



HIGHER THOUGHT INSTITUTE

**Art Therapy: Theory and Practice for
Mental Health**

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A function based model asks-

Question: What problem does this symptom solve?

Answer: Most, if not all, chronic symptoms are efforts to escape unmanageable feelings of pain, fear, insecurity etc...

Addictive patterns are seen in most, if not all, chronic mental health symptoms/diagnoses (process addictions) as well as substance addictions.



Function Focused Model

“

Multidimensional model (asks “Why?”)

Address the “function” of addictions and mental health symptoms, decrease addiction substitution and co-occurring diagnoses

Embrace triggers

Measures of success – decrease in anxiety, depression, and PTSD symptoms; increase emotional mastery and self confidence. Resulting in decreasing the need for addictive patterns.

Recovery focused - process

Resume- views relapse (recurrence of use) as an obstacle for a growth opportunity; experiences guilt

Emotional mastery

Therapy plus peer support

Behavior Focused Model

Single dimensional model (asks “What?”)

Address the “behavior” of addictions only, increase addiction substitution and/or co-occurring diagnoses

Avoid triggers

Measures of success – abstinence; increased behavioral mastery

Relapse focused – product

Restart – views relapse as a failure; experiences shame

Behavioral mastery

Peer support

Function Focused Model

Reframe the Addict self

Identify with emotions AND behaviors

Encourages mind/body integration/association

Disorder, environment and genetics

Compassion/flexibility/proactive/empathy

Introspection; decrease negative stigma

Expansion of perspective (thoughts, feelings, and behaviors)

Collaboration/connection/cooperation/"us"

Coaching/Challenge

Behavior Focused Model

Reject the Addict self

Identify with behaviors

Encourages mind/body disintegration/dissociation

Disease, primarily genetic

Compliance/rigidity/reactive/judgement

Projection; increase negative stigma

Restriction of perspective (thoughts, feelings, and behaviors)

Separation/disconnect/competition/"them"

Criticism/Shaming

Addiction is a pervasive pattern of avoiding feelings.

People can be addicted to anything, including mental healthy symptoms.



Ways to avoid/distract/suppress feelings-

- **Drug/Alcohol**
- **Self-Mutilation**
- **Medication/Pills**
- **Sex**
- **Intellectualizing**
- **Shame**
- **Drama King/Queen**
- **Entitlement**
- **Denial**
- **Eating/Not Eating**
- **Dissociation**
- **Alter Egos**
- **Extreme Collecting**

- **Confusion**
- **Shoplifting**
- **Masturbation**
- **Promiscuity**
- **Flashbacks**
- **Memories/Content**
- **Living in the past**
- **VRP /Drama Triangle**
- **Suicidal Ideation**
- **Somatization**
- **Anxiety**
- **OCD Thinking & Behaving**
- **Hobbies**

Ways to avoid/distract/suppress feelings-

- **Gambling**
- **Gaming**
- **Pornography**
- **Workaholism**
- **Perfectionism**
- **Shopping**
- **Humor**
- **Fantasy**
- **Religion**
- **Exercise**
- **Homicidal Ideation**
- **Narcissism/Arrogance**
- **Depersonalization**

- **Numbness**
- **Rage**
- **Sadness/Depression**
- **Isolation**
- **Black & White Thinking**
- **Idealization/Devaluation**
- **Magical Childlike Thinking**
- **Terminally Unique**
- **Sleeping**
- **Discounting**
- **Smoking**
- **Being Controlling**
- **Other _____**

Treatment Objective:

To Feel My Feelings and Stay Safe.



Spectrum of Emotions

Medical Diagnoses “Acting In”	Unhealthy Stuck Mind - Logic Dysfunctional Under Responding Unintegrated Black and White	Healthy Fluid Mind/Body Balanced/Functional Grounded –Present Integrated Grey	Unhealthy Stuck Body - Behaviors Dysfunctional Over Responding Unintegrated Black and White	Psychiatric Diagnoses “Acting Out”
Headaches/Migraine	Numb	Anger	Rage	Depression
High Blood Pressure	Numb	Sad	Depression	Eating Disorders
Fibromyalgia	Numb	Hurt/Pain	Despair/Hopeless	Anxiety
Chronic Fatigue	Numb	Vulnerable	Helpless	Substance abuse
Chronic Pain	Numb	Happy	Mania	PTSD
Fertility Issues	Numb	Guilt	Shame	Dissociative Disorders
Irritable Bowel	Numb	Fear	Terror/Panic	Process Addictions
Autoimmune	Numb	Lonely	Abandonment	

Core assumptions underlying CHRONIC addiction and mental health struggles.

