

# Gulf Coast Conference on Addiction and Recovery

## Art Therapy Interventions for Addictions

Presented by:

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### Quotes

Creativity Takes Courage.

- Henri Matisse

Creativity is the ability to take a risk.

-Sting, Musician

### What is Art Therapy?

1. Explore the Emotions
  - a. "Draw your family as animals"
2. Experience the New
  - a. "Paint pouring"
3. Uncover the Unknown
  - a. "Draw Your Monster"
  - b. Non-dominant hand conversation
4. Tolerate the Uncomfortable

## “Why should I make art? How is this even helping me?”

In my 25+ years as a Board Certified Art Therapist I have heard this a million times. My answer has changed over the years, but here is my response today....

### 5 Way Art Therapy Improves Your Life

1. Making art stimulates your brain in new ways. You are doing something you outside of your daily routine and that creates (or reactivates) new neural connections. Then, later in the day, when you are faced with a problem, or a choice, you will be able to see multiple perspectives and options. You have already stretched your brain and prepared it to be more flexible.

2. Making art gives you temporarily distraction from the everyday \$h\*t in your life. Whether you are drawing, painting, sculpting or collaging, the art requires your full attention. Your brain does not have the bandwidth to focus on two things at once. While you are lost in the creative process, you let go of your anxiety, pain and stress.

3. Making art provides you with a different language to explore your inner most feeling, fears and fantasies. It may be scary to delve deep inside your subconscious. Using lines, shapes colors and composition you can tell your story in an alternative way, which may lead to new connections and a deeper understanding of yourself. If you're lucky you may even have an “A-ha” moment

4. Making art helps you to tolerate feelings of frustration and disappointment when the project is not looking the way you intended. In life, we will get frustrated and be disappointed. It is in those moments that we make a choice of how we respond. We can either do something that is self harming (drinking, drugs, overeating, smoking, self isolation...) or we can just sit with those distressing feelings and remind ourselves that feelings come and go and this too will pass. Feeling unsatisfied with the art gives you a chance to practice being in that uncomfortable space without any big consequences.

5. Making art can raise your self esteem when the project is looking the way you intended. When you complete a project from start to finish, and you like the final result, you feel a sense of accomplishment. With that sense of accomplishment comes empowerment. As a result you reduce your fears of the unknown and may feel encouraged to try other new or challenging ventures.

### Beaded Lizard

1. Cut a piece of string the length of your “wingspan”
2. Choose one main color (about 35 beads)
3. Choose a second color (2 beads)
4. Choose a third color (12 beads)
5. Choose a fourth color (9 beads)

Purpose: Assessment

1. Ability to understand pattern
2. Attention span
3. Short term memory
4. Capacity to tolerate frustration
5. Ability to follow directions
6. Willingness to work together
7. Level of creativity

### Draw a Person in The Rain

“Life isn’t about waiting for the storm to pass...

It’s about looking for rainbows and learning to dance in the rain!”

Purpose: promotes coping skills

### Free Painting

Best friend died of an overdose

Purpose: Helps to organize and regain a sense of containment

### State of mindfulness and relaxation: How Art Changes Your Brain:

Differential Effects of Visual Art Production and Cognitive Art Evaluation on Functional  
Brain Activity

Bolwerk, J. Mac-Andrick, F. Lang, A. Dörfler, C. Maihöfner

1. 28 Post-retirement adults
2. Art Production Group: Psychological resilience (i.e., stress resistance)
3. Increased ability to cope with adversity
4. Improved Family Relationships
5. Improved Overall Health
6. Reduced Stress Related to Finances

### Draw Your Resistance

- a. 3 Minute Art Therapy video: <https://youtu.be/JW9L3ynhTJE>

### Art Therapy and Addictions

Art Therapy can effectively promote a 12-step model by creating positive images of recovery, which, in turn, break down resistance to receiving treatment

