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](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.shadowsedge.com/](https://www.shadowsedge.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.nastyartistcollective.com/#/)

- 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/)
  ○ NanoFictionary (Looney Labs)
  ○ UNO- digital simulator and app
Other Online Therapist Tools

- **Therapist Aid**
  - [https://www.therapistaid.com/](https://www.therapistaid.com/)
  - $75 for one year

- **Therapy Games Suite**
  - [https://www.auxiliumhorizons.ca/](https://www.auxiliumhorizons.ca/)
  - Cost is $199 yearly or 19.99 per month

- **Virtual Sandtray**
  - [https://www.sandtrayplay.com/](https://www.sandtrayplay.com/)
  - $170 for one year
Presentation software

Well played dollhouse

Bitmoji classroom

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

https://www.youtube.com/watch?v=s-P_WdOWPc8 (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
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
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


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

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