



Dear Jack Foundation: AYA Community Call

CREATIVE COPING

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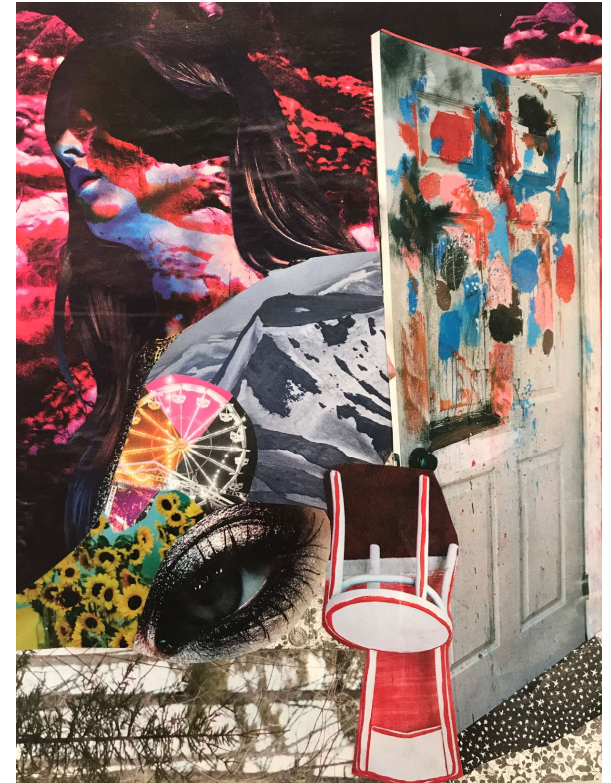
AGENDA

- Introduction
- What is Creativity?
- Creative Coping Benefits
- Creative Practices
 - Mindfulness
 - Writing
 - Art Making
- Reflection



INTRODUCTION

- Art Therapist + Clinical Counselor
- Artist
- TNBC Survivor





"I found I could say things with
color and shapes that I couldn't
say any other way—things I had
no words for"

– Georgia O'Keeffe

WHAT IS CREATIVITY?

- the ability to make or otherwise bring into existence something new
- to produce ideas or solutions that are both original and effective



WHAT IS CREATIVE SELF-EXPRESSION?

- act of communicating your inner world—your thoughts, emotions, identity, and imagination—through a form that feels authentic to you

- Art
- Writing
- Movement
- Music
- Fashion
- Photography
- Problem-Solving
- Gardening
- Cooking
- Puzzles

WHY CREATIVE COPING?

**Creative self-expression provides space for making
the invisible → visible + the internal → external**

- Provides healthy emotional outlet for complex emotions and experiences
- Encourages neuroplasticity (brain's ability to adapt and change)
- Allows space to disconnect from stressors and reconnect with self
- Relaxes the nervous system and promotes mind-body connection
- Allows individuals to reflect and view difficult situations differently
- Increases feelings of competence through the act of creating and trying something new

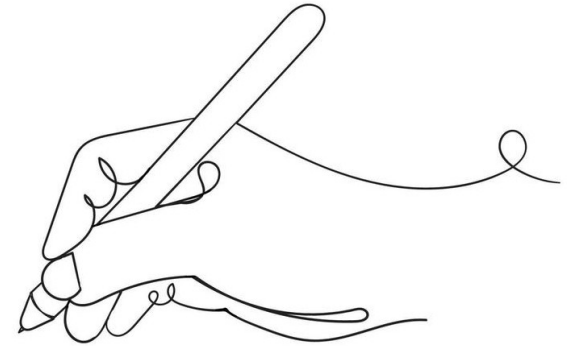
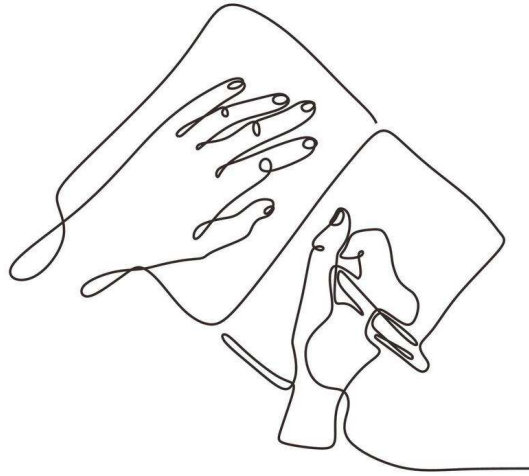
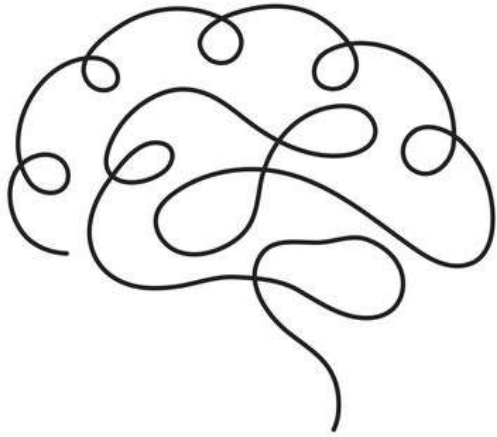