1. HSP – Highly Sensitive Person (Elaine Aron)
2. Emotional Stuffers (Suppression)
 - Dissociation between Mind/Body feedback loop.
4. Unresolved Childhood Experiences (ACE)
5. Current Day Stressors

Art Therapy is about the PROCESS not the PRODUCT.

Next to Psychodrama, it is one of the best ways to PRACTICE affect desensitization, regulation and integration between Mind and Body (adult and inner child, thoughts and feelings). Ego State therapy is perfect for addressing core conflicts through art therapy.

Experiential processes have been shown to have a direct effect on brain structure, activity, and chemistry.

Integrated Addiction Training;

from theory to practice.

Healing Springs Ranch opens our doors and invites all licensed clinicians (LPC, LMSW, LCSW, LMFT and LCDC) to experience what it means to bridge the gaps between addiction, trauma, and mental health. Come be a part of our program and learn our approach to treating all addictive and self defeating patterns while earning FREE CEUS.

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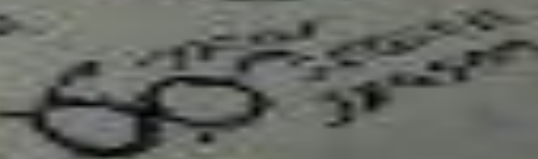
Draw your triggers.



SMILES



HAPPY NIGHT



Draw your _____ (symptom or diagnoses).





I picked Assignment #1.
I believe I am in an altered
state when I eat myself (self-harm)

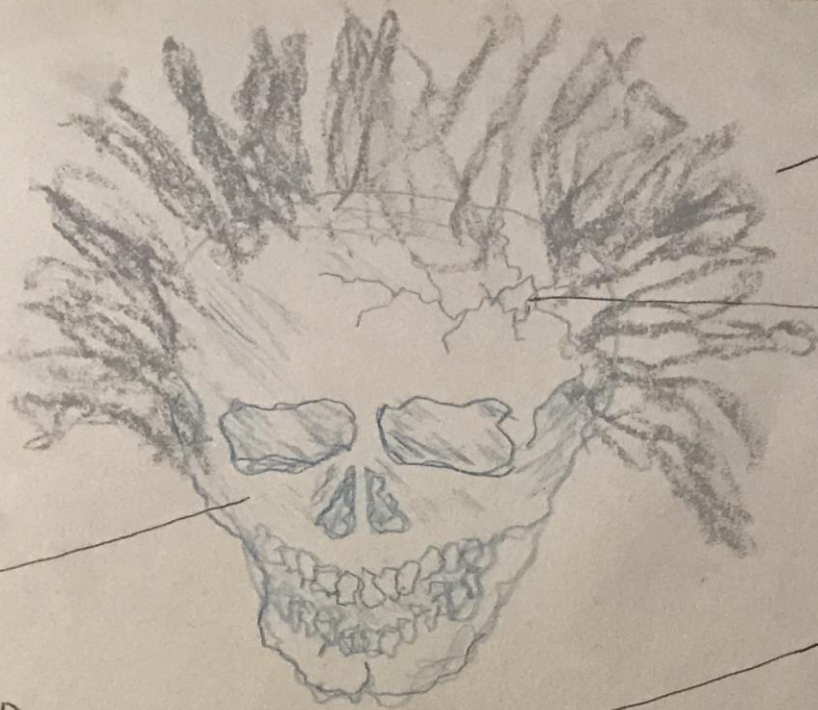
FEELING TRAPPED IN MY EATING DISORDER
blue - helpless feeling ⁱⁿ control
black - dark feeling, shame
red - hurt feeling
green - numb
orange - wanting + crying for help



Samples of Dissociation.



