

Expressive Art Mural Intervention Protocol



General Purpose: To improve social interaction and self expressive to aid in improving self esteem and mood.

Materials Needed: Black butcher paper, black construction paper, chalk, glue stick, magazines clippings of positive things (i.e. animals, recreational activities, children, etc.), and small pieces of paper with positive statements on them.

Population: All populations

Program Description: Creating a mural is an interactive activity that allows for your clients to use paint to identify positive aspects about themselves while interacting with others.

Client Problems that may be addressed: Art as a means of expressive assists individuals by improving well-being, reduces stress and anxiety, reduces negative emotions, improves spontaneity, assists in the expression of grief, and aids in reducing symptoms of depression.

Contraindicated Criteria: Some clients may have upper physical limitation such as paralysis, and they may need additional adaptation for the client to participate.

Intervention Activity: Explain the benefit of art is to your clients, and that they will be doing an art activity today. Give each participant a piece of construction paper and some and some chalk. Ask all residents to identify a positive quality about themselves, if they are unable to assist them in identifying it based on their interests, abilities, and/or skills. Then ask the clients to draw those positive qualities. Following the drawing, then can paste a variety of positive statements and pictures on their pieces of paper. Then, have participates read to the rest of the group what they created; explain to the clients that we all have positive qualities and that combined we create a positive community. Hang mural on the wall.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification. Moreover, each staff member should be trained and educated in implementing an art intervention.

Anticipated Outcomes: Clients will improve their mood, expressive abilities, decrease stress, and their self esteem through identification and expression of positive qualities.

Program Evaluation: Staff will ask clients about their experience with doing expressive art and how they felt before and after the interventions indentifying validity of the use of art and as an appropriate and effective intervention.