



Same Same but Different: A single case study on the overlapping role of *art* in an occupational therapist's and an art therapist's clinical practice

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Art in Art Therapy



Diverse populations with varied therapeutic goals

- *personal insights; cognitive engagement; legacy work*

(Howie et al., 2013)

Community-based art engagement led by art therapist (AT)

- *skill learning; individual / collective mental well-being*

(van Lith & Fenner, 2011)

Art psychotherapy in oncology setting

- *renegotiating values; coping with new identities; acceptance*

(Tjasink, 2010)



Art in Occupational Therapy



Reasoning behind the choice of *art* as one of the occupational forms

- *art* as an activity
- the therapeutic nature of *art*
- *art* in therapeutic change

(Pollanen, 2009)

Diverse populations with varied therapeutic goals

- *Improve sensory-motor skills, cognitive stimulation, social expression and interaction*

(Hansen, Erlandsson & Leufstadius, 2021)

Within the cancer population

- Reestablish identity
- Release emotions and explore coping
- Normalizing life

(Reynolds & Prior, 2006)



Biopsychosocial background



54-year-old, Chinese, Female,
Divorced

Ovarian cancer

Living with 23-year-old daughter & 83-year-old mother
prior to inpatient hospice admission

Personality

- fiercely independent lady
- presented with emotional distress
- unable to accept prognosis

Referral reason for art therapy from physician

- meaning making
- interest in art and craft



Art Therapy Encounter

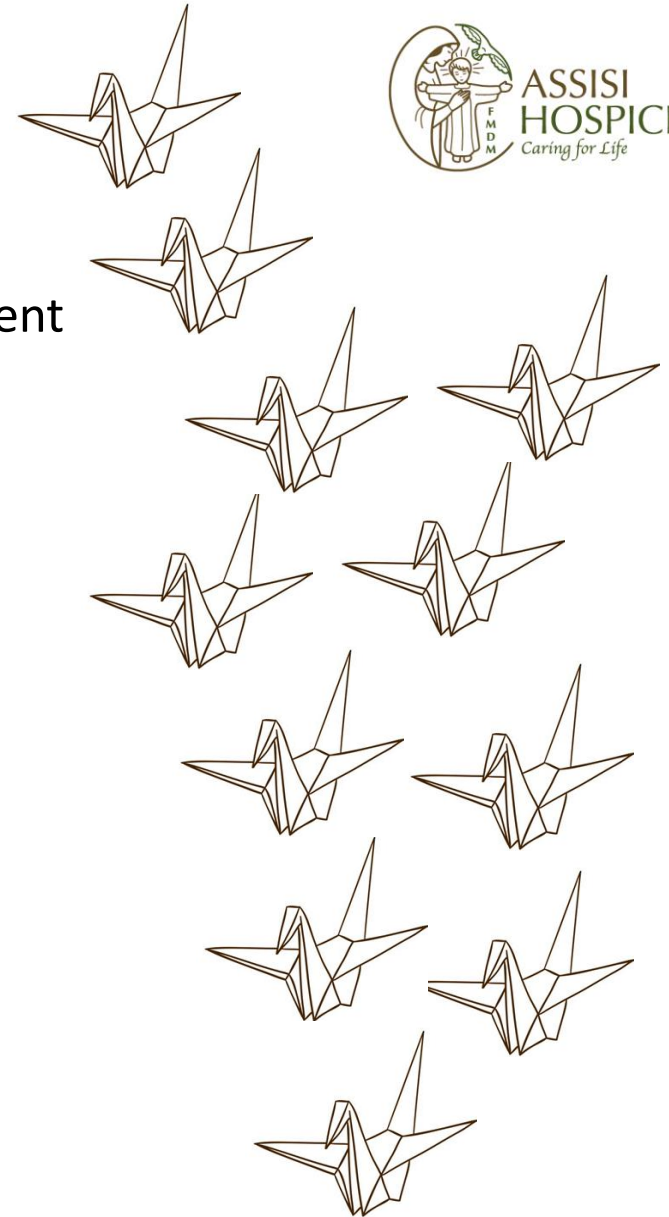


Patient's presenting needs during initial assessment

- **A wish to fold *A Thousand Crane***
 - a blessing for her daughter and her mother
 - a hope that they will live in harmony