Overall - This is me,
I am old and tired of
addiction. Below is how ~~I~~
feel or at least used to.
I know if I don't change
these thoughts & habits, I
will die. But I ~~also~~ know
that with hard work, strength
I can flip the page,

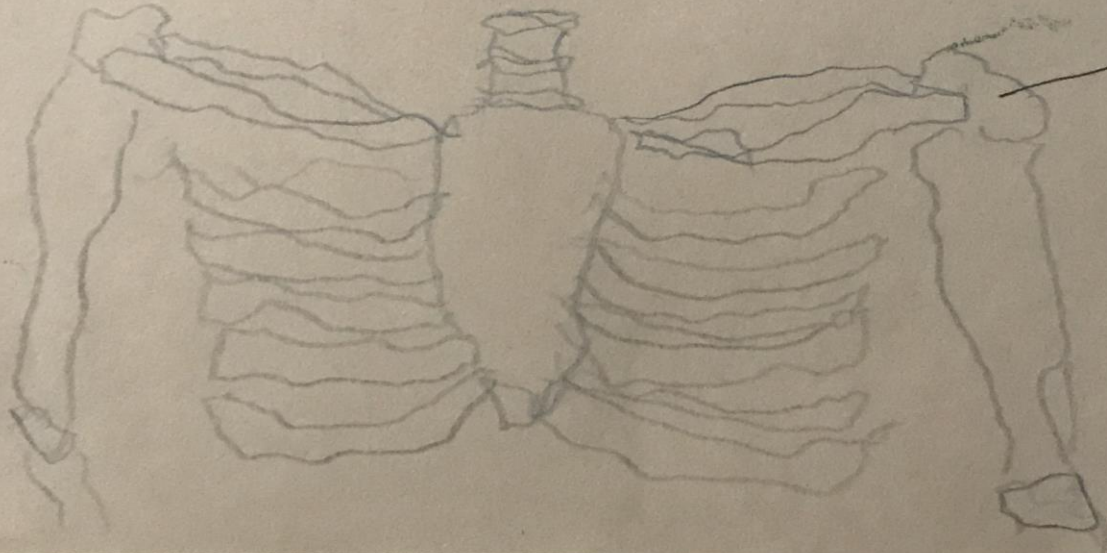


Hair - grey and pulling it
out because of stress of
work and personal life.

Bullet hole - Because there
are just them days when
your overwhelmed to the
point of no return

no skin - Because
there are times when because
of my addiction I am not even
comfortable in my own skin

Head Detached - Because of
my addiction and problems
I feel as if my Brain is
Detached from my soul



Skeleton - Because of
my addiction I feel
weak and empty inside



Feeling my Feelings

To be honest
To be honest I really hope
I can't meet a person
who I can love me
To be honest
I wish I get
Dear when that
I may kill myself
AND I will
NEVER WANT
TO LIVE!!

Attachment to the Perpetrator





TIGHT

WAR

EVERY



APR 1

W

W

THANKS

SLIGHT BERTS

side 1

Handwritten notes in the bottom right corner, including the number '1000' and other illegible scribbles.

I am not going to touch you!
 I am not going to hit you!
 I am not threatening!
 I am friendly.
 I am fun!
 I am sensitive!
 I am courageous!
 I am caring!
 I am loving!
 I am happy!
 I am your friend!
 I am here for you!
 I am not scary!
 I am joyful!
 I am not mean!
 I am able to cry now!
 I am now understanding!



Mom

I am bold like you
 Mom but not threatening
 like you. I am smart
 as you, but I learned this
 on my own. You scream a lot
 at me, for I scream inside myself.
 Your anger and hatred is beyond
 instill inside me. You never
 attached yourself to me for you
 made ^{me} ~~me~~ ~~ever~~ get attached
 to you.

Dad

I am quiet and
 secluded as you are.
 has made me very
 alert as you. You
 got close to anyone
 I am the same. If
 touching I can't do
 for you made me
 to touch.



Handwritten notes at the top of the left page, including a date and some illegible text.



Handwritten notes at the top of the right page, including a date and some illegible text.



Draw your child self, draw your adult self, draw
some kind of connection between the two.

