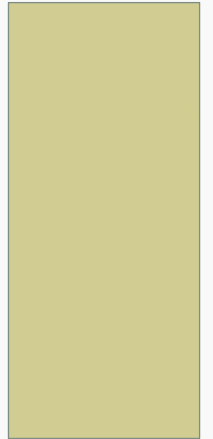


ART THERAPY AND MENTAL ILLNESS

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RECOVERY & PSYCHIATRIC REHABILITATION

- Recovering from severe mental illness (SMI) occurs in a series of stages.
- This is not a linear process.
- These stages are as follows:
 - 1. Being overwhelmed by the disability.
 - 2. Struggling with the disability.
 - 3. Living with the disability.
 - 4. Living beyond the disability.

BEING OVERWHELMED BY THE DISABILITY

- The person tries to understand and control what is happening.
- They feel confused.
- They are disconnected from self and others.
- They feel out of control and powerless to control his or her life.

STRUGGLING WITH THE DISABILITY

- The person understands what is happening.
- They recognize the need for coping with the disability to maintain quality of life.
- They face fear of failure.
- They are cautious or reluctant to take risks.
- They utilize coping mechanisms and might be struggling with addictions or serious health conditions.

LIVING WITH THE DISABILITY

- The person is characterized by confidence in managing the disability and control over his or her life.
- They utilize effective coping skills.
- They assume meaningful roles.
- They find their “niche in the world”.

LIVING BEYOND THE DISABILITY

- The disability is seen as playing a minor role in the life of the person.
- The person is connected to self, others, and the environment.
- The person experiences a sense of meaning.
- Persons recovering from SMI would ideally accomplish the following:
 - 1. Developing a framework for understanding the experience of the diagnosis.
 - 2. Getting control over the illness.
 - 3. Moving into roles that are meaningful, productive, and valued by society.

ART THERAPY AND RECOVERY

- Art therapy has been used with success in programs with persons with SMI.
- The success has had more than a merely moderate impact on psychiatric symptoms.
- The art-making helped the recovery process through the release of tensions and other emotions.
- Insight is gained through the development of the image.
- Images are motivating for the individual and provide a means for connecting with others.

TEE SHIRT PROJECTS