

Art Empowers



Art Therapy Community Letter

Dear CO-ATA Community,

Just like you all have heard, the community is continuing to face new struggles and challenges. We are currently having to tackle new ways of providing mental health to clients and navigating new ways of doing art therapy. As a result, this Spring Newsletter is going to be a bit different than past newsletters. CO-ATA would like to support the Colorado art therapy community and its astounding community by offering a newsletter with resources. By offering this, we hope that you will not only be able to continue with your amazing work in the field, but to also give reminders that we also need to take care of ourselves during this stressful experience.

Many of us are experiencing levels of anxiety due to COVID19. We are having to make life changes such as practicing social distancing and physical isolation for preventive health care with an uncertainty of when this will end. This is all the more reason to practice daily self-care strategies and boundaries not just as art therapists but as human beings.

In March we sent out an email with the subject head: *How Can We Support You?* which has many resources available for art therapists from the Art Therapy Credentials Board and The American Art Therapy Association. There is also a list of some HIPPA approved Telehealth Providers and tips for maintaining calm. Take a look again if you are needing more support in addition to this newsletter. Please let us know if you have questions or are needing connection. We are here for you!

Thank you for everything you are doing for the Colorado community.

Stay safe, stay healthy, stay connected.

Sincerely,

Jacenta PR- Community Chair

Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them. —Brené Brown



Art Therapist Highlight



Interview With Lara K. Fairbanks on Using Art as Therapy to Create Masks for the Community

Lara Rutledge is an art therapy student who has been promoting community connection, self-care, and safety through mask making. Seeing how mask making has become an important art as therapy practice to connect communities during a time of fear and isolation, Lara offered to share with us her journey with mask-making.

What inspired you to create masks for the community?

"I first learned about making face masks through my sister, she informed me of the Denver Mask Task Force and they are organizing what they call "stitch ninjas" who are volunteers to sew face masks and someone will be at a designated location to take them to places like hospitals. Initially, I wanted to make 25 to donate, but as time went on the restrictions for what hospitals needed began to change. So I said, "ok, I'll make another batch."

Lara began to notice the need for masks as more and more of her support network began to ask for them. Her friends and family were reaching out for a mask. "I've been selling them now and each time I make them it is just getting better and better. I have a system now and I have been busy with orders. It's been really challenging going from the initial stages to where I am now." Lara shared that the process has been interesting as it continues to take off. "I love to sew and when I found out about making face masks, I was excited because it is a perfect art project for me. It feels meaningful, using art to be of service. I intend to donate more masks now that I am able to sew the masks in the way the hospital needs them."

She continued to share her experience of mask-making becoming a therapeutic process for her to connect with the community during a time of physical distancing and social isolation. "So when quarantine and self in place started, I was at home and my practicum was postponed so suddenly I had more time in my schedule. Just being at home, thinking, "what can I do?" It felt like a natural go-to for me." In terms of coping, Lara shared that it has "given me something to focus on that is meaningful. It's kind of a way I'm using my time right now." Mask-making became an important coping strategy for connecting with the community. It inspired her to become intentional with the fabrics she chose to create the masks, "I'm thinking about fabrics and how we can put messages on the masks of solidarity." Utilizing feedback she has received from the community has helped her grow as a seamstress "It started out with a desire or wish, but getting feedback that the masks needed to be improved and working through that process has been very therapeutic."

Why is the process of art important for communication and community?

"I think there is a social justice piece in there." When making the masks, Lara shared some insight about a mindfulness intention she thinks about when creating masks for her community,

“I’m thinking about how the masks can be a way of bringing people together, looking out for each other. When I give my masks to people, I write a little note and I just let them know that while I was sewing their masks I tried to think about COVID19 and how the mask can be of benefit for others. I try to drop that into each of the masks...this is something to keep us safe.”

Creating masks as her form of art as therapy has provided her with a way to share messages with her community and find a way to support the important people in her life. “It’s helped me use my skills to support my family and friends and community at large. I’ve made a bunch of masks for an Optometrist and her staff. It feels like a great community project.”

What’s unique about the symbolic nature of masks for self-care?

“What’s unique about the handsewn masks is that they are colorful and they are life giving whereas there’s nothing wrong with them. The ones that you buy that are already made are all the same and not lasting. During a time when something is scary, it’s nice to be able to create something to give to another.”