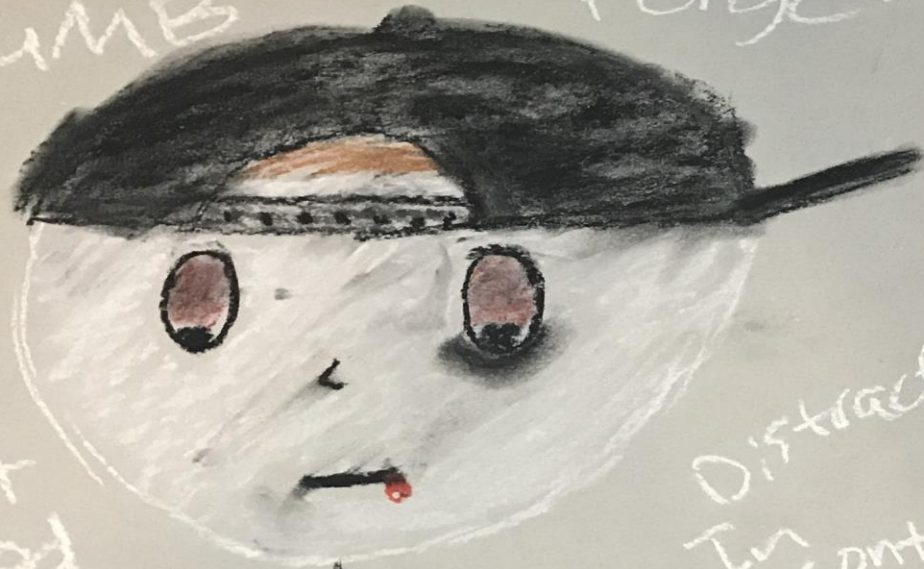




addict self + list (+) + (-)

NUMB

Forget



Felt good

Distracted
In control

Survival

Hate



Rage

Alone

Disconnected

Pain

Self Harm

Push Away

Hurt others

Alone
Used
Hurt others
Hurt myself

Drugs

Shell

Misunder. Needles

recovery self + list (+) + (-)

