

# When Words Aren't Enough: Engaging the Arts in Clinical Settings

Presented By  
James Campbell

Who am I and Why am I here?

# At the completion of this brief workshop, participants will:

- ⌘ Gain a basic understanding of the scientifically-based reasons why the arts can serve as an effective tool in addiction treatment.
- ⌘ Be introduced to diverse means of engaging various art forms in clinical settings.
- ⌘ Participate in creative exercises to experience the utility of expressive arts in a clinical setting and increase empathy regardless of artistic skill level.
- ⌘ Identify exercises that they can use with those they serve immediately.



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# Rome

Who are you and why are you here?

# M&M Game

Red candy: favorite hobbies

Green candy: favorite foods

Yellow candy: favorite movies

Orange candy: favorite places to travel

Brown candy: most memorable/embarrassing moments

Blue candy: wild cards (they can share anyone they choose)



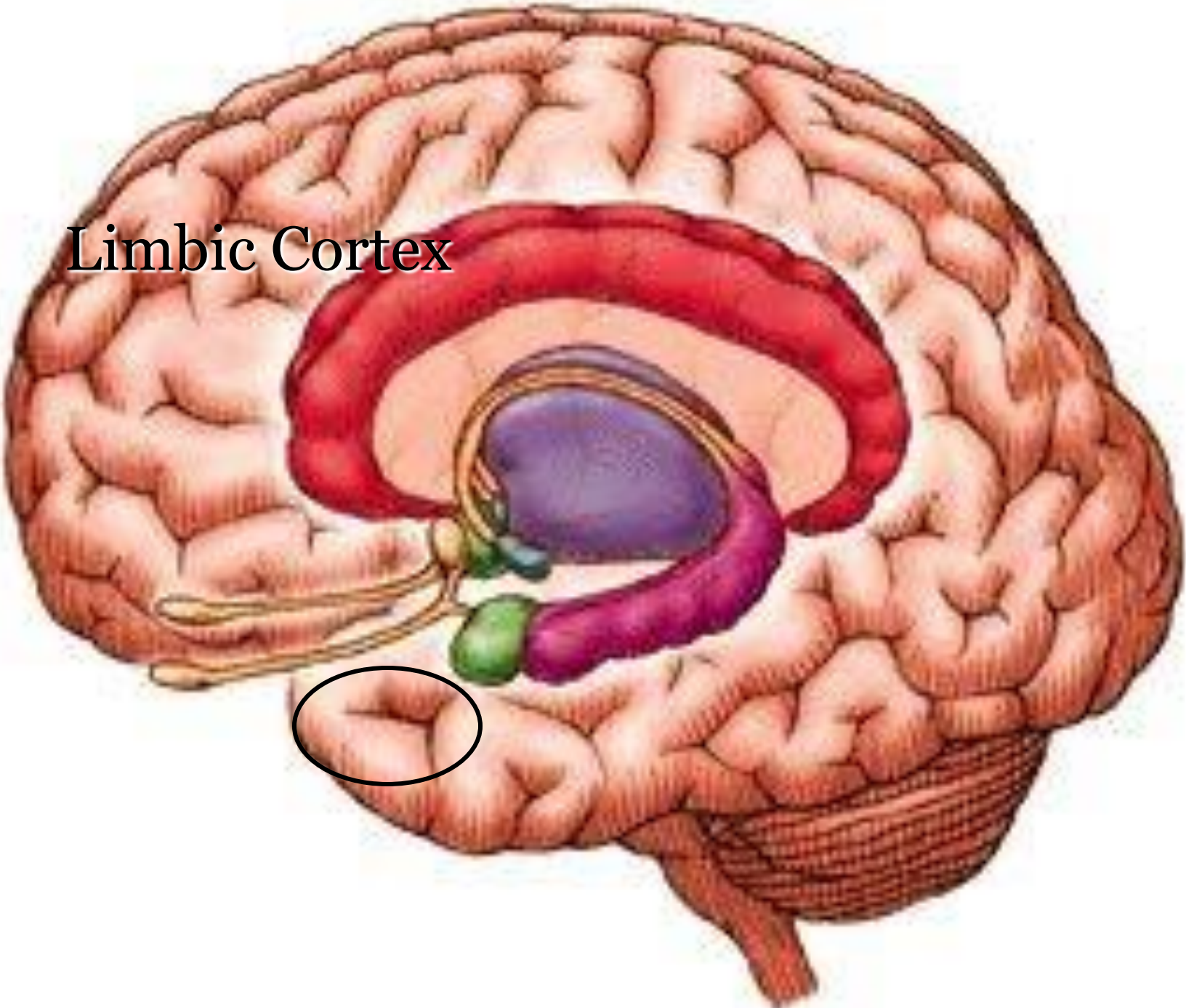
# Tentative Schedule

- ⌘ Introduction: A brief explanation of the physiology of learning and learning styles. The goal is to answer the question of why do experiential treatment.
- ⌘ Facilitating diverse experiential modalities to include reality-oriented physical experiences, the arts, mindfulness, challenges, and debriefing.
- ⌘ Integration. This segment focuses on how to bring experiential and traditional modalities together.
- ⌘ Evaluations and Closing