Even her process for creating the masks has become symbolic of community connection.

“Finding the material for the masks has been very interesting, all the shipping and things being delayed, so timing has been interesting and finding the filter material that goes into the masks, that’s hard to find and everyone is scrambling for these materials. All the stores have been out. I’m always searching online for where I can find it today.” Lara shared that in a way, having the fabric and supplies being hard to find something that is hopeful and inspiring. “It’s kind of sweet in a way, that the materials are hard to find, because so many people are trying to get them to make masks for each other.”

Her experience with mask-making has developed in ways she did not expect as she notices that making handmade masks for people has helped create a sense of self-care and safety. “I’ve heard from other people that my kids have had so much fun picking out the fabric for the mask and it is so destigmatizing in a way, these things can be so beautiful. I think in the beginning the masks were something to be feared in a way, not being able to see our faces. Now they can be beautiful, it kinda takes away some stigma or fear.”



Lara continues creating masks during this challenging time.

- Do you need a face mask?
- Is there an organization you know of that needs them?
- Would you like some tips for creating your own masks?

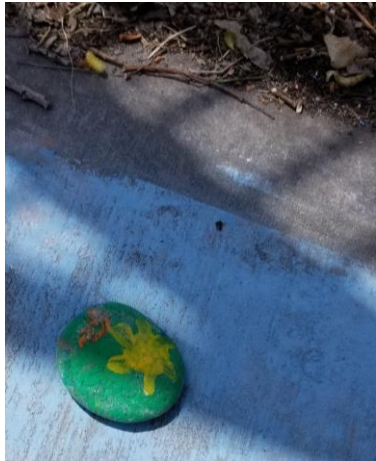
You can contact Lara at larakrutledge@gmail.com

Increase of Painted Rocks During COVID19



Art therapists and artists know of the importance of art in everyday life whether that be for healing, self-care, or for connection. Art has many facets that are of benefit to people and their communities. Rock painting has been one of the ways communities have connected to each other. The idea is that you paint a rock and leave it somewhere out in public or in nature. If you find the rock, you are invited to pick it up and move it somewhere else for someone to find. Since Colorado's shelter-in-place rule due to COVID19, there has been an increase of painted rocks showing up in neighborhoods and nearby parks. This part of the newsletter is just an offering. The next time you go on a walk, see if you can spot a rock or perhaps you want to paint one of your own to leave! Here are some of the rock's sent in by CO-ATA members and board members.





Weekly Art Prompts During COVID19

Each week we have been sending out weekly art prompts to inspire people to use art to build connections with their community while practicing social-distancing. Take a look at the weekly art prompts if you would like to participate. We have been accepting artwork people want to share with us and posting it on social media to spread connection and art therapy awareness.

WEEKLY ART PROMPT:

Showing Creative Connections

Every week we will share an art prompt to invite communities to connect through art.

PROMPT #1:

CREATE A MESSAGE WITH SIDEWALK CHALK SHARING POSITIVITY.

PROMPT #2:

SHARE/TAKE A PHOTO OF SOMETHING YOU ARE GRATEFUL FOR.

PROMPT #3:

CREATE AN ART TRADING CARD, LAMINATE IT, LEAVE IT SOMEWHERE FOR SOMEONE TO FIND.
(OR SEND IT TO US ON SOCIAL MEDIA TO SHARE)

PROMPT #4:

CREATE A 3" X 3" CARD ABOUT CONNECTION AND SHARE IT WITH US.

PROMPT #5:

CREATE ART ABOUT YOUR SELF-CARE PRACTICES AND SHARE WITH US.

PROMPT #6:

CREATE A VIDEO OR ART MESSAGE TO SPREAD
HOPE, CONNECTION, POSITIVE THOUGHTS
TO THE COMMUNITY.

PROMPT #7:

PAINT A ROCK AND, IF YOU ARE ABLE, LEAVE
IT SOMEWHERE FOR SOMEONE TO FIND.
(OR SEND IT TO US ON SOCIAL MEDIA TO SHARE)

PROMPT #8:

CREATE ARTWORK SHARING HOW YOU
GROUND YOURSELF.