(Feen-Calligan, 1995; Potocek & Wilder, 1989)

App: HAZELDEN - Touchstones: Inspirations and daily meditations

Case Study: Jenna

- 20 years old student
- Heroin and meth addiction
- Sexual abuse history - PTSD
- From Alaska
- Anxiety

### Art Interventions

2. Northern Lights painting
  - a. Provides guidance
  - b. Sets clients up for a win
  - c. Slows down thinking and breathing

Step 1 : We admitted we were powerless over alcohol and drug- that our lives have become unmanageable

3. Soul Collage
  - a. Choose a background
  - b. Choose images that represent your feelings of powerlessness or actual things that you have no power over
  - c. Carefully cut out images
  - d. Create a composition
  - e. Glue

Cleveland group uses art therapy to help patients in treatment for drug addiction:

<https://www.cleveland19.com/2019/06/12/cleveland-group-uses-art-therapy-help-patients-treatment-drug-addiction/>

Step 5 : Admitted to God, to ourselves and to another human being the exact nature of our wrongs

1. Worksheet:

- a. Choose a color and a shape for each of the personality defects with which you identify
- b. Use the Play Dough to recreate those shapes
- c. Discussion Questions:
  - i. Which personal defects do you identify with?
  - ii. Talk about your color and shape choices to represents those defects
  - iii. Was it difficult or easy to construct a monster out of those shapes and colors?
  - iv. How powerful does this monster feels as it sits in front of you?
  - v. How does that relate to Step 5?
  - vi. How does that relate to your life

Step 5 : Continued

Play Doh: My One Major Personality Defect

- d. Choose one defect, and make it out of clay

2. Removing That Defect

- a. Give away your "Personal Defect" sculpture to someone.
- b. Take apart someone else's "Personal Defect" sculpture
- c. Create something new from the parts
- d. Discussion Questions:
  - i. Was it hard or easy to give your sculpture away?
  - ii. Did you watch or look away while it was being taken apart?
  - iii. How do you feel without that personal defect?
  - iv. Do you like or dislike what came back to you?
  - v. How does that relate to Step 6?
  - vi. How does that relate to your life

## Step 5

Going over the list below, we ask ourselves have we honestly admitted our defects to ourselves, how we have manifested in our lives and created the unmanageability we have known.

1. Identify as many of the defects below that you can admit to yourself and someone else.
2. Choose a color to represent each different defect.

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 1. Resentment, Anger               | 11. Jealousy                        |
| 2. Fear, Cowardice                 | 12. Envy                            |
| 3. Self pity                       | 13. Laziness                        |
| 4. Self justification              | 14. Procrastination                 |
| 5. Self importance, Egotism        | 15. Insincerity                     |
| 6. Self condemnation, Guilt        | 16. Negative thinking               |
| 7. Lying, Evasiveness, Dishonesty  | 17. Immoral thinking                |
| 8. Impatience                      | 18. Perfectionism, Intolerance      |
| 9. Hate                            | 19. Criticizing, Loose talk, Gossip |
| 10. False pride, Phoniness, Denial | 20. Greed                           |

Coloring Books: use as a soothing activity if emotions become intense

Step 8 : Made a list of all persons we had harmed, and became willing to make amends to them all

3. Destruction

- a. Choose a ceramic piece
  - i. Goodwill and yard sales are a great place to get old ceramics
- b. Wrap it in a towel
- c. Share, out loud, what relationship has been destroyed
  - i. Jenna: "This represents my relationship with my father"
- d. Smash ceramics with hammer (symbolizing the broken relationship)
- e. Talk about how it felt to destroy the piece
  - i. Jenna: "He hurt me because he left. I am angry. Am I not lovable?"

