

COVID-19 TIPS AND TRICKS

**Digital art therapy in person and via telehealth
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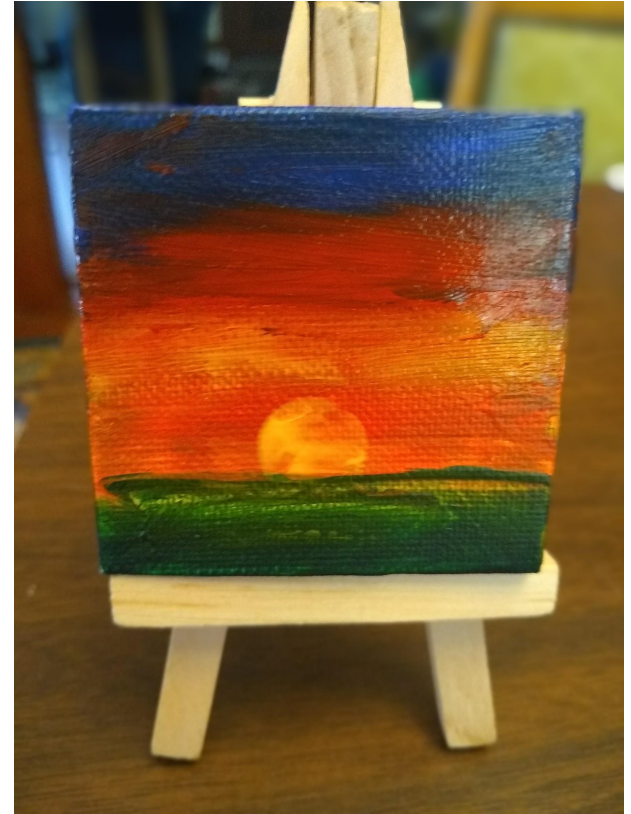
This presentation will review considerations for use of digital media in art therapy and provide insights as to how to utilize digital art-making and other digital interactions in the Covid-19 era. This will include tips for both telehealth and in-person sessions using digital media based on the presenter's experience. Participants will learn about apps and other resources that are useful for such practice. Participants will be given the opportunity to try out some of these resources as a part of the presentation.

Objectives:

1. Participants will be able to name 3 digital art-making/game techniques that can be used in conjunction with telehealth software.
2. Participants will be able to identify 3 digital resources that can be used on smartphones, tablets or computers.
3. Participants will be able to identify a minimum of two treatment goals that may be associated with use of these digital materials.

DIGITAL MEDIA IN ART THERAPY HISTORICAL CONTEXT

- Distrust in digital media
- Concern with too much
- Art world rejection/ “not fine art”
- Old school “digital”



ART THERAPIST ADOPTION OF DIGITAL MEDIA

- Slow adopters of technology
- Increased use in last decade
- Continued concerns RE screen exposure