PROMPT #9:

TAKE/SHARE A PHOTO OF HOW YOU STAY
CONNECTED WITH OTHERS.

PROMPT #10:

SHARE A SONG WITH US TO CREATE ART TO.
(WE WILL SHARE YOUR SONG FOR OTHERS TO CREATE TO!)

Answering Community Questions

This is a new section of the newsletter where art therapy professionals answer questions posed by the community!

- **Community Question: How does art therapy alleviate feelings of isolation?**

Art Therapists' Answers:

Kate Morris: "On a personal level, all of my art making is therapeutic and when shared with others alleviates feelings of isolation. When I have the courage to share my artwork with my friends, family and the greater community I am creating an opportunity for myself to be vulnerable, honest and to be witnessed. Most recently, I had several pieces displayed in a coffee shop; every week I stopped by a shop to restock cards and prints and to check on sales. One adorable barista told me she loved how my work reflected positivity in the viewer; she said her customers often commented on how the whimsical images made them feel lighthearted and happy. Which in turn, made me feel so much more connected to my greater community and incredibly hopeful that my messages and my images can make a small positive impact in the hearts of not just my immediate family and friend circle, but in the greater world as well."

Amy Jones: "Art is the equivalent of having another presence in the room. When one creates art, there's an opportunity to be in connection with the work - to dialogue with and reflect on an externalized part of oneself. The art therapist is the gentle guide in helping to facilitate that process."

Gracie Bueno: "My experience in working with seniors at the retirement home speaks to an increase in their social interactions thereby decreasing feelings of isolation."

Jacenta Irlanda: "If you think about the nature of art itself, human beings are naturally born with a mind to create. Art is one way we stay connected across generations, eras, and across cultures. Imagery breaks through language barriers, creating a universal language. Therefore, art can speak to a multitude of people due to its innate ability to form communities and establish a connection. Art therapy utilizes that connection to promote healing in others and there is no better way to heal than with others."

Answering Questions About Telehealth

If you would like some training about doing telehealth at home here is a resource: [An In-Depth Look Into Using Telehealth in Therapy](#) - Simons Therapy. This video is 2 hours and covers APA guidelines for doing telehealth. There is training on PESI, but it is long and perhaps more in-depth than currently needed.

Here are a few questions about doing video sessions with telehealth.

Q: What should I have in the background when I do video sessions? It is ok to have my artwork up?

A: Neutral color backgrounds such as white, tan, gray, or blue are best. In terms of artwork, you may need to check in with yourself. Would you be ok if a client asked you about the artwork? This is a possibility when doing video sessions with someone. If the artwork is too personal and you wouldn't like questions, it may be best to take the artwork down or cover it up. Make sure artwork is appropriate if you are ok with leaving it up. Some video conferencing programs do allow you to use digital backgrounds, if you prefer.

Q: How do I help clients orient to the space when doing telehealth?

A: Talk to them about how telehealth sessions are different in terms of disclosure, interacting, what to expect, etc. Show them the space you are working in and if you have animals let them know so they are familiar with the sounds, etc. If you are working in your bedroom, see if you can get a partition or sheet to make a "wall" if you don't want clients to see your bedroom. Also, dress completely for the sessions, do not wear pajamas.

Q: My client is nervous about doing video sessions, what do I do?

A: See if the client is willing to do sessions via phone. Move slowly and when the client is ready you may be able to segway to video.

Q: What are some HIPPA compliant platforms?

A: VSee, DoxyMe, Simple Practice, and the paid HIPPA compliant version of ZOOM are some of the options for HIPPA compliant platforms.

Doing Art Therapy Via Telehealth



To help support art therapists during this time, we wanted to provide a list of some ideas on doing art therapy via telehealth. When doing art therapy there are many options for doing art in session and outside of a session, this compiled list is to help you navigate using art therapy via telehealth options. However, if you are still practicing in person, here is an article discussing best practices using art supplies: [Use Art Supplies Hygienically](#)

Art Therapy alternatives when doing art therapy in session

- You can assign art therapy interventions as “homework” and ask if the clients are able and willing to send pictures or scanned images of their artwork prior to the session. Use the session to process the work.
- If using video platforms like Zoom check to see if there is a white board option for the client to be able to draw on the screen.
- Using the simple paint program on the computer to create art.
- Talk with your client about the best ways to show art and lighting in a room when doing art in session.
- Create art on sticky notes, they are small enough to show even in bad lighting.
- Have clients use the share screen option to share photos, images, or artwork that they have uploaded on their computer.
- If the client has space and created a larger art piece, see if there is a way to put up artwork on a blank wall behind them. They may be able to position a camera if working on a wall or easel.
- If available to the client, doing art on a white board or chalkboard.