Step 9 : Made direct amends to such people wherever possible, except when to do so would injure them or others

4. Rebuilding

- a. Use glue to rebuild - not the same but something new and different

5. Purpose

- a. Acknowledge that we may have contributed to the damage
- b. Represent past relationships/situations that they had damaged or destroyed
- c. Recognize that we can rebuild but it will be something new - it will never be the same
- d. Experience that rebuilding may be painful (sharp objects or hot glue)

6. Discussion Questions

- a. Talk about the relationship you are thinking of.
- b. How did you feel before/during/after smashing the ceramic piece?
- c. How does that relate to your relationship? Has it been broken? Damaged? Shattered?
- d. How does that relate to Step 8?
- e. How does this relate to Step 9?
- f. How does that relate to your life?

I never knew how strong I was until  
I had to forgive someone who wasn't sorry,  
and accept an apology I never received

Forgiving does not excuse bad behavior, but it prevents us from carrying that anger and  
destroying ourselves.

That forgiveness is a sign of strength, not weakness

Negativity and suffering have their roots in time  
-Eckhart Tolle, The Power of Now

- Unease, anxiety, tension, stress, worry (all forms of fear) are caused by too much future
- Not enough presence
- Guilt, regret, resentment, grievances, sadness, bitterness (all forms of non forgiving) are caused by too much past
- Not enough presence

150 More Group Therapy Activities and Tips

-Judith A. Belmont

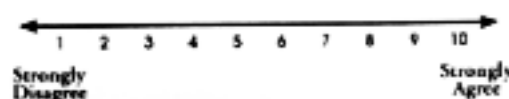


## Quiz

### What is Your Forgiveness IQ?

It's not easy to forgive when you feel slighted or wronged, yet we know that the inability to forgive causes us to hold on to bitterness and negativity. For some, forgiving oneself for past actions and choices proves to be the most challenging of all. It is important to keep in mind that forgiveness is a choice and reflects a conscious decision. The first step is to identify the essential elements of forgiveness, which provides a basis to focus on the areas that need the most attention.

For the following 10 questions, rate each item from 1 to 10 to find your "forgiveness IQ."



- \_\_\_\_\_ I will not forgive people if they are not sorry and admit what they've done.
- \_\_\_\_\_ Those who have wronged or slighted me but take no responsibility for hurting me do not deserve to be forgiven.
- \_\_\_\_\_ I find that my inability to forgive leaves me stuck thinking about what happened in the past.
- \_\_\_\_\_ I can't forgive because I don't want to condone bad behavior.
- \_\_\_\_\_ A difficulty in forgiving makes it hard for me to trust others.
- \_\_\_\_\_ It's hard to forgive, because forgiving means letting people off the hook and makes them no longer accountable.
- \_\_\_\_\_ Forgiveness is something that you just feel, not a trainable skill.
- \_\_\_\_\_ Since there is nothing I can do about things now, I tend to keep things in and don't share my hurt with others.
- \_\_\_\_\_ If I forgive, that means I will be vulnerable again, and I need to protect myself.
- \_\_\_\_\_ I can't forgive myself for past mistakes, choices and failures.

Total \_\_\_\_\_

**How did you do? The lower the score, the better your forgiveness IQ.**

- 15 or lower — You are a forgiveness genius! Congratulations!
- 16–29 — Strong forgiveness competency. You have given yourself the gift of forgiveness and stay positive.
- 30–49 — Moderate forgiveness competency. You have some work to do on becoming less negative and stuck in past resentments.
- 50–69 — Moderate forgiveness impairment. A difficulty with forgiveness has limited your ability to stay positive and live fully in the present.
- 70–84 — Severe forgiveness impairment. Consider seeking professional help to give yourself the gift of forgiveness.
- 85–100 — Danger Zone! A lack of forgiveness impairs your mental health. Consider seeking psychological help.