# Why Experiential/Arts?



Limbic Cortex



# What Environments Offer Novelty to Those We Serve?

# Clubs



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# The Great Outdoors



# Concerts







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Doesn't this look  
and sound just  
like our groups?

WOW!

# Cutting Edge...



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Of course, we're above all of that now.



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So what's the problem with that?



# How do we treat those we treat?



...and it changes so much when we grow up. 😊





Have you ever felt this way?



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Do you suppose our clients have?



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# Why do we refuse to apply what we all know?





How about your offices, group rooms,  
and facilities?



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How about your office, group rooms, and facility?

& Are they inviting to clients?

& Are they inviting to families?

& Do they allow for novelty and creativity?

& Do they provide adequate space for teens of different genders or backgrounds?

# Learning Styles

Visual

Auditory

Kinesthetic

## What's Your Learning Style?

 <p><b>Visual</b></p> <p>Visual learners usually retain most information when they can see something that graphically depicts what they are trying to learn. Visual learners should study using visual aids whenever possible. Flash cards, pictures, diagrams, anything that will give you a visual memory.</p>	 <p><b>Auditory</b></p> <p>Auditory learners will retain more information when they hear something. For auditory learners, the best way to learn is to listen, read and write. Use a tape recorder. Read out loud. Have a friend quiz you orally.</p>	 <p><b>Tactile</b></p> <p>Tactile learners will retain more information when they use the "hands-on" approach—like labs and demonstrations.</p>
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# Let's Talk

- ⌘ Let's consider what we are doing to engage our clients, systems and families that isn't working.
- ⌘ Let's consider what we are doing to engage our students, systems and families that is working.
- ⌘ What could we do to better engage clients/patients, systems and families?

Bringing It All  
Together  
(The Arts in  
Treatment and  
Recovery)

Learning Requires Novelty!

# Interventions: Breaking the Ice and Setting the Stage

# Change of Scenery



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Let's move a little past  
physical environment to  
modalities.



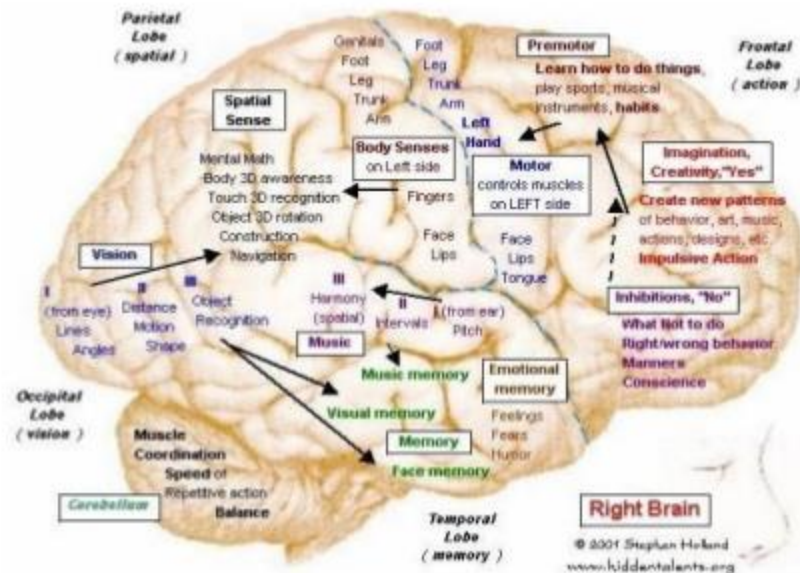
# Artistic Exercises

## Agreements

# *The Arts*

# Experiential techniques ...

- experiential therapies (art, writing, music) engage areas of the brain involved in grief, memory, healing, recovery



# *Visual Arts*



*Visual Arts:  
Addiction*



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**"0 Refills Left" by Derek S. Cumings**



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*Visual Arts:  
Recovery*





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# Mandalas and Music

& Mandalas

& Catch the Beat

& Lyric Deconstruction



# *Mandalas*

The word "*mandala*" is from the classical Indian language of Sanskrit. Loosely translated to mean "circle".