Art Therapist's Assessment

- **Repetitive art making** (Hickman, 2018)
 - biological calming effect
 - affect management and regulation
 - stimulating relaxation



Discharge to Day Care

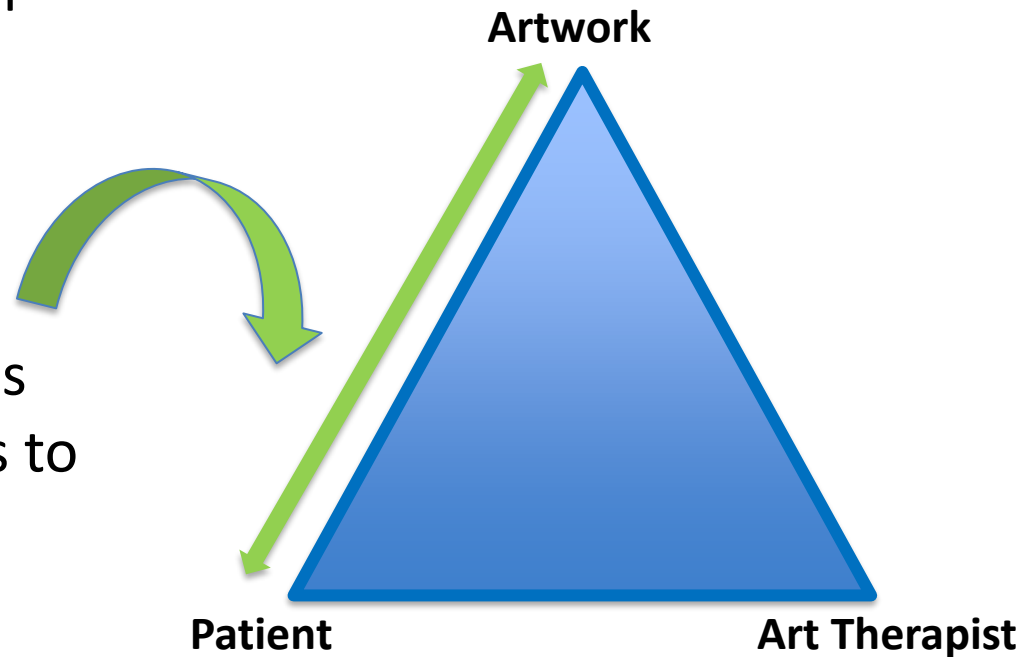


Change of environment

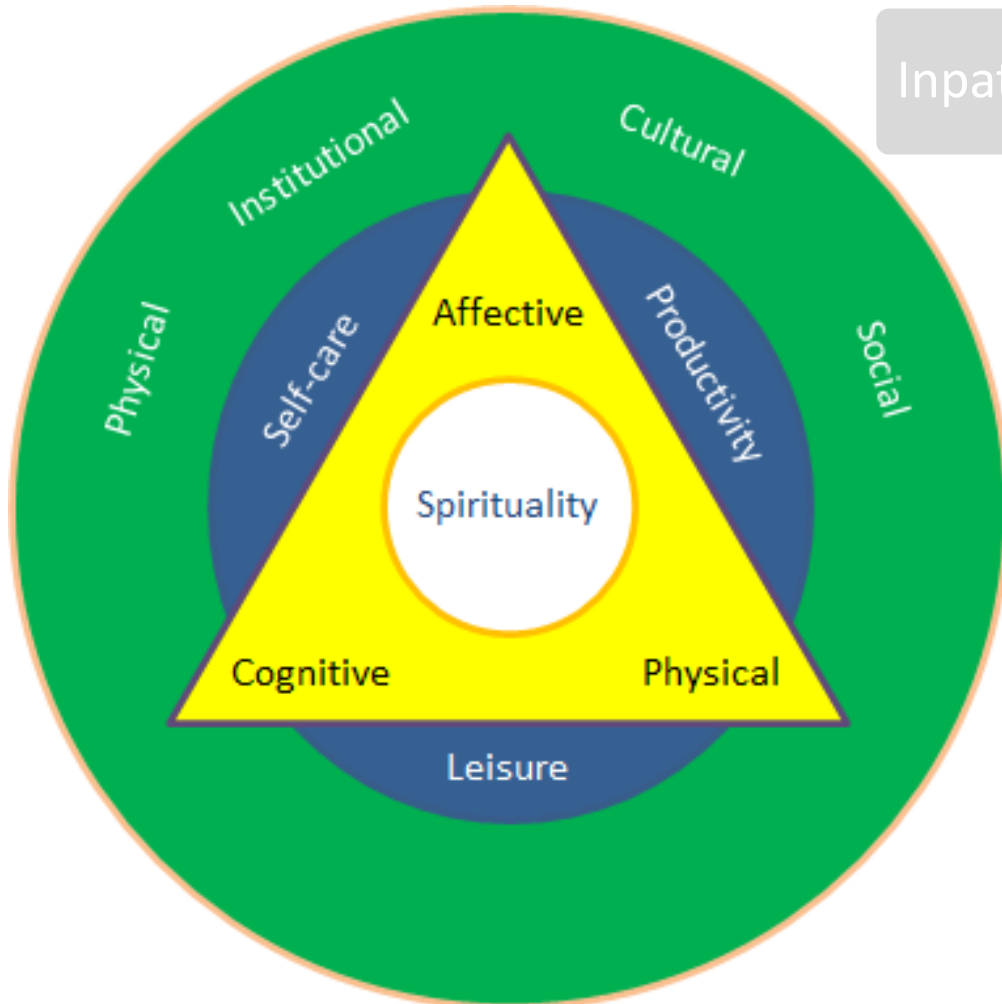


- repetitive art making with parallel therapeutic goals
- new environment supported by OT

*Patient's presenting needs supported by OT continues to fall on highlighted axis of therapeutic triangle (Schaverien, 2000)



Occupational Therapy Encounter



Canadian Model of Occupational Performance and Engagement
(Townsend, Polatajko & Craig, 2007)

Person

Able to manage self-care independently, cognitively well. Delighted to be discharged from the inpatient hospice, feels that she is given “another chance”