Integrity

Honest

Self care

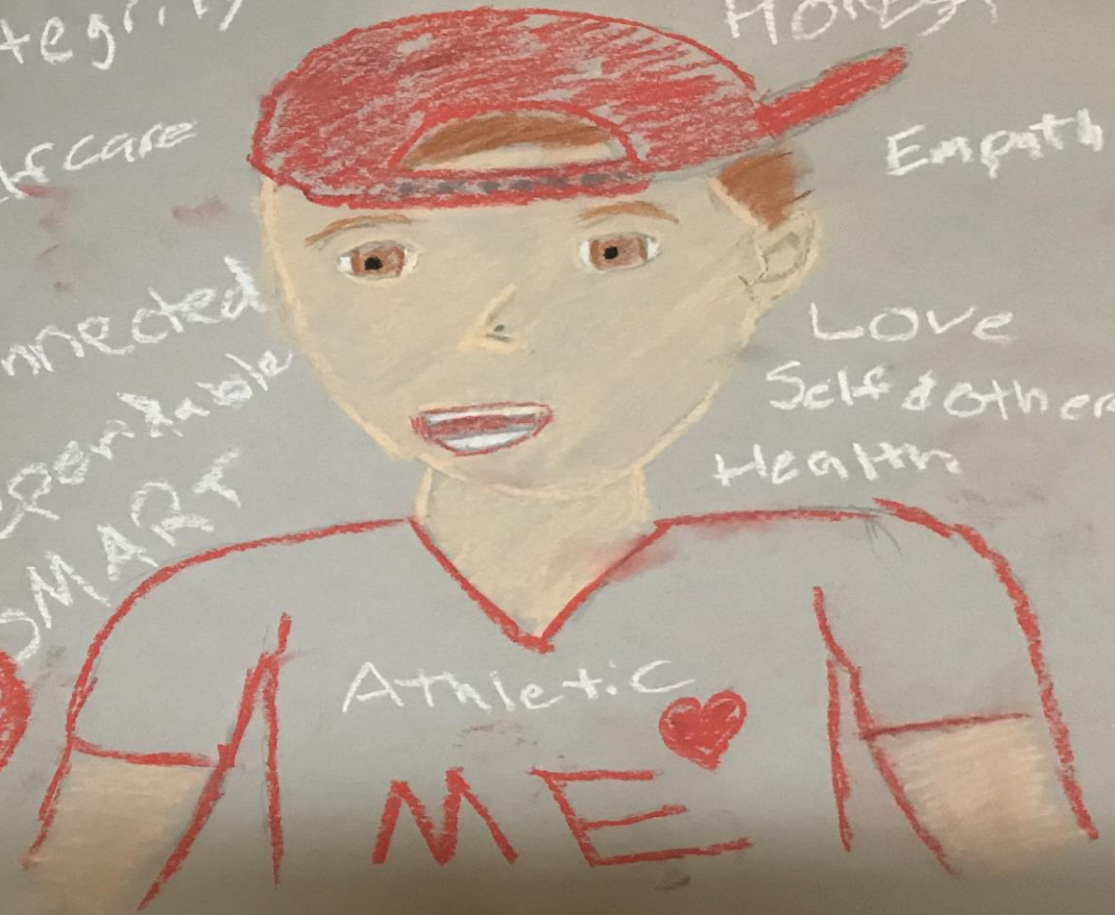
Empath

Connected

Love
Self & others

Dependable
SMART

Health



Athletic

No Excuses

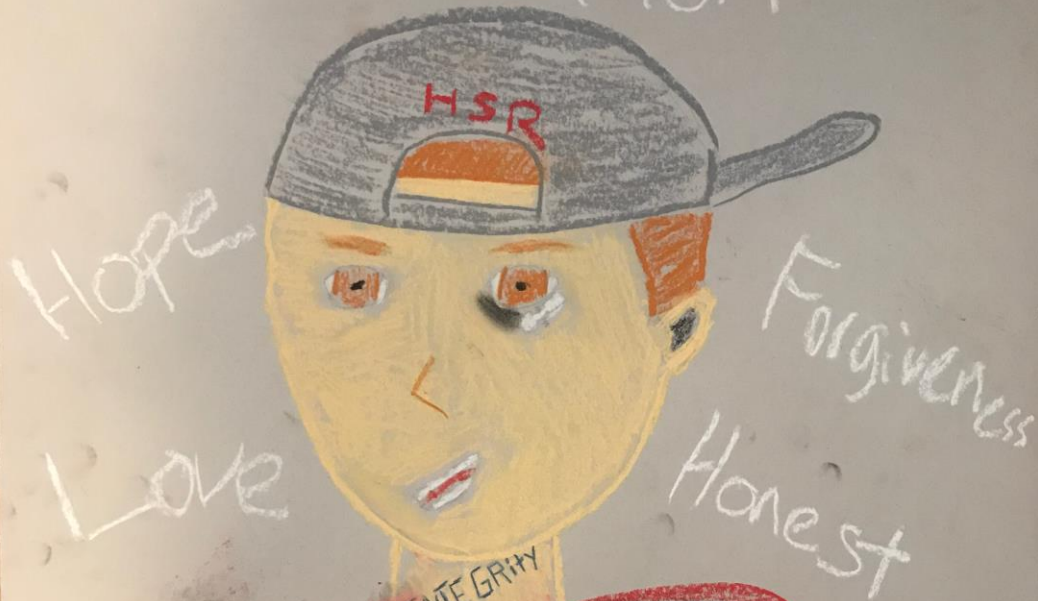
Old
Memories

Left
with No
Emotions

Past

Facing
Trauma's

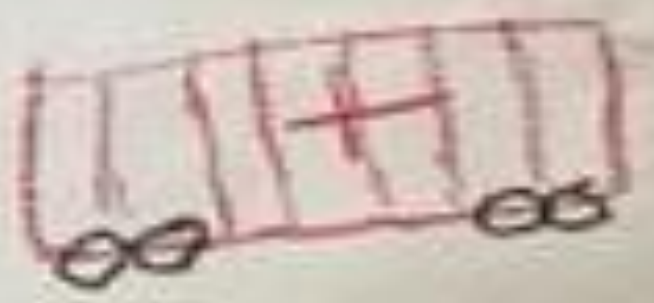
Determination



Page Pain
ALONE













Help!!!



Well...

I'll
Help
myself.



Draw your addict self and list its strengths.
Draw your recovery self list its weaknesses.



Addicted

Time to Self

Hygiene
Routines

Confidence

Calm

Productive



Preserved

Self-compassion/critical

Resilience

Myself

Control

Boundaries



I am Progressing



IT'S
ALREADY
NOT
TO
BE OKAY

WOW
I'M LEAVING
TO LOVE
ME!



Confident
Spontaneous
Content
Loyal
Fearless
Compassionate
Optimistic
Free
Imaginative
Resourceful

Critical
Introverted
Fragile
Impulsive
Frustrated
Emotional
Grateful
Enabling
Controlling
Inflexible



Draw a healthy and an unhealthy relationship.