From: *The Therapist's Ultimate Solution Book: Essential Strategies, Tips and Tools To Empower Your Clients* by Judith Belmont.  
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Step 12 : Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

1. Origami

- a. Find an old map and discuss how it is no longer relevant
  - i. Now we use GPS
  - ii. Some street may no longer exist and there may be entire new neighborhoods
- b. Cut into perfect square pieces (approx 7x7")
- c. Create an origami box
  - i. Slow down
  - ii. Be perceive
  - iii. Follow directions
  - iv. Stay focused
  - v. Ask for help when needed
- d. Create the entire thing a second time to make a top
  - i. Can you remember the process?
  - ii. We get better at things when we do them more than once
  - iii. What can you do differently to improve from the first box?
- e. Write on small pieces of paper all the things that you want in a sponsor
  - i. Put them inside the box to remind yourself of what you need
  - ii. Ask yourself if you also have poses those personality traits
- f. Discussion Questions
  - i. How is a map similar to a Sponsor? (a guide)
  - ii. Talk about following directions.
  - iii. Talk about being precise and exact. How does that feel to you?
  - iv. Are you holding on to any old maps that will lead you in the wrong direction - get you lost?
  - v. Share the words that describe the type of sponsor you need.
  - vi. Are those the same words that describe the type of sponsor you are/should be/ strive to be?
  - vii. How does that relate to Step 12?
  - viii. How does that relate to your life?
  - ix. Can/ will you teach this activity to someone else? Who? How?

Whatever the present moment contains, accept it as if you had chosen it.

Always work with it, not against it

### The Power of Now, Eckhart Tolle

- When you listen to your own thoughts, you are aware not only of the thought but also of yourself as a witness of the thought
- This is the beginning of the end of involuntary and compulsive thinking
- Make it a habit to ask yourself: what's going on inside of me at this moment?
- Don't analyze, just watch
- Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it
- This will miraculously transform your life

## 2. Two Wolf Painting

- a. Read the Two Wolves myth
- b. Open discussion
- c. Write an intention on paper/canvas
- d. Paint background
- e. Draw moon, hill and Wolves
- f. Paint
- g. Use wolf stencil
- h. Purpose
  - i. Encourage awareness of our thoughts because thoughts have power
  - ii. Recognize where we have control
  - iii. Make thoughtful intentions
  - iv. Practice patience
  - v. Learn to frustration
  - vi. See things through without giving up

### Native American folktale: The Fight of Two Wolves Within You

An old Cherokee is teaching his grandson about life: "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather: "Which wolf will win?" The old Cherokee simply replied, "The one you feed."

How we Learn: We are always in one of four states of consciousness:

1. Unconsciously incompetent
2. Consciously incompetent
3. Consciously competent
4. Unconsciously competent

Think about it in terms of learning to tie your shoe:

