Breaking Ground with Simple Art

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PTSD

• Post-traumatic Stress Disorder
  o Mental health condition that is triggered by a terrifying event –
    either by experiencing it or witnessing it

Symptoms

• Reliving the event
• Avoidance
• Hyperarousal
• Depression
• Anxiety

• Physical symptoms or chronic pain
• Employment problems
• Relationship problems
• Substance abuse
Epidemiology

• National Comorbidity Survey Replication (NCS-R), conducted between 2001-2003, estimated lifetime prevalence of PTSD (based on DSM-IV criteria) among adult Americans to be 6.8%.

• Findings were very similar to first survey conducted in early 1990s: 7.8% in general population.

• Particularly for veterans:
  o National Vietnam Veterans Readjustment Study (1986-1988): estimated lifetime prevalence was 30.9% for men and 26.9% for women
  o Gulf war veterans (1995-1997): 10.1%
  o Operation Enduring Freedom/Operation Iraqi Freedom (2008): 13.8%
Treatment of PTSD

• Cognitive behavioral therapy
  o Learn to identify thoughts about the trauma and its aftermath that causes stress or fear and replace these thoughts with less distressing ones.

• Exposure therapy
  o Goal is to have less fear about patient’s memories by repeatedly discussing them using “desensitization” and “flooding” techniques

• Eye movement desensitization and reprocessing
  o While thinking/talking about traumatic memories, patient will focus on other stimuli like eye movements, hand taps and sounds.

• Medications: SSRIs
  o Celexa, Prozac, Paxil, Zoloft

• Group therapy
  o Build relationships with others who understand similar experiences.
Art Therapy

• Helps to externalize difficult emotions and memories that can not easily be discussed by the veteran
• Gains insight into the patient’s PTSD symptoms
• Has a calming effect, reduces stress
• Offers opportunity to discuss art with peers and express emotions

Limitations:
• May feel limited by artistic skills
• Must bring up unwanted memories to portray
• May not be open to discuss or interpret
Activity
Activity

• Worked with 10-15 PTSD Veterans as a group in the presence of a facilitator
• Activity was a required part of their program (Participants signed in after)
• All were fully capable of doing artwork
• Participants were random and varied week to week. Did not establish a strong personal connection or continuity
Activity

- Began activity through introductions
  - Simply asked: name and something they wanted to share about themselves
- Participants were terse, struggled to find something interesting to mention or opted to pass
- Seemed eager to leave
- Participants did not talk to each other
Product
Product
Product
Product
Product
Surprise Ending

- Participants suggested other interpretations to others’ artwork
- Freely mentioned personal things about themselves triggered by the art
- One participant was skipped over and was “upset” because he wanted to show his work
- Some triggered deeper thought
  - Universe, space, time
- None of the participants kept their art even though some signed their piece
Unique Points

- Doesn’t require participants to have any artistic skills
- Everyone begins on the same page
- Takes very little time
- Art is created without intention and so the flow of discussion is controlled by the participant
- Does not require participants to bring up traumatic memories
- Helps the participant become more comfortable and thus, more likely to discuss personal experiences and participate in group activity.
Focus Questions

• Why did participants not take their artwork home?
  o Had no need for it or no place to put it
  o Seen as part of a required activity and did not place much value in it

• Did the participants have any color preference?
  o There were only three colors provided: red, green and blue. There seemed to be no significant preference for color choice.
  o Would be interesting to see if participants have preference for dark vs. light colors

• What limitations does this activity have?
  o Can’t delve deep into discussion due to large group
  o Interpretation is solely controlled by the participant rather than the facilitator
Final Goals

- Working on a short paper that gives an overview of art therapy as treatment for PTSD and how this abstract art is a unique activity which focuses on “breaking the ground” to establish a comfortable environment that fosters open discussion.
- Paper will also include self-reflections from this activity
- Working with VA administration to allow collage to be hung in the hallway
References


