



**Service Priorities and Programmes
Electronic Presentations**

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Clinical value of Thematic Art with Counselling; Alternative view to Trauma Informed Practice

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Introduction

Background

Artistic activities were effective to help clients with mental illness to stress management (NIHCE, 2009; Hanevik et al, 2013). Supportive counselling enable clients addressing their needs with prioritizing respective recovery plan. This paper was a report about how to achieve synergy of thematic art with counselling.

Objectives

To promote stress management of in-patients

Methodology

Design & Method

Program of Thematic Art with Supportive Counselling (TAC) was provided by nursing staff to a group of mental in-patients with different degree of stress in 3Q-4Q2016.

Participants were assessed regularly with a battery of evaluation including (i) self-rated survey, (ii) psychometric assessment by independent assessors.

The products of program were given to participants as gift and token or as décor at Rehab Unit for culture building.

Result

To promote stress management capacity

To reduce length of stay

To promote earlier discharge

Comparison of anxiety level and self-rated satisfaction were monitored on regular interval. Time-series qualitative analysis was made on art product. Collateral feedbacks from relatives and staff would be sought.

Results & Discussion

- There were total 20 subjects completed the training and; 12 female and 8 male over trial.
- The results consistently showed subjects who had attended more than 10 sessions demonstrating identifiable improvement in respect of (1) concentration, (2) anxiety level and (3) self-esteem.
- Qualitative analysis yielded overt reduce of stress level and enhanced self-esteem.
- The reduction of stress level was positively consistent with attendance when reaching 10 sessions.
- The optimal number of session to produce maximal therapeutic effects for subjects was 15 sessions.
- Collateral feedbacks from relatives and staf