symptoms of depression in people with a traumatic brain injury: Results from a randomized controlled trial

- Bedard et. al. (2013)
- Mindfulness based cognitive therapy (MBCT) by Segal et al. (2002)
- Reduction in depression
- Maintained at the 3 months follow-up

A Pilot Study Examining the effects of Mindfulness-Based Stress Reduction on Symptoms of Chronic Mild Traumatic Brain Injury/Postconcussive Syndrome

- Azulay et al. (2013)
- Mindfulness based stress reduction (MBSR) by Jon Kabat-Zinn (2009)
- Improvement in perceived quality of life scale especially in management of cognitive, emotional symptoms
- Statistically significance aspects of working memory and regulation of attention
A Randomized Controlled Trial of Mindfulness Based Art Therapy (MBAT)

- 93 women with a cancer diagnosis
- Exclusion criteria: terminal, concurrent psychiatric diagnosis of major mood disorder, psychotic disorder or significant cognitive deficits
- 8 weeks MBAT psychosocial group or wait list control group
- Consecutive weekly meetings; two and a half hours long
- Sessions are standardized in format using a manual
- Decreased in symptoms of distress
- Improvements in quality of life
A Randomized Controlled Trial of Mindfulness Based Art Therapy (MBAT)
Monti et al. (2006)

- **Mindful Meditation**
  - Body scan meditation, sitting meditation, gentle Hatha yoga, walking meditation

- **Art Activity**
  - Drawing (coloured pencil, marker, pastel, watercolor crayon, paint), collage, open studio

- **Home Assignment**
  - Practice mindful meditation for 6 days a week for 30 minutes by using guided audiotape
  - Recommendations for reading to support Mindfulness curriculum were offered
Is a therapeutic workshop for clients with an acquired brain injury.

The program teaches clients to use principles of Mindfulness & Meditation and Art Therapy to carve eraser stamps and create prints.
To facilitate **acceptance** by creating a safe space where participants can engage in the process of finding **meaning** through shared experiences.
Group Protocol

1. Introduction & Journaling
2. Breathing Meditation
3. Mindfulness Lesson & Meditation
4. Art Instruction & Seated Yoga
5. Art Class & Group Support
6. Gratitude
Group Structure

Eight consecutive weeks

Two hours long

**Mindful Meditation** includes: breathing meditation, mindfulness meditation, and yoga movement meditation

**Art Activity** includes: carving linoleum or erasers & stamp pads for printing

**Blog**: Sharing the blog posts of the participant’s artwork, gratitude quotes and mindfulness themes

No Homework
Tools of the trade
Art Journaling

Toyota, One Fish, Two Fish by Orlando
Storms, Strength and Wisdom

Storms by Roxanne

REM – Forward by Micky

The Beautiful Sunshine by Maria
Black & White Thoughts

When the Walls Come Down by Fiona
Wishes and Releases
Art Collage by Chris
Depression, anxiety, stress scale (DASS)

- The DASS is a 42-item self report instrument
- The DASS questionnaire is in the public domain, and may be downloaded from this website.
- Measures were gathered before the workshop and at the end of the workshop

<table>
<thead>
<tr>
<th>Subject</th>
<th>Measure</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Depression</td>
<td>Severe</td>
<td>--</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
<td>Normal</td>
<td>--</td>
</tr>
<tr>
<td></td>
<td>Stress</td>
<td>Moderate</td>
<td>--</td>
</tr>
<tr>
<td>2</td>
<td>Depression</td>
<td>Moderate</td>
<td>Normal</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
<td>Mild</td>
<td>Normal</td>
</tr>
<tr>
<td></td>
<td>Stress</td>
<td>Mild</td>
<td>Normal</td>
</tr>
<tr>
<td>3</td>
<td>Depression</td>
<td>Severe</td>
<td>Severe</td>
</tr>
<tr>
<td></td>
<td>Anxiety</td>
<td>Moderate</td>
<td>Normal</td>
</tr>
<tr>
<td></td>
<td>Stress</td>
<td>Moderate</td>
<td>Moderate</td>
</tr>
</tbody>
</table>
General Self Efficacy Scale

- It assesses the strength of an individual belief in his or her own ability to respond to novel or difficult situations and to deal with any associated obstacles or setbacks.
- Higher scores equals greater self efficacy
- T-Norms for Heterogeneous Adult Population
- Measures were gathered before the workshop and at the end of the workshop