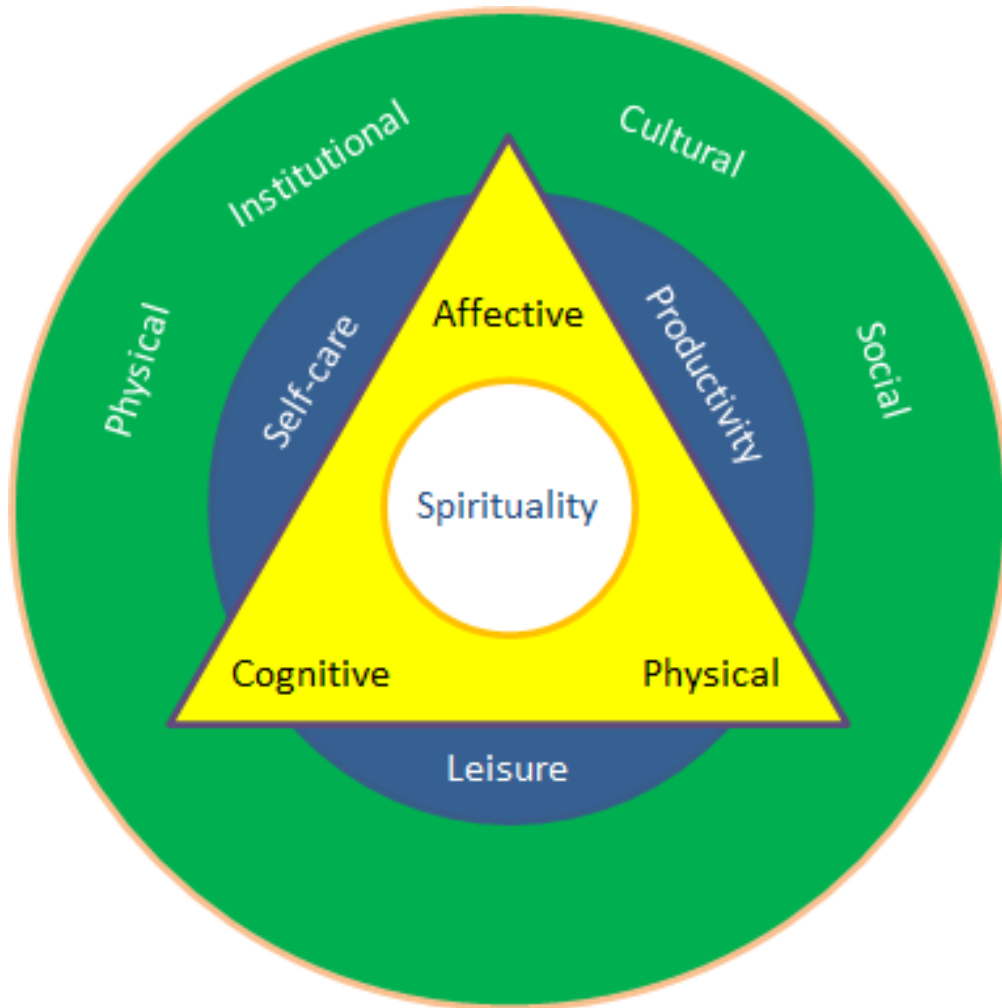
Occupation

Describes daily routine as mundane, disengaged in her interests

Environment

Has a new space to explore, “out of the 4 walls” and eager to meet new people

Occupational Therapy Encounter



Spirituality

Represents the essence of self which is unharmed by any form of illness/disease patient may have.

For patient, she wanted to be able to contribute back to the society as she has outlived her prognosis.

She decided to use 'art' to create handiworks that can be put up for charity sales.



Art through OT's perspective



Person