Art Therapy Interventions

- Reach out to a friend, family member, or other support person through video. Trace that person's hand on the screen.
- Do visual meditations with your client like "Clearing the space" by Rappaport.
- Create positive affirmations on sticky notes and place them where you will read them everyday.
- Create a paper gratitude quilt of 3" x 3" pieces of paper, can be any kind of paper.
- Draw or paint using lines, shapes, or colors to music.
- Use Powerpoint or google slides to create a collage.
- Use Powerpower or google slides to create a digital narrative, timeline, storyboard, digital comic, etc.
- Paint with water on the driveway/sidewalk or color paper. If clients don't have paint brushes, they may be able to use towels, Q tips, sticks, leaves, feather, yarn, or other found objects.
- Make a short 1 minute video of a major theme: identity, self-care, coping, autobiography, etc.
- Create a music playlist to help you relax. Start with how you are currently feeling (i.e. angry, sad, anxious) and choose songs relating to that then gradually add songs to that make you feel more happy or calm.
- Print out/look up lyrics to a song the client likes and another that the client doesn't like, cut up/mix up the words, have the client create poems from the lyrics. Can create an image based on the poems they create. Can do as many as they'd like but would have to use the remaining words.
- Chalk art in backyards or on driveway/sidewalk if the client is ok with it.
- Grab a random book, open to a random page, read a random paragraph. Create art or process how this can relate to the client.

Experiences with Telehealth and Art Therapy

Share Your Experience with Telehealth

To help during this time, I would like to put together a compilation of art therapists sharing their experiences using telehealth. Many therapists have recently added telehealth or switched completely to telehealth at their facility or private practice. As a result, many have had to navigate new and creative ways to incorporate art therapy in therapeutic practices via telehealth. Not to mention, art therapists have noticed new ways art can help clients navigate how they are being affected by COVID19.

This section showcases a few experiences submitted from professional and practicing art therapists:

Claudia Trevithick, ATR-BC of Creative Therapy shared a successful experience and some of the aspects of her practice through telehealth:

“Working with a teen who denied any anxiety re: corona. Had her draw different feelings and she came to the realization that she doesn't go outside because it 'smells like corona and death'...She agreed with wonder that she WAS anxious.”

How has your practice changed?

“I comment more than usual and specifically as I watch them artmaking. "That yellow looks so different from the black". "I see you are thinking about what to do next. Is that right?"

What are some of the therapeutic practices you have tried?

- asking clients to be sure to have paper and art supplies at the DESK or TABLE. (not in bed)
- I ask clients to order Sakura oil pastels if they have no crayons. If they can.
- literally show me your room - develops pride and fosters relationship with therapist

Art Interventions

- Mandalas
- look for magazine photos between sessions. That may not be an option for many.
- How it feels inside the home
- kinetic family drawing
- when I first felt this way
- hopes for the future
- how it feels to walk outside (or choose not to)

Kristy Schmidt, MA, LPCC, ATR-P shared her experience:

Telehealth Art Therapy With Professional Artists

I work as an Art Therapist at an outpatient HIV clinic in Denver. Since moving to telehealth-only therapy appointments I've seen most clients have significantly reduced access to the art-making part of art therapy for various reasons. However, I wanted to share one case where virtual art therapy has benefited a client who is a prolific, large-scale, oil painter. Since the pandemic, I have had the chance to meet with him for 2 virtual appointments in his studio and help him explore in-progress oil paintings that he has previously been unable to work on in sessions. Prior to this, he had been mostly uninterested in working with the art materials I could provide in the clinic. He occasionally brought phone pictures of his paintings into my office, though it seems we are now able to go deeper into his process when he is in the same room with his actual piece. We are also able to look at and compare several pieces at once, which was difficult to do before. He has said that doing art therapy in this way has helped him have a better understanding of how he can gain information about his internal process from his artworks and painting process.