FINDING WHAT WORKS FOR YOU

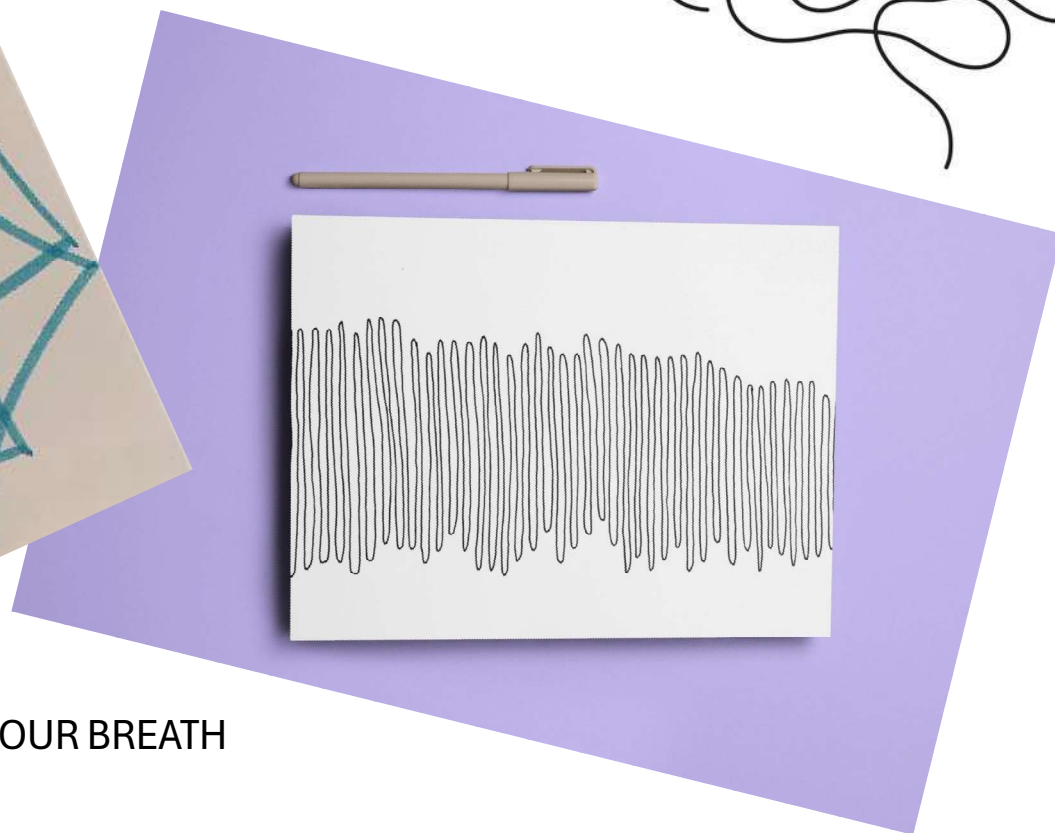
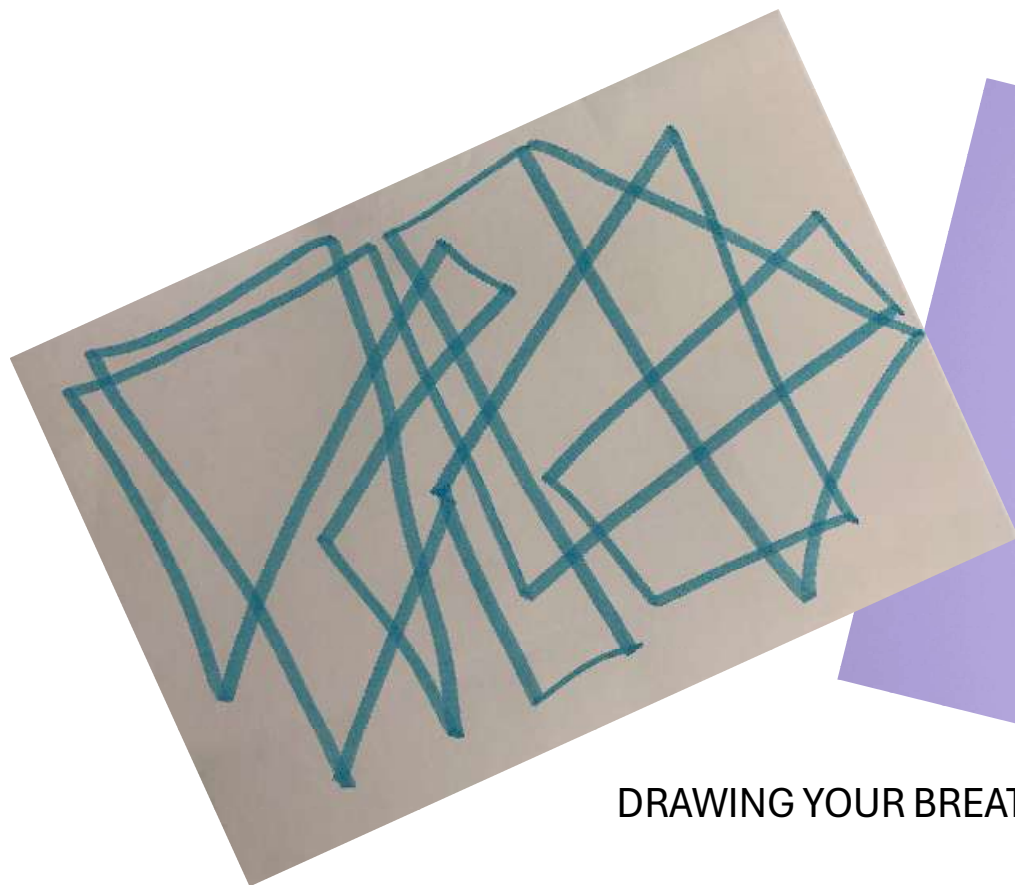
- Start with small, achievable steps
- Try new and different ways of expressing yourself
- Focus on the process over the product
- Integrate creative coping into a daily practice
- Engage in activities with your support system