Even though she experienced loss of appetite and nausea while attending day care, she presented with elevated mood to be able to engage in activities that she enjoys and seeing tangible handiwork that she created

Occupation

Patient continued to be able to pursue her preferred leisure and took pride in ensuring that she keeps up to the productivity of the charity sales*.

***Sense of identity – doing good and doing her part to help others**

Environment

Common topic amongst her sisters and church friends

Spirituality

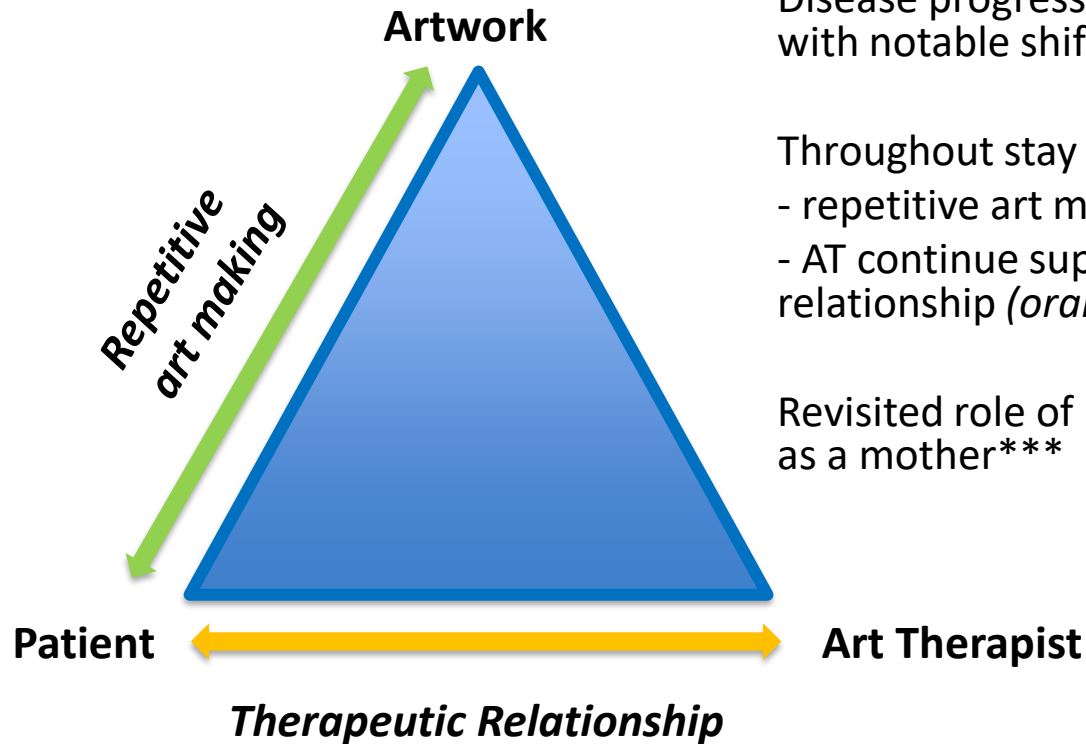
Builds on her sense of identity through what holds meaning to her = the ability to "do good" and this was being shaped and expressed through her engagement in 'art' .