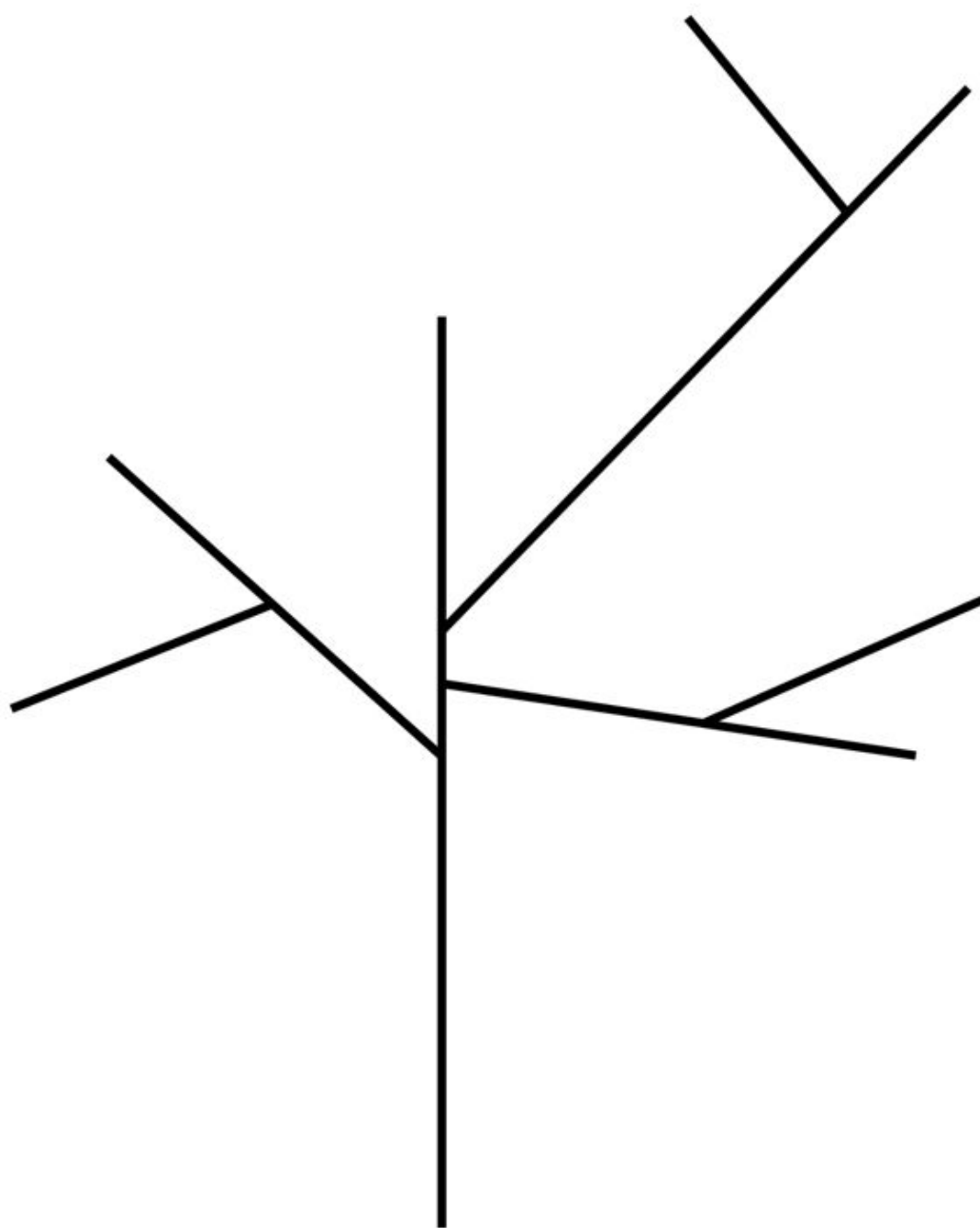
1. First you didn't even know that shoes needed to be tied - Unconsciously incompetent
2. Then someone pointed out that shoes get tied, but you didn't know how to do it -  
Consciously incompetent
3. Then you were taught how to tie your shoes but you had think about the process -  
Consciously competent
4. Now, you put your shoes on and tie them without even thinking about it -  
Unconsciously competent

It's the same with changing any behavior, including changing your thoughts. Right now you are in the consciously incompetent stage. You're aware that a problem exists but you're not quite sure how to change it. It takes practice. I'm proud of you for recognizing it but I also know it can be very frustrating. Don't stop trying.

There are many things that you do now without even thinking about it, and these things influence our lives and relationships in significant ways. In order to change behavior, you have to become aware of it.

