

Art is offered as safe way to explore experience and provide a creative opportunity for:

- Reflection
- Relaxation
- Recounting stories
- Reviewing dreams, hopes and identity
- Encouraging motivation
- Sensory engagement
- Processing grief
- Making memories



Pictures displayed were made in The Art Program

Text prepared by Beth Chandler,  
Coordinator of The Art Program

### For further reference:

Art Therapy in Palliative Care  
The Creative Response  
Edited by M. Pratt & Michele J.M. Wood;  
Pub. Routledge  
The Handbook of Art Therapy  
Caroline Case & Tessa Dalley;  
Pub. Routledge

### Feedback

We welcome and value  
your comments.  
Please feel free to talk about your  
experience.

The Art Program is wholly funded by  
the  
**Daw House Foundation**  
since 2003



[www.dawhousehospicefoundation.org.au](http://www.dawhousehospicefoundation.org.au)

Southern Adelaide Palliative Services  
700 Goodwood Road

Daw Park SA 5041

Ph: 8275 1732

Ext: 51102



Reviewed by: Southern Adelaide Palliative Services  
Date: October 2010  
Next Review: October 2012

# ART EXPRESSION PROGRAM



**A Complementary Therapy Service  
Information leaflet**

**Southern Adelaide Palliative Services**

# ART EXPRESSION PROGRAM

## The Art Program

Our Art Program has been developed as a complementary therapy to help support the emotional wellbeing of clients and families in Palliative Care.

The program coordinator has a background in Visual Art and Narrative Therapy, with experience with children and bereavement.

- Once a week the program offers an open art group facilitated by trained volunteers within Daw House, for inpatients, families and friends.
- The Art Program works with the Bereavement Team to offer an effective option for people who are processing grief and loss.
- Private individual or group sessions are available for Hospice and Community clients and families by appointment.

## Art as a Therapeutic Process

Art has long been understood to be a universal language for life experience, like music and dance. We tend to think of art as the realm of artists, but this is not so. Anyone can enjoy art without needing particular skills, and often find extraordinary pleasure and achievement in the process.

We all know that children respond well to the use of art as a way of telling their stories, but this does not exclude adults who with a similar approach, might do the same.

The key may be for adults to free themselves of critical self judgement and use art materials in the same “playful” way a child might explore and experiment.

This approach creates the opportunity for the expression of unspoken stories and deep feelings. If we view art as a window to the imagination, we will understand how we can become in touch with areas of our experience that may not otherwise be expressed. As one patient said “This is soul-work, isn’t it?”

Art can become the symbol or metaphor for what is difficult to name, and the process of creating can be liberating and emotionally healing. Many respected studies have been made into the health benefits of Art and it is now frequently available in health organisations around the world.

## The Open Art Group

Each Tuesday afternoon in the Daw house day room, our trained Art Program volunteers set up a table with a variety of art materials. This is a good time for patients and families staying in the house to socialise while taking part in art and craft activities together. Projects include painting, collages, clay modelling and frequently.....cooking!

## Individual Art Sessions

People often find themselves overwhelmed by new and challenging experience; there may be little time or space to gather our thoughts and feel our feelings.

In our purpose built art room, looking onto the gardens of Daw House, we have a private and welcoming space full of natural light where time is put aside for you to be yourself.

An experienced art facilitator will provide a presence of reassurance and help make your time relaxed and comfortable. A variety of art materials and methods are available for you to choose from and use as you wish.

**Individual or family sessions are available by appointment for adults and children. These are encouraged for anyone who would like to explore art for self expression in a private environment.**