Implication

Expansion of each domain, i.e. person, occupation, environment and spirituality = Increased in patient's well-being.



Readmission to inpatient ward



Disease progression led to subsequent readmission, with notable shift in affect* & coping**

Throughout stay in Day Care,

- repetitive art making continues (*green axis*)
- AT continue supporting and holding therapeutic relationship (*orange axis*)

Revisited role of herself as a mother***

*Reported 'sense-of-fulfillment' and 'renewed purpose' through participation in day care.

** Finished writing her Will by time of readmission, when previously she is noted to not be able to accept her prognosis.

*** Patient created an artwork with support from AT to express her affection for her daughter days before her passing (Fig.1). *A Thousand Crane* remains incomplete.



Fig.1 : Framed artwork for daughter, with memo from AT to daughter in the foreground

Collaboration between AT and OT



Person
Patient experienced greater fatigue, complete intestinal obstruction and increased vomiting episodes

Environment
Even though patient was back into an inpatient setting, she felt more connected with her family and church friends through her 'art'

Occupation
Patient was still very keen to continue with her engagement in 'art' while recognizing that she was unable to maintain her previous level of productivity



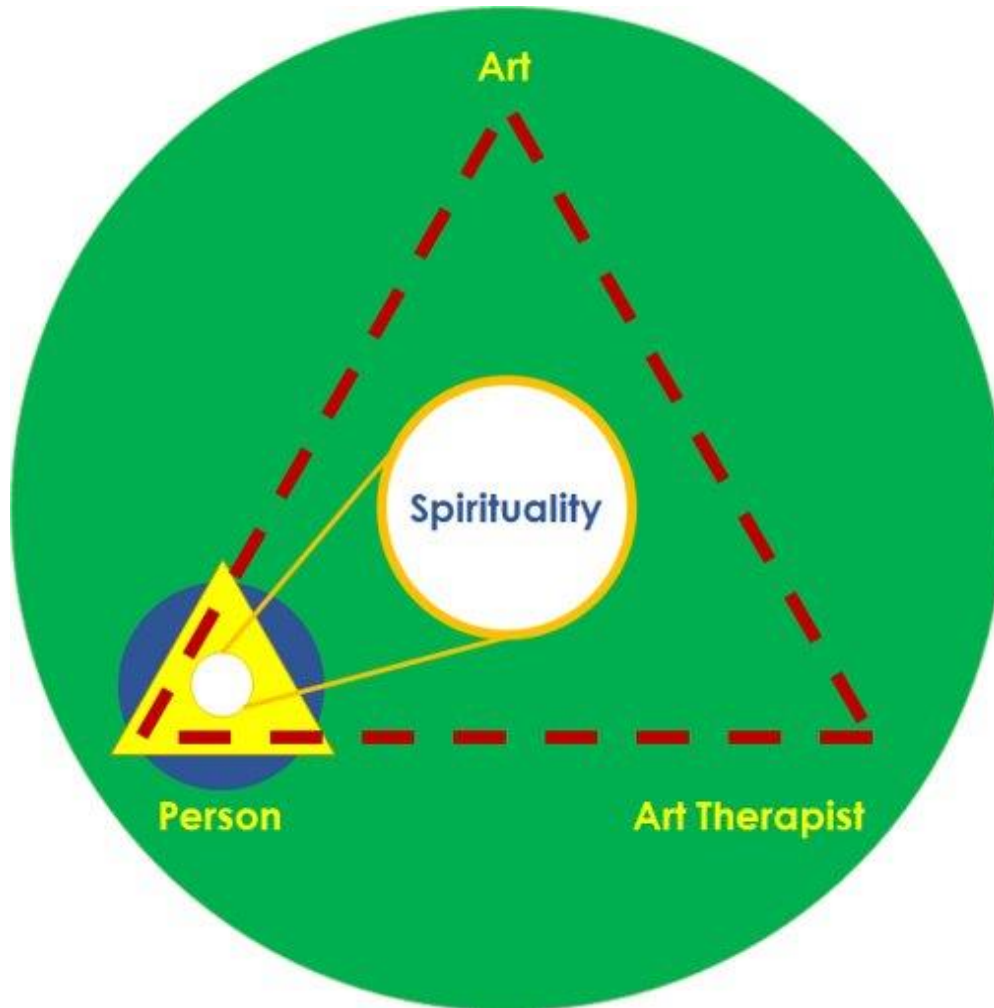
Spirituality
In order to uphold to her core value, AT and OT continued to support her 'art' engagement. In addition, she was presented with a token of appreciation to honor her contributions and role in charity sales