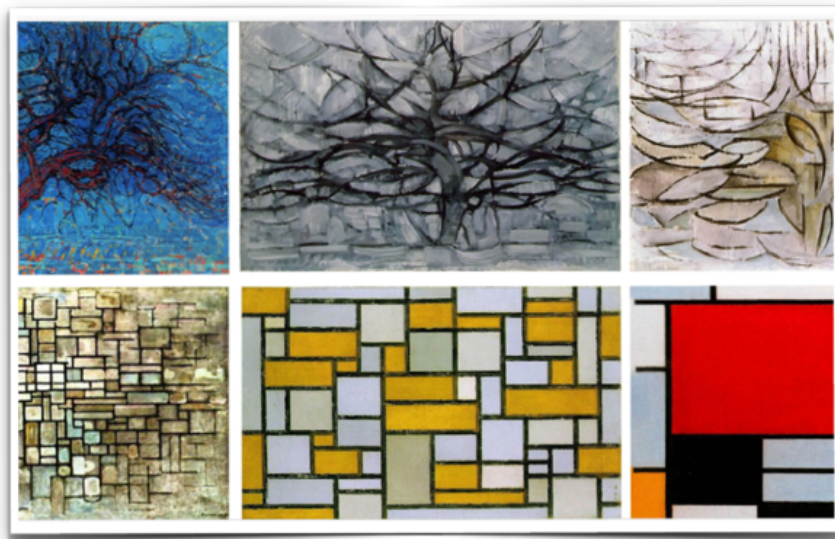
Clients followed specific directions, paying close attention to create boxes from folded paper. They practiced slowing down, listening, being teachable and tolerating frustration. It is easier to refold the same crease than to start a new one, illustrating how our neuropathways are carved into the brain. Anything becomes easier with practice once the neuropathways are already there. Learning something for the first time takes more effort, and that is why getting stuck in negative thinking feels natural - because those negative pathways have been traveled so often.

Clients were then asked to write something that they respect, admire or appreciate about each peer, "give each other a gift", and place inside the paper box. These are new thoughts that can be read, reread and eventually replace the negative self talk.



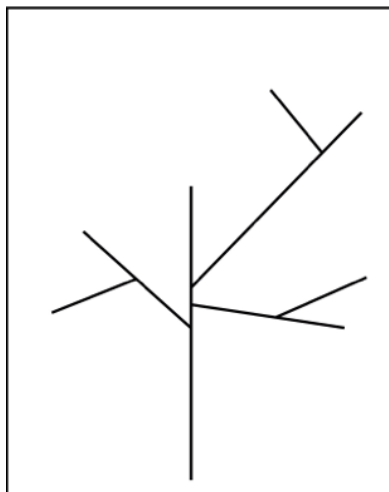


## Mondrian Abstract Tree

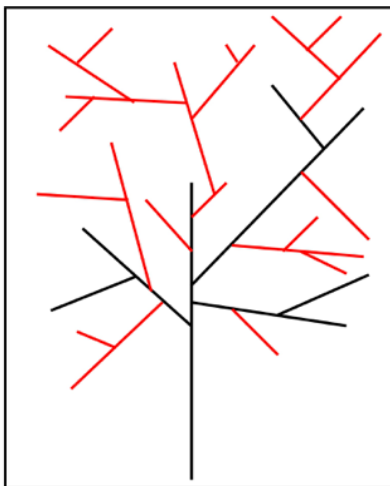


Provide history/education on Mondrian:  
From Tree to Abstraction

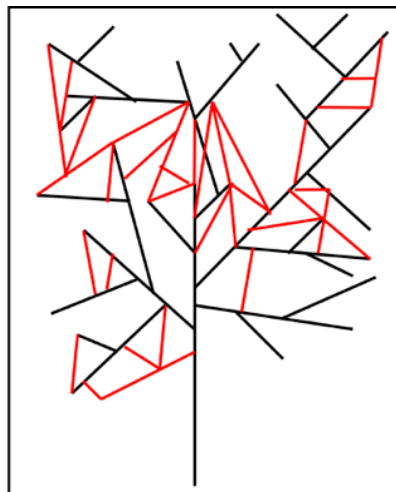
## Mondrian Abstract Tree



Use simple tree



Add simple lines to create basic shapes



Use primary colors to color in shapes  
Use simple colors to get really abstract

## Art Participation: Mondrian Abstract Tree

### Materials

Pre-printed simple tree (optional)