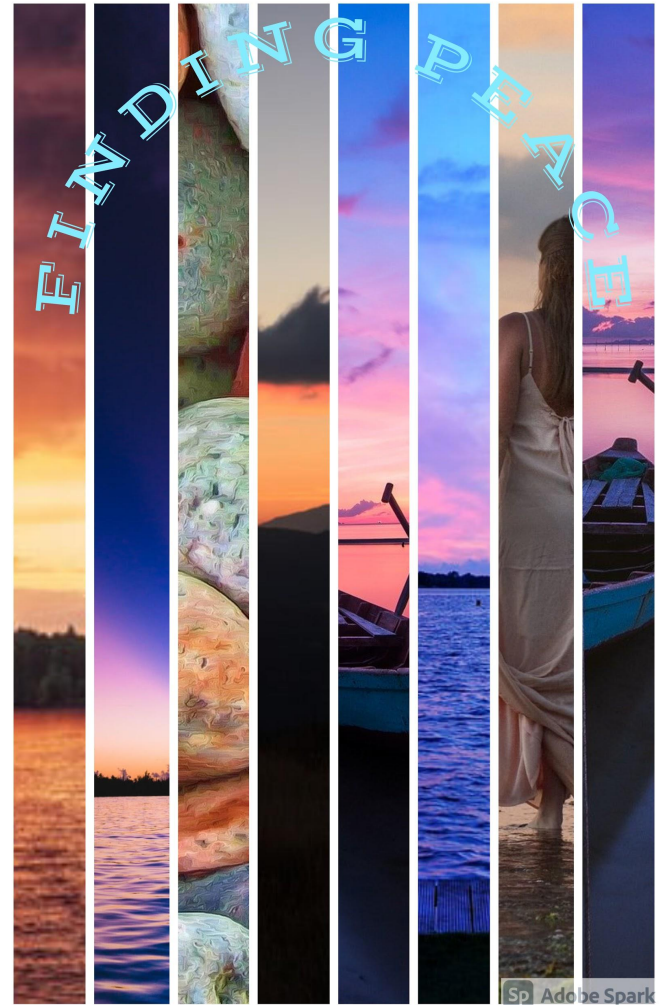


DIGITAL ART MEDIA

F2F OR TELEHEALTH OR OUTSIDE OF SESSION

DIGITAL PHOTOGRAPHY AND DIGITAL COLLAGE

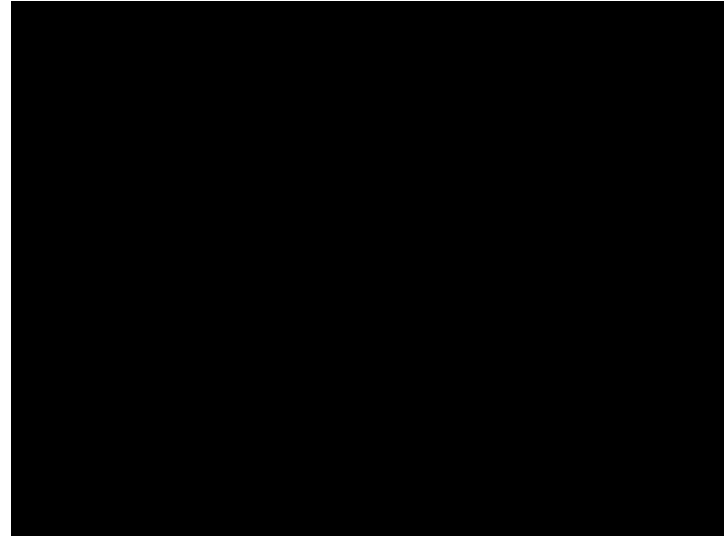
- Pixlr <https://pixlr.com>
 - Also available as an app
- Pixelstyle (apple app)
- Adobe Spark
(spark.adobe.com)





APPS AND ONLINE TOOLS

- BrushesXP (apple only)
- Flip-a-clip (cross platform)
- Shadow's Edge
<https://www.shadowedge.com/>
- Hero Machine (more to come)