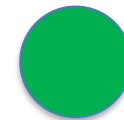
Fig.2 : Greeting cards made by patient during her stay at Day Care



OT + AT = OATs



Legend



Environment (OT)



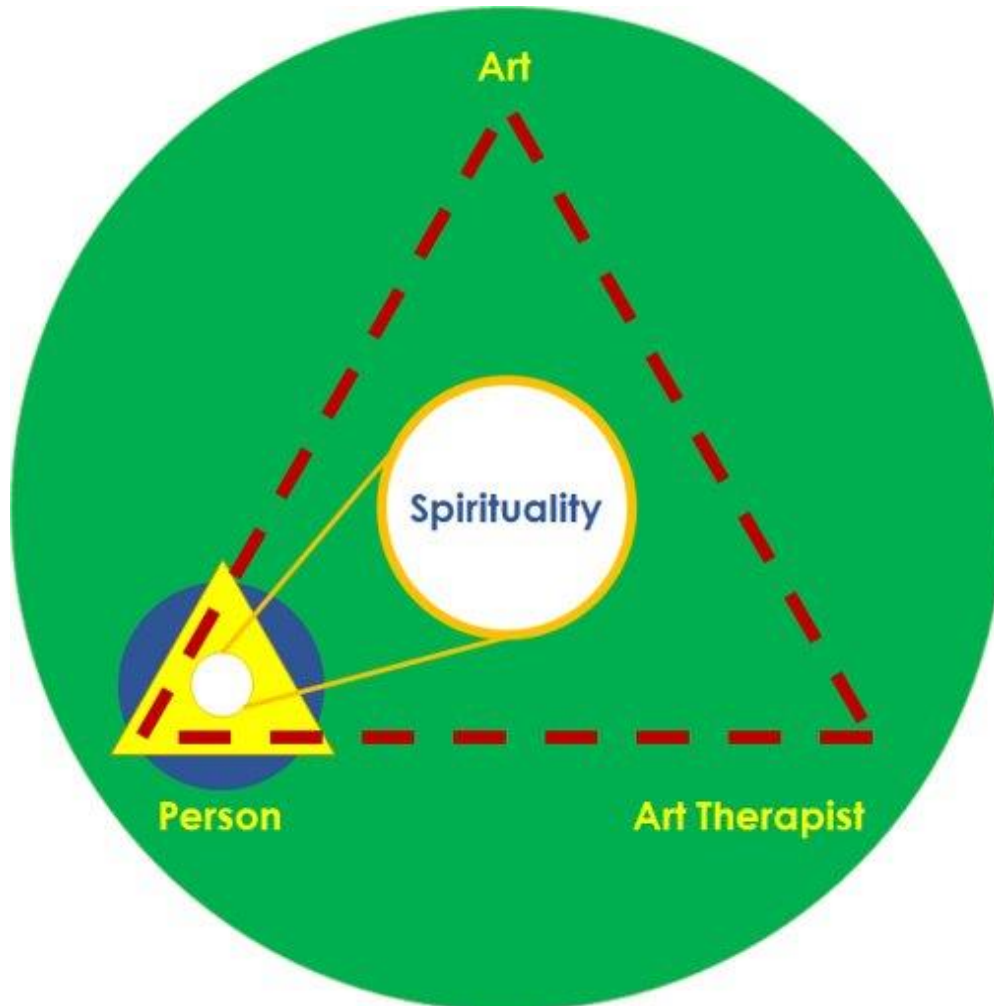
Spirituality (OT / AT)