World (Case)
The word

English
20/11/11

Argument

Quality time
Begin with

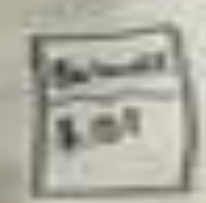


Nothing is
free

Quality
time
is
free



Quality time

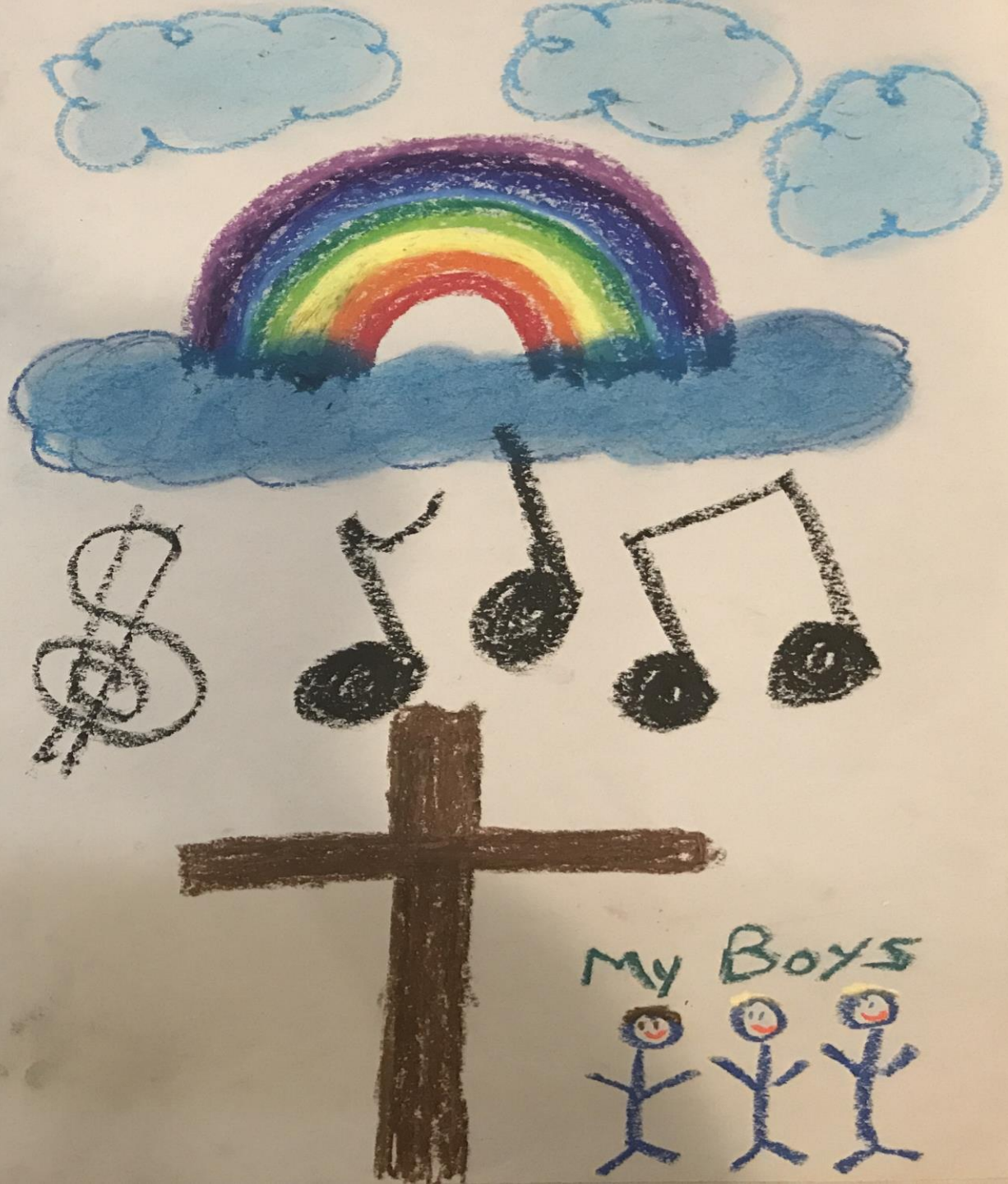
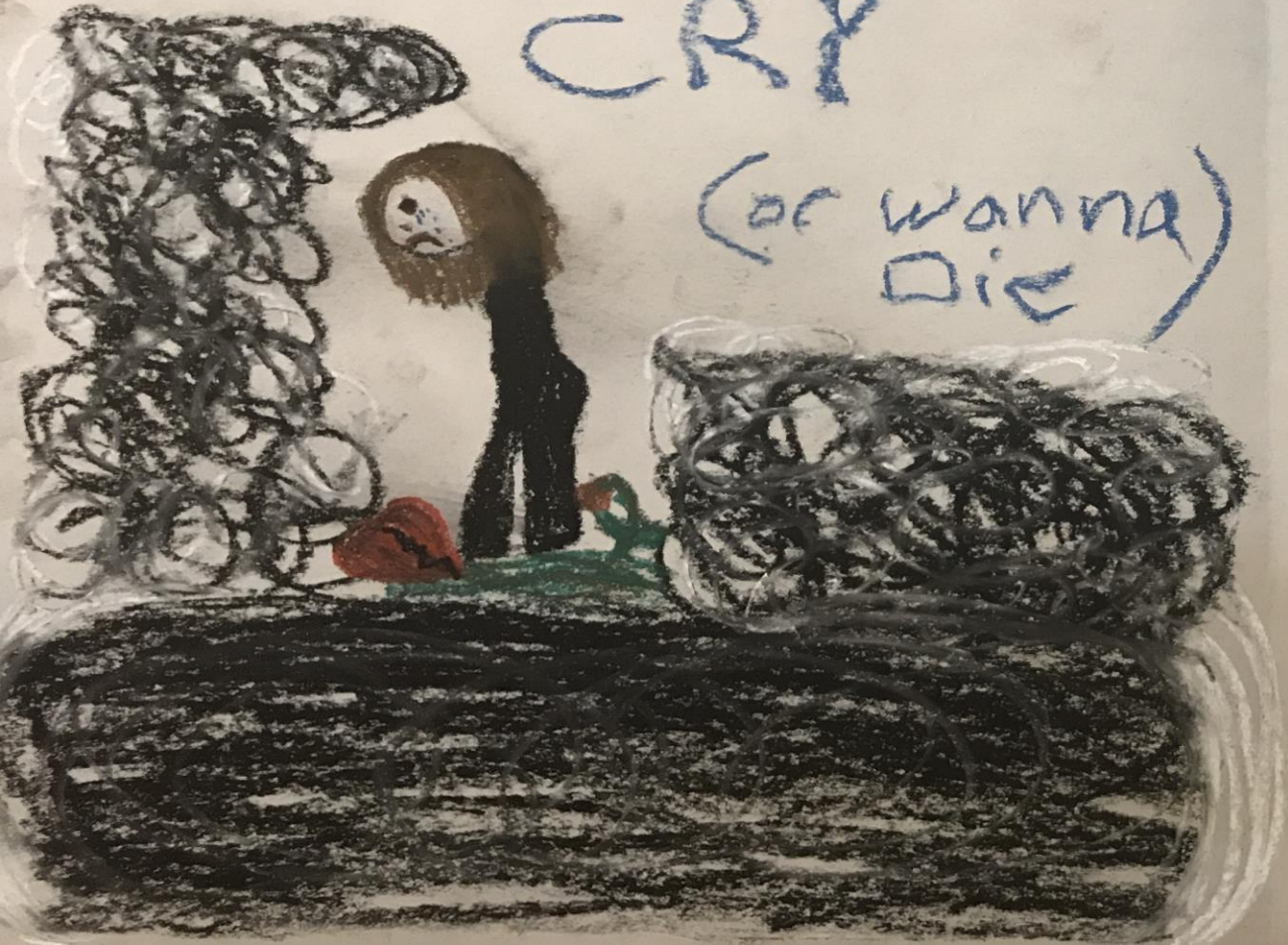