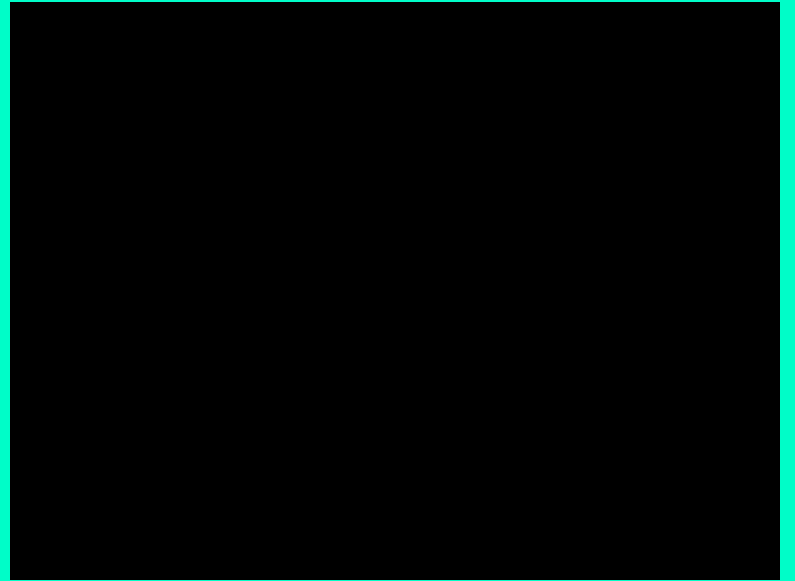


VIDEO AND VIDEO EDITING

- iMovie
 - Mac or iPhone/iPad
- YouCut
 - Android app



COMBINATION
OF
VIDEO TOOLS



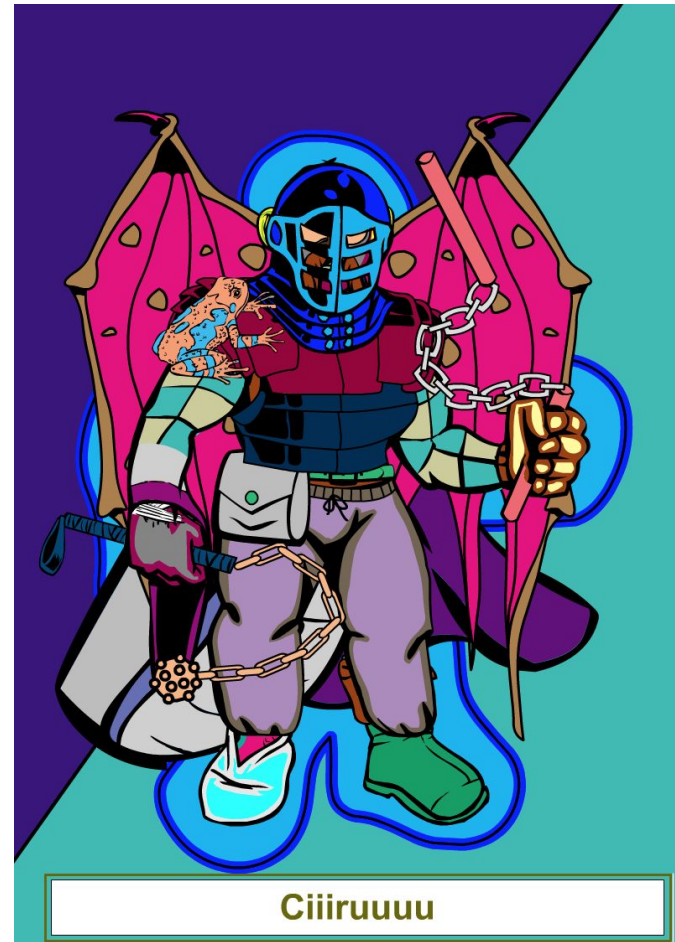
VIEWING ART DIGITALLY/RESPONSE ART

- Utilize existing art shows online
 - <https://www.nastyartistcollective.com/#/>
 - <https://www.louvre.fr/en/visites-en-ligne>
- Provide directives relevant to treatment goals
 - Find a piece that you identify with and make a piece of art as a response
- Review shows in advance for content and provide appropriate warnings

DIGITAL ART AND CREATIVITY IN TELEHEALTH

21ST CENTURY THIRD HAND

- Kramer's Third Hand
 - Art Therapist creates digital art at client direction
- Ex Hero Machine
 - <http://www.heromachine.com/>
- MS Paint, Pixelstyle etc



COLLABORATIVE WHITE BOARD

- Zoom interactive whiteboard
- Doxy.me also has whiteboard capabilities

ADAPTING ANALOG TOOLS

- Synchronous art making and Art-based homework
 - Get list of client's available supplies
 - Send art packages to clients
- Games
 - Dice-based (<https://www.random.org/dice/>)
 - <https://heythatsmyartteacher.blogspot.com/2017/06/those-old-roll-dice-drawing-games.html>
 - NanoFictionary (Looney Labs)
 - UNO- digital simulator and app



OTHER ONLINE THERAPIST TOOLS

● Therapist Aid

- <https://www.therapistaid.com/>
- \$75 for one year


● Therapy Games Suite

- <https://www.auxiliumhorizons.ca/>
- Cost is \$199 yearly or 19.99 per month

● Virtual Sandtray

- <https://www.sandtrayplay.com/>
- <http://creativeplaytherapist.com/virtual-sand-tray-app/>
- \$170 for one year