Again, when it comes to most of my caseload, virtual art therapy has been a big challenge for myself and clients. My experience with this one client though does make me think

that Art Therapists could have a new opportunity in providing telehealth to practicing artists (if this is not already happening). Especially those who cannot bring their preferred materials, art process, and artworks into the Art Therapist's office for logistical or safety reasons."

Andrea Russell, MA, LPCC shared her experience and answered some questions from members about telehealth:

What do you suggest for working with children whose families have limited art supplies and \$ to buy them?

"It doesn't have to be fancy or artist quality. Walmart has little packs of crayons, colored pencils, markers, and watercolors for \$1 each (the dollar store too). Goodwill and The Arc generally have assembled bags of art materials as well. Not to mention there's nothing wrong with asking to borrow materials from someone who might not be using them at the moment. Lending and borrowing things with someone can be a way for people to grow closer (at this time though, due to Covid-19 I'd just be sure to clean the materials before you give them to the kids). It's also ok for kids to understand that art materials cost money... this can start a conversation about why it's important to take care of our things as well as share what we have with each other so that materials we have can make the most amount of impact (each child does not need their own box of markers, watercolors, glue, scissors, and pencils. They can all share one).

Also, try to always look at everything around you as a possible art material. This can provide you with a lot of free materials. Magazine images and words can be used for collages or multi-media pieces. Food wrappers always have bright pretty colors and designs and can be cut apart and used to create something new. Old t-shirts and sheets with holes or stains can be cut apart as well. Paper bags from the grocery store can become the paper you use for making art with acrylic paint, collage images, colored pencils, and crayons, etc. Ribbons from store bags can be cut off and used again for something new. Save tissue paper... always. Boxes and containers you would normally recycle or throw away can always be reused. Newspapers can be shredded to make nesting material or made into a sculpture by folding and gluing.

Lastly, if you are struggling to figure out how to reuse something, a good thing to do is just ask your child. Children have amazing imaginations and will likely be able to come up with a way to make something new out of anything even if we as adults can't see it yet. We don't have to come up with all of the ideas for them. Allowing them to say, "let's make a duck out of this milk carton" is a way for them to practice creativity and learn agency, independence, and confidence."

How do art therapists suggest transitioning from school to summer, with the isolation and social distancing, while still keeping up professionalism and self-care?

"Make art. Take a deep breath and try to accept that things are different and difficult right now, and that's ok."

How have you incorporated art therapy via telehealth?

“For my art therapy groups at community corrections I have made a simple little bag for each client that they will use throughout the pandemic and not share it with anyone else. Each bag has a couple pieces of paper and just a few art materials (all of which can be sanitized so germs are not spreading by living on surfaces for days or clients sharing materials). The materials include a few markers, a safety scissors, and a glue stick. I also put a packet of handouts and discussion questions in the bag that the clients will need for the next few weeks so clients can also write about their experience each session and have written instructions in front of them. When I'm doing a tele-health group session I just direct the clients to pull out whichever handout they need with the discussion questions and expressive art activity. Obviously I'm not able to roll in with a whole cart of a variety of art materials like I normally would. However, I have found that the clients really don't care. They have just voiced being thankful to have group or use art materials at all. Also, even though the materials are limited the clients have voiced that they could see there was effort put into setting them up with a limited amount for each individual in a safe way, which helps them to know that they are cared for. I usually play music for the clients during art making time when I'm doing in person groups (of songs *they* request), so I've continued to do that during tele-health groups as well. I just use my phone and play it on my end, but they can still hear it. I feel like it helps the group relax and get into a quiet space where they can make art and reflect. I also think doing this provides a sense of comfort and normalcy that we are continuing to do some of the same things we have always done despite many other things being different.

What is your overall experience with art therapy and telehealth? (limitations, and benefits)

“Limitations I've run into mostly include poor WiFi connections at facilities.”

What has helped you in doing art therapy via telehealth?

“Remembering that it's ok if it isn't perfect... no one else is expecting this, it's just a stupid thing that I put on myself that gets in the way.”

What art interventions have been successful via telehealth?