<table>
<thead>
<tr>
<th>Subject</th>
<th>Pre T scores</th>
<th>Post T scores</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>40</td>
<td>42</td>
</tr>
<tr>
<td>2</td>
<td>44</td>
<td>49</td>
</tr>
<tr>
<td>3</td>
<td>48</td>
<td>51</td>
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</table>

<table>
<thead>
<tr>
<th>T-Test</th>
<th>P Value</th>
<th>Statistical Significance</th>
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</thead>
<tbody>
<tr>
<td>-3.33</td>
<td>0.063</td>
<td>Approaching Significance p=0.06</td>
</tr>
</tbody>
</table>
Outcome Scales

- Single Case Research
- **NAP** (Nonoverlap of All Pairs) Statistic
- Scale was gathered before the session and after the session
- Results were analyzed contrasting all the pre-session scores with post-session scores

<table>
<thead>
<tr>
<th>Measures</th>
<th>Subject 1</th>
<th>Subject 2</th>
<th>Subject 3</th>
<th>Subject 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation</td>
<td>NSS</td>
<td>p&lt;0.01</td>
<td>p&lt;0.01</td>
<td>NSS</td>
</tr>
<tr>
<td>Focus</td>
<td>NSS</td>
<td>p&lt;0.05</td>
<td>p&lt;0.01</td>
<td>NSS</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>NSS</td>
<td>p&lt;0.01</td>
<td>p&lt;0.05</td>
<td>NSS</td>
</tr>
<tr>
<td>Heaviness</td>
<td>NSS</td>
<td>p&lt;0.05</td>
<td>p&lt;0.05</td>
<td>NSS</td>
</tr>
<tr>
<td>Tension</td>
<td>NSS</td>
<td>p&lt;0.05</td>
<td>p&lt;0.05</td>
<td>NSS</td>
</tr>
</tbody>
</table>
## Satisfaction Survey

<table>
<thead>
<tr>
<th>Measures</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I enjoyed the gratitude exercise</td>
<td>75%</td>
<td>25%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have a better understanding of myself after the workshop</td>
<td>50%</td>
<td>25%</td>
<td>25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I found the breathing exercises easy to learn</td>
<td>50%</td>
<td>25%</td>
<td>25%</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>I found the breathing exercises helped me in my day to day activities</td>
<td>25%</td>
<td>50%</td>
<td></td>
<td></td>
<td>25%</td>
</tr>
<tr>
<td>I feel connected to others during the workshop</td>
<td>50%</td>
<td>50%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more aware of other people’s feelings and perspective after the workshop</td>
<td>50%</td>
<td>50%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I enjoyed the art exercises</td>
<td>75%</td>
<td>25%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I found the art exercises easy to learn</td>
<td>75%</td>
<td>25%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Brain Injury – A journey with many voices...

“I am thankful for my life, for being alive.

Thankful for all the wonderful people who have helped me, and continue to help me.

I am thankful for my family and thankful that I’ve met all of you guys here.

I look forward every Thursday to come here.”
Brain Injury – A journey with many voices...

New Moon gives the light
in the midst of night
because if her
I am not afraid
to face the darkness inside.
Outcome Measures

- Depression, anxiety and stress scale (DASS)
  http://www2.psy.unsw.edu.au/groups/dass/
- Self Efficacy Scale
  http://userpage.fu-berlin.de/health/selfscal.htm
- Relaxation Thermometer
- Satisfaction Questionnaire
  (Adapted from the Patient Satisfaction Survey: Pulmonary Rehabilitation and Balance Training Exercises at West Park which as adapted from: The Pulmonary Rehabilitation Toolkit: An Initiative of the Australian Lung Foundation and Australian Physiotherapy Association)
References


• Azulay, J., Smart, C., Mott, T., Cicerone, K., (2013). A Pilot Study Examining the effects of Mindfulness-Based Stress Reduction on Symptoms of Chronic Mild Traumatic Brain Injury/Postconcussive Syndrome. *Journal of Head Trauma Rehabilitation*, Lippincott Williams & Wilkins

• Bedard, M., Felteau, M., Marshall, S., Cullen, N., Gibbons, C., Dubois, S., Maxwell, H., Mazmanian, D., Weaver, B., Rees, L., Gainer, R., Klein, R., Moustgaard, A. (2013). Mindfulness-Based cognitive therapy reduces symptoms of depression in people with a traumatic brain injury: Results from a randomized controlled trial. *Journal of Head Trauma Rehabilitation*, Lippincott Williams & Wilkins