The screenshot shows the Therapist Aid website interface. At the top, there is a dark blue navigation bar with the logo 'Therapist Aid' and a tree icon. To the right of the logo are links for 'Worksheets', 'Interactive Tools', 'Guides', 'Videos', 'Articles', and 'Search'. Below the navigation bar, there are two filter sections: 'Filter by Demographic' and 'Filter by Topic'. The 'Filter by Demographic' section has buttons for 'Children', 'Adolescents', and 'Adults'. The 'Filter by Topic' section has buttons for 'Anger', 'Anxiety', 'Art', 'CBT', 'Communication', 'DBT', 'Depression', 'Education', and 'Emotions'. To the right of the filters, there is a main content area with a header that says 'Interactive tools for therapists. Games, audio exercises, activities, and more!' and a sub-header 'Narrow your results by selecting filters.' Below this, there are two featured tool cards. The first card is for 'Worry Bugs', which is an educational activity about worry, featuring a colorful illustration of a butterfly and two ants. The second card is for 'Mountain Visualization', which is a guided audio activity, featuring a photograph of a mountain range.

Therapist Aid 

[Worksheets](#) [Interactive Tools](#) [Guides](#) [Videos](#) [Articles](#) [Search](#)


Filter by Demographic

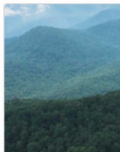
Children
Adolescents
Adults

Filter by Topic

Anger
Anxiety
Art
CBT
Communication
DBT
Depression
Education
Emotions

Interactive tools for therapists. Games, audio exercises, activities, and more!
Narrow your results by selecting filters.

 **Worry Bugs**
an educational activity about worry
Teach children about worry, and how to manage it.
Ages: 5 - 10
Devices: Tablet or Desktop
Topics: Worry, Anxiety

 **Mountain Visualization**
guided audio activity
Hike up a beautiful and secluded mountain in this guided imagery session.
Ages: 12+
Devices: Mobile, Tablet, or Desktop
Topics: Anxiety, Anger, Pain Management, Relaxation

PRESENTATION SOFTWARE

Well played dollhouse

Bitmoji classroom

<https://momentousinstitute.org/blog/how-we-created-a-bitmoji-classroom#:~:text=Enter%20the%20bitmoji%20classroom.,see%20what%20students%20are%20learning.>

https://www.youtube.com/watch?v=s-P_WdQWPc8 (tutorial video)

TREATMENT GOALS

In the digital space

- Treatment goals will likely be the same or similar as in person
 - Goals well suited to digital
 - Learning appropriate boundaries with technology
 - Improving communication skills
 - Addressing anxiety over trying new things
 - Sustained attention and focus
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ETHICAL CONSIDERATIONS

HIPAA Compliance
and other issues

- Is the software secure and encrypted?
 - Check if the program is HIPAA compliant
 - If not notify client/provide informed consent
 - Have the client use the program on their personal device
 - Does your consent cover use of digital media?
 - Include information on limits of confidentiality in digital spaces
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OTHER RESOURCES

- 21 best video editing apps

<https://www.wyzowl.com/best-video-editing-apps/>

- White board options

<https://ditchthattextbook.com/online-whiteboard/>

YouTube Tutorials for apps and programs!

KATA Covid 19 Resources

https://docs.google.com/spreadsheets/d/1SyDNgFieJ5y_hHbEpQCukF95-oNC4W4l4ZH5Wqz_xWw/edit?usp=sharing

Garner, R.L. Ed. (2017) Digital art therapy: Material, methods and applications. London, UK: Jessica Kingsley Publishers.

Book coming in 2022 on Art Therapy, Autism, and Pop culture/digital media from Jessica Kingsley Publishers

QUESTIONS

ARTFULRESOLUTIONS@GMAIL.COM

WWW.ARTTHERAPYANDNEURODIVERSITY.COM