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Creative and Expressive Arts Activities to Promote Mindfulness and Peace

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Creative and Expressive Arts Activities to Promote Mindfulness and Peace

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of Counseling, Liberty University.

A Bit About Me

- Ph.D. CES Director/Professor (14 Years)
- Clinical Mental Health Counselor (36 years)
- Current Research Agenda and Passion: Creative and Expressive Arts to Promote Multiculturalism, Social Justice, and Peace; (b) Creative and Expressive Arts Personal Growth Group: Healing from Trauma and Shame (CAPG)



Session Goals

Briefly define creative-expressive arts and mindfulness practice and discuss their importance and empirical base.

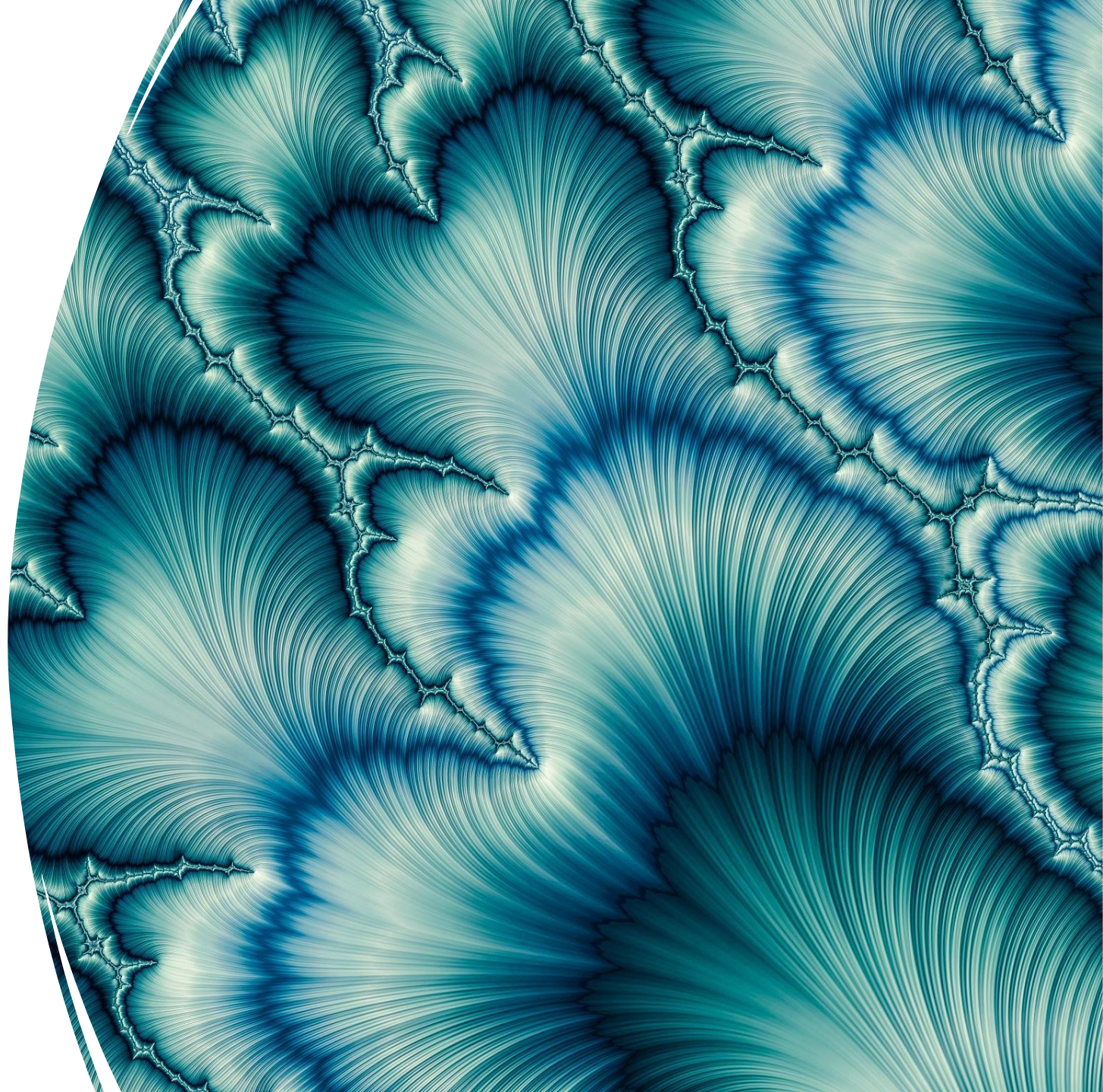
Most of the session we will learn experientially. This will allow us to get a first-hand sense of them so we can use them for self care and in our clinical work.



Why Creative and Expressive Arts?