Thin black pen/marker

Markers, Crayons or Pencils in multiple colors

### Directions

Brief history of Mondrian's process to abstraction and simplicity

Start with a simple tree

Add lines to create shapes and spaces

Color in the shapes - limit color palette

### Purpose

Learn something new / art history

Understand that simplicity doesn't just happen, it is a thoughtful process

Encourages listening and following directions

Allows for focus, creativity and mindfulness

### Discussion

1. Does knowing the process change your opinion of Mondrian's paintings?
2. What was your process like?
3. Did you like or dislike having very specific directions and limited materials?  
Explain
4. Did you find yourself getting lost in the process?
5. Did your critical inner voice arise? What did it say? What did/could you say back?
6. How do you feel about your final drawing? What would you do differently next time?

### Safe Place Drawing

Discussion and visualization:

If you were sitting in this safe place...

What could you see?

What could you hear?

What could you smell?

What could you taste?

What could you feel?



### Online Class

20% off with coupon code "Pamela20"

[www.Lyfe.academy/Art-Therapy](http://www.Lyfe.academy/Art-Therapy)

-4 hours of additional content

-Downloadable PDFs

-Interactive Art lessons

-Links to Additional videos

-Topics Include:

1. The Science and History Behind Art Therapy
2. Art Therapy for Anxiety and Depression
3. Art Therapy to Improve Relationships
4. Art Therapy for a Deeper Understanding of Ourselves

### Bereavement's Developmental Tasks

1. To accept the reality of the loss.
  - a. This task takes time because it involves an intellectual acceptance as well as an emotional one.
2. To work through the pain of grief.
  - b. Or it will manifest itself through others symptoms or behaviors.
3. To adjust to an environment in which the deceased is missing.
  - c. This loss confronts them with the challenge of adjusting to their own sense of self.
4. To emotionally relocate the deceased and move on with life.
  - d. Eventually grieving individuals need to look forward and continue with their lives.

They may need help in letting go of the emotional energy that used to be invested in the drug or the person who has died, and they may need help in finding an appropriate place for the loss in their emotional lives.

## Work Through the Painful Feelings

### 3 Separate Drawings:

1. Draw the "Pain or the Fear"
2. Draw "What would the opposite look like?"
3. Draw "If something magical could come along and change the first picture into the second picture, what would that look like?"
4. Guided visualizations with muscle tension and release

## Learned Helplessness

-Martin Seligman

- Through classical conditioning, dogs were taught that they would get shocked when they heard a bell
- Once they were given an opportunity to move away from the shock, they just laid down and gave up (helpless and hopeless)
- To unlearn the helplessness, the dogs had to be physically moved two or three times before they realized that they had a choice

## Learned Helplessness

### Verses

### Optimistic Explanatory Style

A positive way of interpreting adversity as being local and temporary  
(This is not so bad and it will get better)

The path from adversity to opportunity can be learned

## What My Hands Hold

### Materials

1. White paper
2. Sharpie marker, black
3. Watercolor paints

### Directions

1. Trace both your hands
2. Left hand: represents: "What my hands once held". Use colors, words and images to represent the past.
3. Right hand represents: "What my hands now/will hold". Use colors, words and images to represent the future.

### Purpose

1. Allows for setting intentions
2. Recognizing change and growth
3. Acknowledges that nothing is all good or all bad

## Story telling. Strength and Communication: Aboriginal Painting

1. Educate about the Aboriginal culture and art, using dots instead of brush strokes.
2. Use stencils of Australian animals
3. Use pencil erasers dipped in paint to create own paintings
4. Materials
  - a. Black card stock paper
  - b. Acrylic paints in multiple colors
  - c. Stencils of Australian animals (frog, kangaroo, turtle, lizard)
  - d. Pencils with new erasers
5. Purpose
  - a. Discussion about using tools in different ways than we are used to using them - giving us a new perspective and thinking outside of the box to solve problems and create new solutions. Art as therapeutic meditation and mindfulness.