“At the community corrections I run a Seeking Safety group which addresses healing from trauma and overcoming addiction. At this particular location I am able to prepare materials they will use during the tele-health session. I did a group session recently about "Control" where I provided 2 magazine images to each client in their individual art bags and I asked them not to trade images with anyone. Then I asked the clients to "make a piece of art" (anything they wanted) "with the **request** that they use the images provided." Afterward we spoke about how this experience created a situation where the clients were not in control (they did not get to pick the images provided). However, they did have control of their reactions to the situation. We then discussed some of the different client reactions (being super flexible and going with the flow, complaining briefly, complaining a lot, walking away to take a break, choosing to use the back side of an image rather than another side they did not like, asking for help for peers, asking for help from the therapist, etc.). Then we talked about how each client's response might show up in their own lives when they are faced with feeling out of control. We spoke about how a sense of control or loss of control might interact with the use of substances or other destructive coping skills. We also spoke about how their sense of control is coming up

for them now during the pandemic where there are even more rules and regulations than normal (which is A LOT in community corrections), and how they can care for themselves at this time (what do they have control over). I suppose if you were doing this group and were not able to prepare materials for people you could give each client a few words or names of items and ask them to include it somehow in an art piece, or you could email pictures for them to either print out or just use as inspiration. I was amazed (but not at all surprised) with how creative clients were able to be in making art with two images of someone else's choosing that were completely unrelated and how they were able to instinctively relate the images to their own lives and current experience without me stating that in the instructions at all."



Self-Care for the Art Therapist

Just an important reminder that mental health professionals also need to practice self-care! You all are doing wonderful work and doing your best to change your practice during this difficult time. Just remember to maintain healthy boundaries if you are working from home and keep up with self-care practices.

- Take regular breaks during the day
- Be aware of your emotional state
- Regularly assess your self-care plan
- Do an emotional check in before and after work
- Do small exercises or stretching
- Practice grounding techniques
- 1 minute meditation
- Host a video art party with friends and family.

Art for Self-Care

- Make messy artwork
- Make artwork about happy memories
- Create a piece of art in response to a quote
- Create, craft, doodle or color anything!
- Do a blindfold drawing
- Practice mindful coloring, you can color a coloring book
- Create a sensory basket for yourself and use it
- Create your own essential oil using sunflower oil, dried petals, gems, etc
- Join a Facebook Group that has Free Reference Photos for Artists: [Free Reference Photos For Artists](#)
- Check out these images that Paris Museums released for free: [Public Art Domain](#)
- Send in some art submissions about COVID19: [Call For Art Submissions](#)
- Participate in the Museum of Isolation Art: [Museum of Isolation Art](#)

Do a virtual tour of the Kirkland Museum or other art galleries:

- [All the virtual concerts, plays, museums and other culture you can enjoy from home](#)
- [Tokyo National Museum](#)
- [Neon Museum Live Video of Tim Burton's Work](#)

Self-Care Assessment From Creativity in Therapy - Carolyn Mehlomakulu, LMFT, ATR-BC

Which of these self-care activities do you already do and which ones do you want to add to your life? Make time for self-care on a daily basis; don't wait until you are distressed.

- Listen to music.
- Spend time outdoors.
- Get exercise at least 3 times per week.
- Do meditation, yoga, mindful breathing exercises, or guided visualization.
- Eat healthy foods.
- Eat a healthy amount of food, 3-5 times per day.
- Drink plenty of water.
- Limit my caffeine intake, especially after lunch.
- Make time for enjoyable activities.
- Journal.
- Spend time with friends that are fun and supportive.
- Create, do art, craft, or build something.
- Read for pleasure, not just school/work.
- Keep my room clean and organized.
- Tackle a task that I have been avoiding.
- Explore new places or try new activities.
- Spend time with pets.
- Pray, attend church, or other spiritual activities.
- Laugh.
- Accept and listen to my feelings.
- Express gratitude to myself or others.
- Get enough sleep every night.
- Wake up at a consistent time each day.
- Take medications as prescribed/directed.
- Get help for or take care of illness and injury.
- Refocus on something else when I am ruminating.
- Inspire myself with poems, quotes, or images.

- Wear clothes that express you, make you feel good, or are comfortable.
- Say no when I need to.
- Ask for help.
- Balance responsibilities and fun.