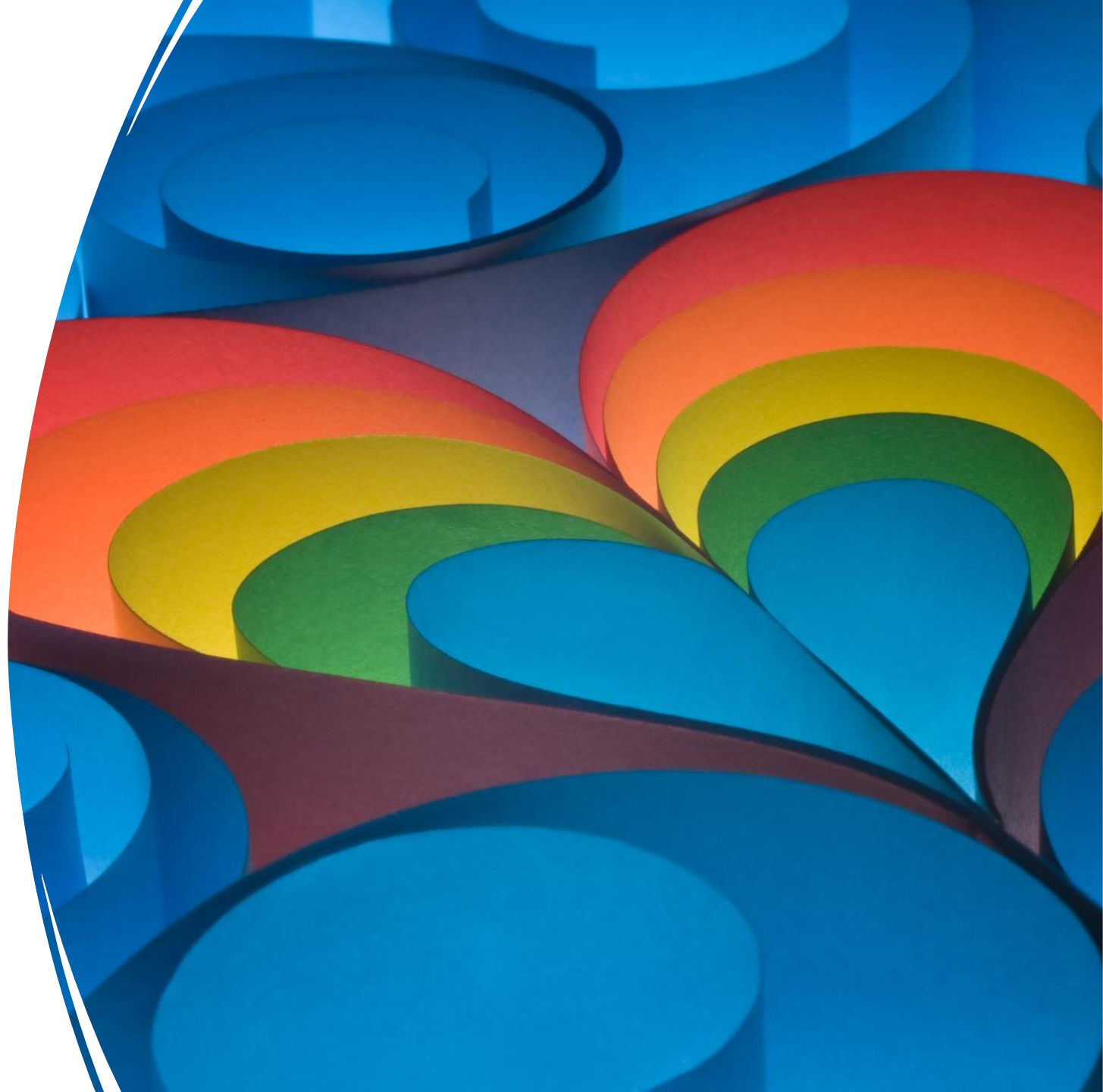
Crisis!

The 2021 State of Mental Health in America Report (MHA, 2021) states that the U.S. is experiencing a mental health crisis, with radical rises in mental health problems. These increases particularly impact culturally and racially diverse persons, who have less access to support and treatment. Considering the current crisis, counselors must have a means of supporting clients and communities in managing debilitating stress and trauma



Research: Creative and expressive arts-based mindfulness

- The creative and expressive arts offer a means of promoting diversity-sensitive, inclusive options in various settings (Gladding, 2016; Sosin et al., 2021).
- In addition, integrating creative and expressive arts-based mindfulness approaches into counseling facilitates stress regulation, resulting in increased psychological, social, and behavioral functioning (Malchiodi, 2020).
- Lots of research available documenting the value of CEA! (see long list of refs for some examples)



A woman in profile, facing left, wearing a vibrant red headwrap and a white top with colorful patterns. She is positioned in front of a yellow tiled wall with a white grid pattern. To the left and right of the wall are red, slatted shutters. The lighting is warm and directional, highlighting the woman's features and the textures of the wall and shutters. The text "Practice Using CAPG Components" is overlaid in a white, cursive font across the center of the image.

Practice Using CAPG Components



Anchoring and Safe Place



*Peace through Identity
Celebration and Solidification*

A scenic sunset over a beach. The sky is filled with warm, golden light, and the sun is low on the horizon, partially obscured by clouds. The ocean waves are breaking on the sandy shore, and a person is visible walking in the distance. The overall mood is peaceful and serene.

Creative-Exposure Intervention

A large number of colorful pencils are arranged in a circle on a wooden surface. The pencils are in various colors including red, green, blue, yellow, orange, pink, and grey. The text "Discussion and Questions" is overlaid in the center in a white, cursive font. A thin white horizontal line is positioned below the text.

Discussion and Questions