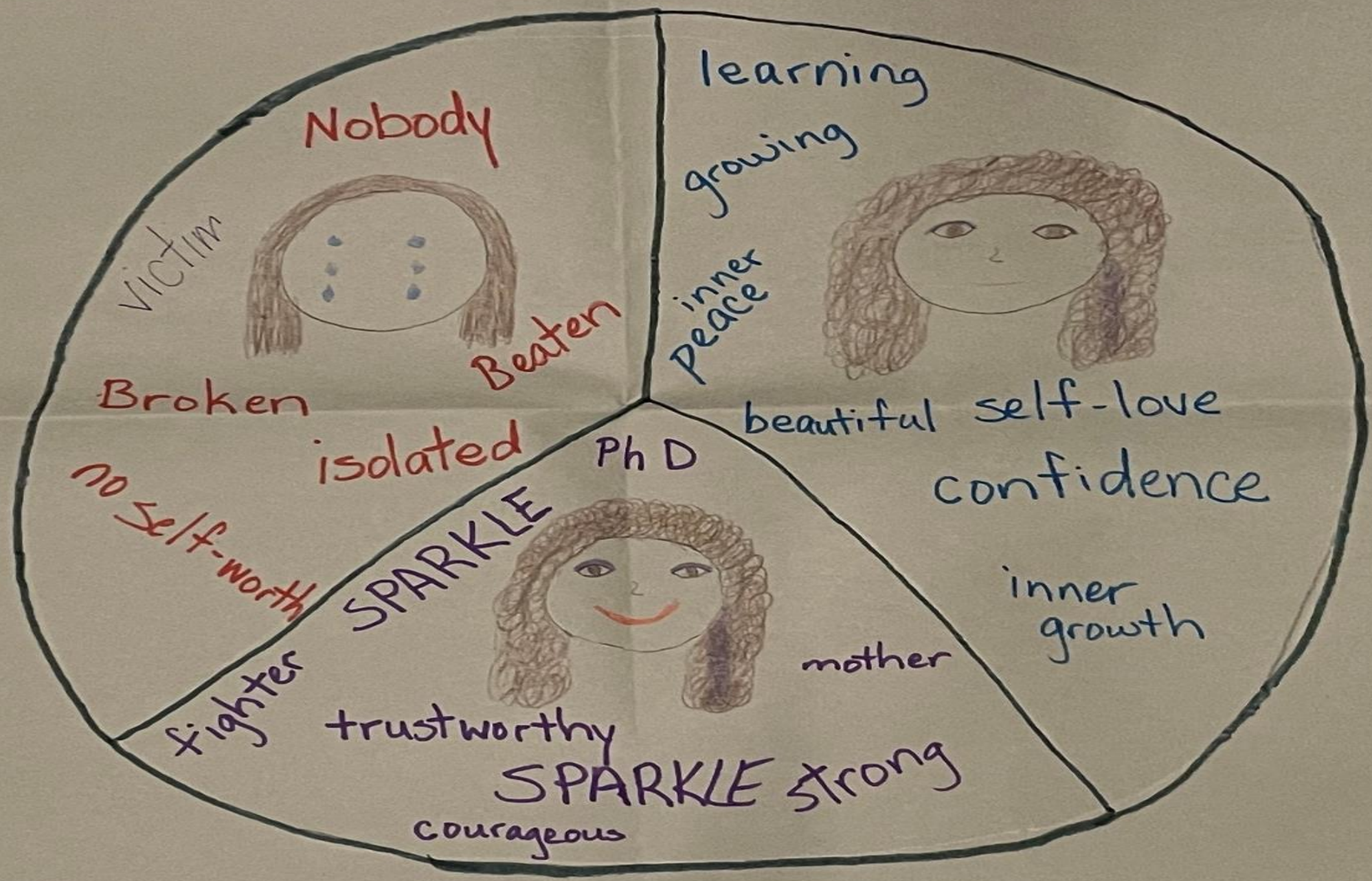
Draw what is exciting and what is scary about recovery.



I'm so lonely
I could
CRY

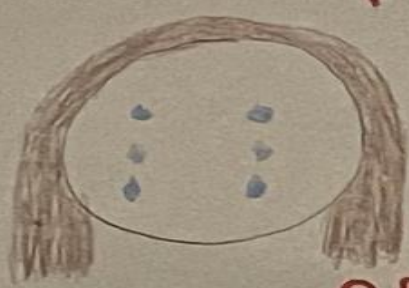
(or wanna
die)





Nobody

Victim



Beaten

Broken

isolated

no self-worth

Ph D

SPARKLE



mother

fighter

trustworthy

SPARKLE strong

courageous

learning growing



inner Peace

beautiful self-love confidence

inner growth

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