CREATIVE COPING PRACTICE

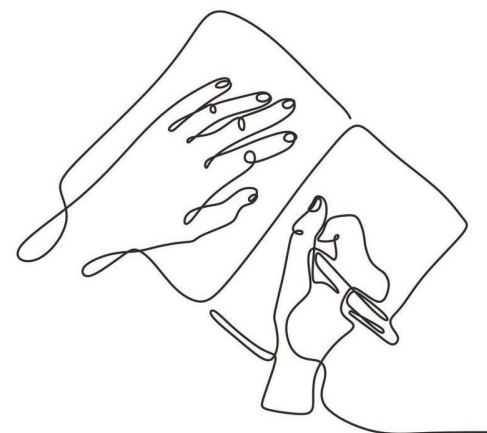


CREATIVE COPING PRACTICE: MINDFULNESS



DRAWING YOUR BREATH

CREATIVE COPING PRACTICE: WRITING



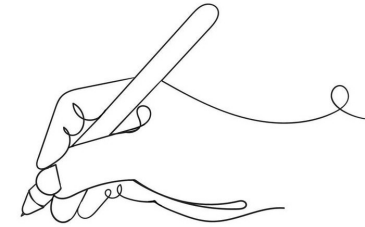
CHOOSE ONE...

ACKNOWLEDGING...

HOLDING SPACE FOR...

LETTING GO OF...

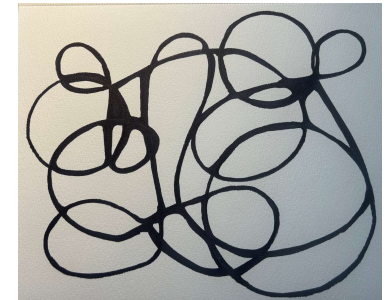
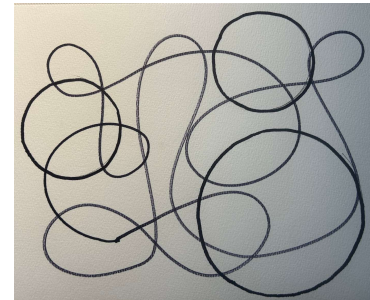
CREATIVE COPING PRACTICE: DRAWING



Neurographic Art= creative drawing method where you turn your thoughts, emotions, or stress into flowing lines and shapes, then transform them into something calm and visually interesting.

Scribble

- Draw a scribble and allow the lines to cross



Round Out + Transform

- Look for any sharp edges and add to them to round them out
- Turn “V” shapes into “U” shapes

Add + Personalize

- Add any additional lines, shapes, or images and continue to round any sharp edges (transform and soften each edge)
- If you want, you can add color or patterns



CREATIVE COPING PRACTICE: REFLECTION

- How did each creative practice feel?
- Which one felt most soothing or comfortable? Or which was not-preferred?
- Which practices would you like to continue to explore?



CREATIVE ART THERAPIES RESOURCES

- The American Art Therapy Association: <https://arttherapy.org/art-therapist-locator/>
 - State Associations:
 - Colorado Art Therapy Association: <https://www.arttherapycolorado.org/colorado-art-therapists-1>
 - Illinois Art Therapy Association: <http://www.illinoisarttherapy.org/find-an-art-therapist.html>
 - Buckeye Art Therapy Association: <https://www.buckeyearttherapy.org/>
- Twist Out Cancer (art therapy-based workshops): www.twistoutcancer.org/twistshops
- American Music Therapy Association: <https://www.musictherapy.org/>
- American Dance Therapy Association: <https://www.adta.org/>