# Examples of Mandalas:

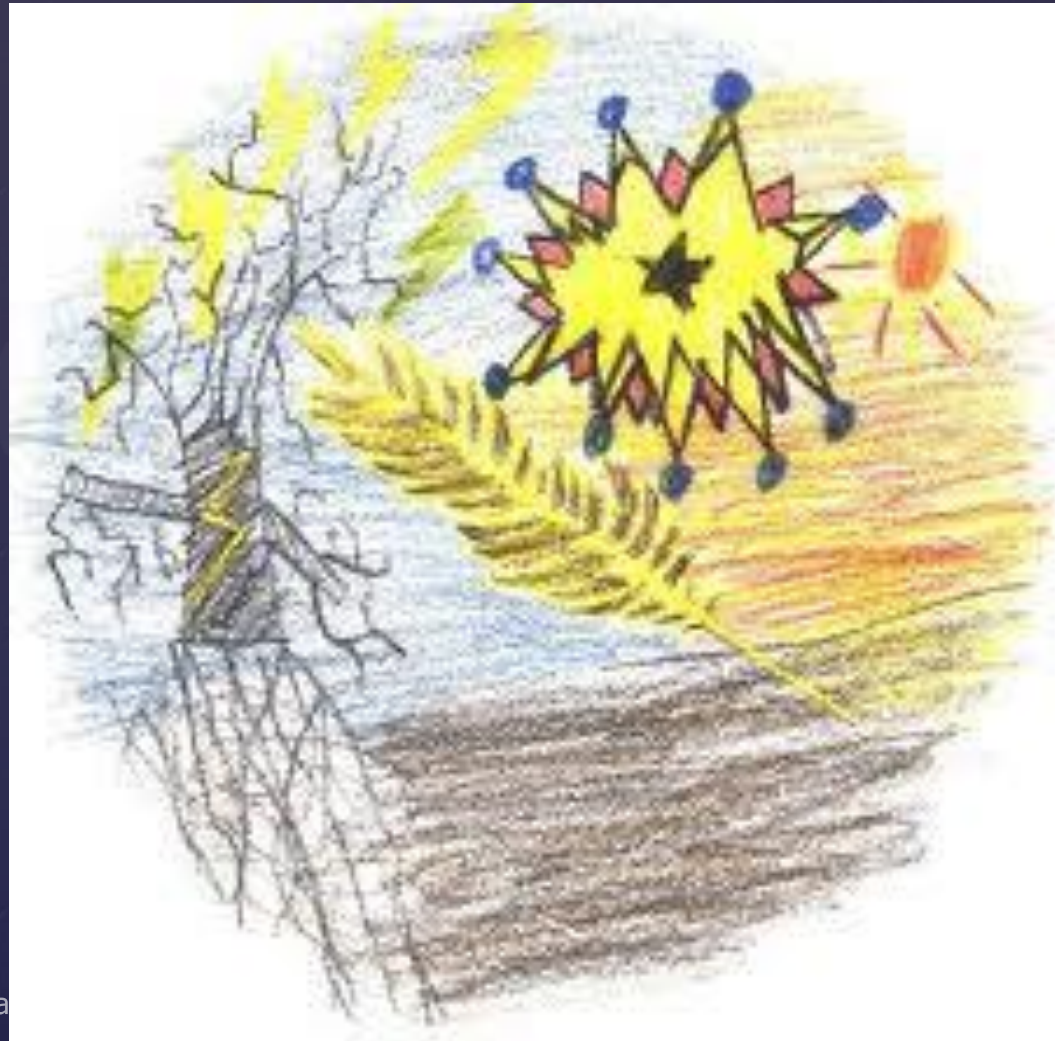


# Examples of Mandalas:





# Examples of Mandalas:



# Examples of Mandalas:



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# *Musical Arts*



# *Lyric Deconstruction*

# *Theatrical Arts*

# *Written Arts*

# Extra Tools

- & Writing Lyrics (Playing or Karaoke)
- & Family Scripts/Role Play
- & Family Sculpting



So let's talk about it.



# Questions and Thoughts

# The Best Marriage Advice I Ever Received

# Contact:

James Campbell, MA, CACII

Manager White Horse Academy, The Phoenix Center

Founder of Family Excellence, Inc.

Director of Family Excellence Institute, LLC

Associate Pastor, Connection Fellowship

Author of:

Broken: Finding Peace in Imperfection

Perfect Marriage      Twenty Myths that Can Really Mess Up  
Your Relationships

(864) 360-1636

[jacampbell@phoenixcenter.org](mailto:jacampbell@phoenixcenter.org)

[www.familyexcellence.net](http://www.familyexcellence.net)



**White Horse Academy and Family Excellence Institute, LLC**



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**Twitter: @jcampbellgreen**