

Kansas Creative Arts Industries Commission Announces Arts in Medicine

Arts in Medicine, a partnership between the Kansas Creative Arts Industries Commission and Emporia State University, is accepting applications from associations, agencies, and organizations that provide medical services to Kansans. If accepted, the applicant agency will have the opportunity to work with faculty and graduate students in the art therapy program at Emporia State University to build a program that meets the needs of specified populations.

Applicants may be interested in offering patients, clients, or staff art therapy services such as:

- **Group art therapy programming designed to meet the psycho-social needs of patients, care givers, or medical personnel**
- **Individual art therapy for patients receiving treatment (i.e. cancer treatments or transfusions)**
- **Art-based workshops for medical personnel or clinicians in training (stress relief, group bonding, etc.)**
- **Arts-based programs at special events (grief camps, open houses, etc.)**

Applicants must be Kansas-based institutions, organizations, or associations that provide medical services to Kansas citizens. Applications are welcome from agencies that serve all age and developmental levels. Art experience and art skills are not necessary.

Applications are due by October 2, 2017. Applications will be reviewed and evaluated by a panel including members of KCAIC, ESU, and art therapy professionals.

To submit an application visit <https://kansascaic.submittable.com>.

The Benefits of Medical Art Therapy

Provided by Dr. Gaelynn P. Wolf Bordonro ATR-BC, Director of the Emporia State University Art Therapy Program

Art therapy can be used in a variety of medical settings, including support centers, clinics, and hospitals (Czamanski-Cohen, 2012). Patients express themselves while exploring issues regarding their hospitalization and illness, including impact on daily living, relationships, treatment concerns, belief systems, support systems, etc. (Medical Art Therapy, 2014; Minar, 1999; Nainis et al., 2006; Schriener and Wolf Bordonaro, 2012; Wolf Bordonaro, 2003). Benefits of art therapy include:

- Improved blood pressure, heart rate, and respiration (Malchiodi, 2007).**
- Stress reduction (Bell & Robbins, 2007; Leckey, 2011; Schrade, Tronsky, & Kaiser, 2011; Ulrich, 1992).**
- Decreased anxiety (Walsh, Martin, & Schmidt, 2004; Walsh & Weiss, 2003).**
- Opportunities for emotional release (Council, 1993)**
- Reduced resistance related to medical procedures (Favara-Scacco, Di Cataldo, Smirne, & Schiliro, 2001)**
- Increased positive behavior with others, including medical staff, visitors, or family members (Favara-Scacco, Di Cataldo, Smirne, & Schiliro, 2001)**
- Decreased negative symptoms, such as tiredness and anxiety (Nainis, Paice, Ratner, Wirth, & Shott, 2006)**
- Increased healthy coping skills (Nainis, Paice, Ratner, Wirth, & Shott, 2006)**
- Decreased distress symptoms (Monti et al., 2006)**
- Reduced anxiety and stress for family caregivers (Walsh, Radcliffe, Castillo, Kubar, & Broschard, 2007)**
- Increased positive emotions such as, joy, humor, spontaneity, and flow (Reynolds & Prior, 2003; Walsh & Weiss, 2003; Walsh, Martin, & Schmidt, 2004).**
- Increased mindfulness and awareness (Collie, Bottorff, & Long, 2006; Nainis, 2005; Reynolds & Prior, 2003; Reynolds, 2004a)**
- Reduced rates of depression in cancer patients on chemotherapy (Bar-Sela,**

Atid, Danos, Gabay, & Epelbaum, 2007)

- **Reduced depression, anxiety, and somatic symptoms (Thyme et al., 2009)**
- **Improved self-confidence and readjustment after cancer diagnosis and treatment (Luzzatto & Gabriel, 2000)**
- **Improved medical decision making processes (Czamanski-Cohen, 2012)**
- **Increased relaxation, communication, and expression (Forzoni, Perez, Martignetti, & Crispino, 2010)**
- **Restoration of self-identity and personal worth (Collie, Bottorff, & Long, 2006; Luzzatto & Gabriel, 2000)**
- **Engagement in generative, empathetic and altruistic acts (Appleton, 2001; Reynolds & Prior, 2003)**
- **Opportunities to leave concrete “legacies” (Piccirillo, 1999; Rutenberg, 2008)**
- **Reinforced sense of ability (Nainis, 2008)**
- **Discovery of inner strengths which compensate for losses caused by illness (McGraw, 1999; Minar, 1999)**
- **Increased positive communication (Walsh & Weiss, 2003)**
- **Parents of children who receive art therapy are more relaxed and better able to cope with medical events (Favara-Scacco, Di Cataldo, Smirne, & Schiliro, 2001)**

For more on the Kansas Creative Arts Industries Commission, a division of the Kansas Department of Commerce, go to KansasCommerce.gov/caic