Therapeutic Triangle (AT)



Presenting... OATs



Recognizing **spirituality** as a key construct in both disciplines;

It remain as the essence

- How it is present through the person
- How it informs both AT and OT
- How it informs the artwork

Environmental factors as the container

- Physical (bedside / common area)
- Institutional – routine etc (IP / DC)
- Social – other day care patients
- Cultural



Reflections



What is same?

- Modality (art) used
- person-centered focused

What is different?

- theoretical underpinnings
- art as a container / here-and-now
- art as engagement

What we hope audience to take away?

To use it for better identification of person-centered goals for patients and looking at patient as a whole

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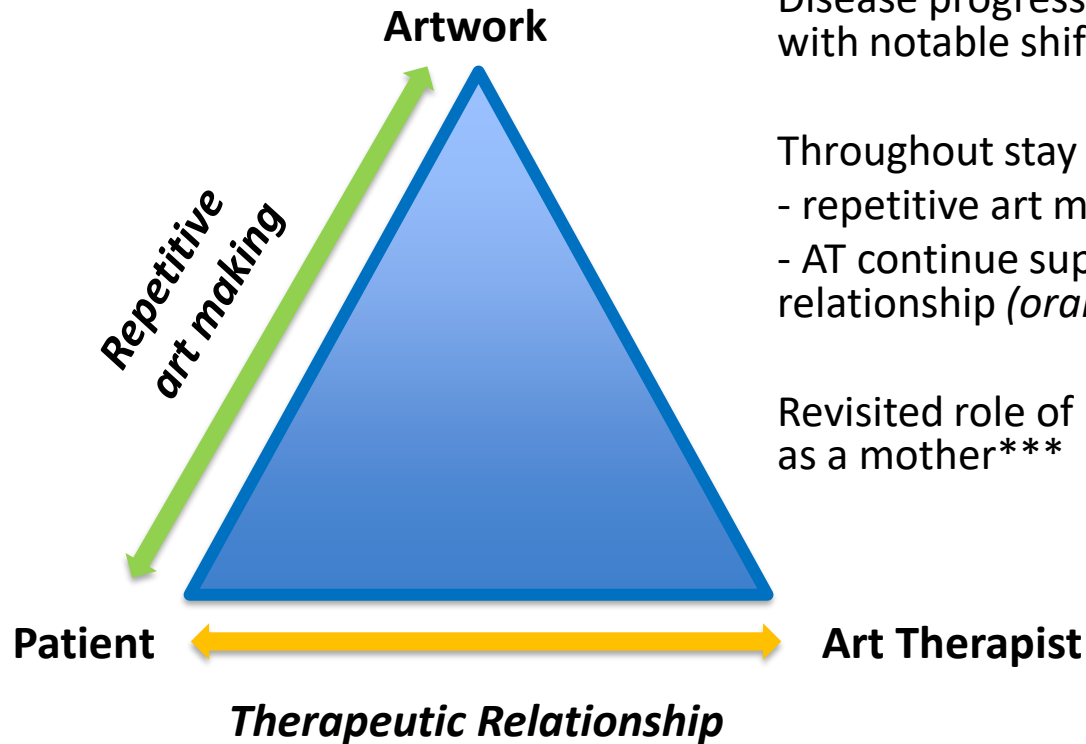
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**Every One Matters.
Every Moment Counts.**

Working triangle



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