[Self-Care Assessment PDF link](#)

COVID19 Resource Articles

[Free APA Articles](#)

[Pandemic Journal](#)

[Truth: I Don't Know How to Reduce Your Pandemic Anxiety](#) - Cathy Malchoidi, PhD, LPCC, LPAT, ATR-BC, REAT

[HOW TO COPE WITH THE UNKNOWN: FRAMEWORK AND STRATEGIES FOR THE COVID PANDEMIC](#)
- Courageous Heart Healing

[Tips to manage loneliness, anxiety while social distancing during coronavirus](#) - Lauren Dozier

[Pandemic anxiety is making us sleepless, forgetful and angry. Here are tips for coping.](#) -Jelena Kecmanovic

[COVID-19 Toolkit on Response to Racism and Xenophobia](#)

[Tools for Therapists to Care for Clients and Self during COVID-19](#)

[Art Therapy: Journal of the American Art Therapy Association Resources for Responding to COVID-19](#)

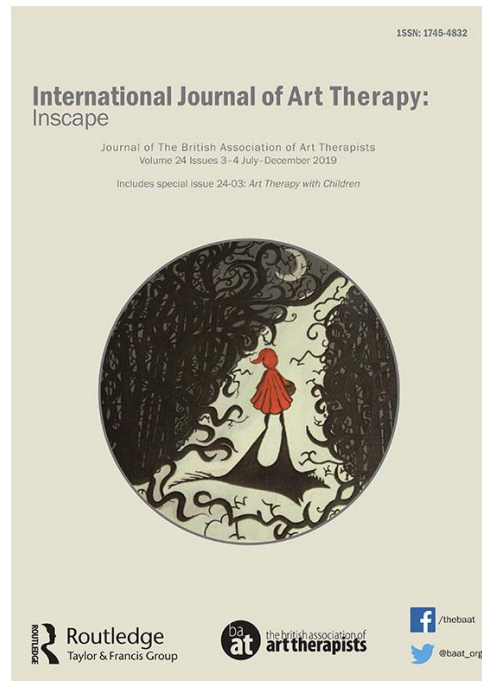
[Art Therapy in Pandemics: Lessons for COVID-19](#)

Articles Relating to Art in Community During COVID19 (from around the world)

- [DenDenver Artists Paint Murals on Boarded-Up Businesses During COVID19 Shutdown](#)
- [How LA's Street Artists Are Responding To Coronavirus](#)
- [Banksy created new work in his bathroom during the COVID-19 lockdown.](#)
- [Swiss street artist pays tribute to unsung coronavirus heroes](#)
- [Navajo Government, Citizens United Against COVID-19](#)
- [Comic Book Superhero 'La Borinqueña' Is the Face of Crowdfunding N95 Masks for Frontline COVID-19 Workers](#)
- [Local entrepreneurs get creative in support of healthcare workers, filling community needs](#)
- [Children Around the World are Putting Rainbow Drawings in Windows to Spread Joy Amid Isolation](#)

Highlighted Art Therapy Resources

Two art therapy related resources for anyone who is looking to expand their portfolio of information or are simply interested. These resources provide a new look into the field.



[Therapeutic Effects: The Integration of Creative Arts Therapy in Palliative Care - OBM Integrative and Complementary Medicine 2020, Vol 5, Issue 1](#)

Co-Authored by Amy Jones, ATR-BC, LPC and Other Clinical Professionals

[The bird's nest drawing and accompanying stories in the assessment of attachment security](#)

Ji Young Yoon , Donna Betts  & Sue Holttum 

Received 08 Apr 2019, Accepted 10 Nov 2019, Published online: 18 Dec 2019

May Art Thrive Challenge

As many of you know, May is mental health awareness month. It is important for us to take part with our community especially now, during a time when mental wellness is even more vital. To promote art therapy awareness in conjunction with mental health awareness month and honoring mental health professionals, CO-ATA has put together an art challenge: May Art Thrive Challenge.

Here's how to participate

For each day of May, CO-ATA has offered a simple daily art prompt. One word prompt for each day to create artwork to. Each word prompt relates to art therapy and mental health. Create artwork based on the word, share it on your social media then tag us #arttherapyco #mayartthrivechallenge

Since May is around the corner, here is a preview of the word list for the challenge. As of May 1st, this challenge will be posted to our social media. Let the art making commence!