## Step by Step Painting

### Purpose

1. Assess the current level of pain 1-10
2. Let go of control and allow someone else to lead
3. Practice following directions
4. Tolerate frustration
5. Release perfectionism
6. Practice mindfulness, distraction and patience
7. Assess the new current level of pain 1

### Final Thoughts:

1. Be curious
2. Be aware of your intentions and how your choices affect others
3. Embrace who you are because you have intrinsic value
4. Be in control of what perspective you choose, because that is the only thing we really CAN control

THANK YOU!

Pamela Malkoff Hayes

Thursday October 17, 2019

## **ART THERAPY INTERVENTIONS FOR ADDICTIONS AND RECOVERY**

Are you looking for new ways to help your clients combat negative self-talk to push through fears and anxiety, and turn away from self-destructive isolating behaviors?

Join Pamela Malkoff Hayes, MFT, ART-BC, in this experiential workshop to fill up your therapeutic toolbox with new and unique art interventions that will address addictive behaviour and enhance success of recovery.

Experience how evidence-based treatments will help your clients learn to tolerate frustration, and sit with uncomfortable feelings, without the immediate need to self-medicate.

Discover how combining art therapy with CBT, positive psychology and mindfulness helps to delay immediate gratification, look at the world differently, process fears, accept imperfection and let go of past anger and hurt.

Case studies, art experientials, demonstrations and interactive discussions will be utilized in this cutting-edge seminar to:

- Help clients look at how external influences affect them
- Set aside ego-based reactions and replace those with thoughtful responses

The powerful art interventions taught in this seminar will help your clients transform their emotional response to past trauma, problem solve, change their perspective, and move toward a place of sobriety, acceptance and gratitude.

### **Objectives**

- Implement more than a dozen specific art techniques that will enhance the treatment of people with addictions.
- Acquire skills and understanding of how to effectively combine art and traditional talk therapy in both group and individual counseling sessions.
- Examine how the art techniques can help our clients learn to tolerate frustration, sit with uncomfortable feelings, and stop cravings
- Experience, first hand, how art can provide a sense of calm, mindfulness, and gratitude for life.
- Building new skills through the art process to combat negative self talk to push through fears and anxiety, instead of turning to other self-destructive behavior (IE: drugs, food, sex or isolation)
- Combine art interventions with classic CBT skills and change the thought process to transform the lives of our clients.

### **Speaker**

Pamela Malkoff Hayes, MFT, ART-BC, is a Licensed Marriage and Family Therapist (MFT) in the state of California and a Registered and Board Certified Art Therapist with the American Art Therapy Association (AATA).

Her specialties include: alcohol and drug addictions, relationship and parenting, depression and anxiety, grief, LGBTQ, gender identity and sexuality. She is also a court certified Sexual Abuse Evaluator and trained in Hypnotherapy, Eye Movement Desensitization Reprocessing (EMDR) and Emotional Freedom Techniques (EFT).

Ms. Hayes has a Bachelor's Degree in fine arts from Parsons School of Design in New York, NY and Otis/Parsons in Los Angeles, CA and a Graduate Degree in marriage and family therapy and art therapy from The Notre Dame de Namur University in Belmont, CA

Over the course of her 25+ year career she has worked in schools, hospitals, prison, foster and residential care, and private practice. Ms. Malkoff Hayes lives in Los Angeles where she has a private practice and provides art therapy groups to multiple drug treatment centers. She is a noted speaker and educator, lecturing throughout the United States. She has taught art therapy courses at Philips Graduate University, Rhode Island School of Design (RISD), and Chicago School for Professional Psychology. She has written several books and produced several DVDs and online classes on art therapy. She stars in the video podcast, "3 Minute Art Therapy", and was recently featured on "The Science of Happiness/ SoulPancake" as the expert art therapist.