Introduction

ART vs REHAB is a platform for people working in art and rehabilitation; including those working creatively in addiction, the criminal justice system, homelessness and mental health. It is a catalyst for criticality and change in the field, based on the principles of open innovation and collaborative practice.

The ART vs REHAB tool kits are the result of an ongoing conversation between over one hundred artists, therapists, academics, service users, service providers, funders and commissioners. They include contributions from...


This initiative was conceived by artist and researcher, Hannah Hull, and is supported by Arts Council England, TCCE [The Culture Capital Exchange], ICCE [Institute of Creative and Cultural Entrepreneurship, Goldsmiths] and C4CC [The Centre for Creative Collaboration].

Graphic facilitation and design by Jo Buchan.

Other ART vs REHAB Tool Kits

- Criticality and Evaluation within a Culture of Optimism
- The “Other” and the Mental Health History of Practitioners
- Providing and Promoting Social Inclusion: One in the Same?
- The Role of Art Institutions in Art Outreach
- The Role of Art Practitioners’ Own Art Practice

For more information about ART vs REHAB please visit www.artvsrehab.com.
Artists vs Art Therapists

This tool kit will help us to weigh up the pros and cons of employing either an artist or an art therapist within rehabilitative art projects, and find out what we can learn from each other's approaches. It will help us to locate alternative connections between art and therapeutic practices – ones which are less obvious than the production of drawings and artefacts.

Using this Tool Kit

The tool kit is designed to be used by a mixed group of artists, art therapists and therapists - and those who move between these categories. You may also wish to include academics, service users, service providers, funders and commissioners who work in this area. However, many activities can be undertaken alone or in pairs.

The amount of time you will need to complete tasks will depend on the size of your group. As a guide, a group of ten people should allow 30 minutes per task, approximately three hours per tool kit.

The content of this tool kit has been contributed by a range of practitioners on the basis that it is freely available to support development in the field. You may not sell or charge for access to any tool kit content.
Chair Task
Jenny Price

The purpose of this task is to look at the different approaches members of the group have to art making. It will begin to explore whose working methods might fall distinctly into an art or therapeutic category, or if this distinction is merely contextual.

Everyone is given a piece of paper and a pen
Place a chair in front of the group
Spend one minute writing/drawing your first thoughts on how you would use the chair as the starting point for an artwork
Each tell the group your idea

Look for the connections and differences between responses. You may wish to consider the following questions...

- What artistic traditions are being drawn upon? e.g. sculpture / performance / painting
- Who suggested working alone / in collaboration / as a teacher?
- Were people looking at the chair’s aesthetic qualities / its social function / the chair as a metaphor?
- Can any responses be clearly assigned to either an art or therapeutic approach?
- How would the meaning of the suggested artworks change in an art or therapeutic environment?

Materials
Paper, pens, drawing materials, chair
The aim of this task is to look at what ‘tools’ and skills we see as essential to our practice, and if these skills are the same or different for artists and art therapists.

Think of a ‘tool’ or skill you use when delivering rehabilitative art projects.

Using a clear candle, draw this ‘tool’ or skill onto a sheet of thick paper.

In turn, each person should use a paintbrush and ink to uncover their drawing with a brief explanation as they do this.

Place the ‘Artist’ and ‘Art Therapist’ signs at each end of a table to form a scale.

As a group, reflect on which of your ‘tools’ belong to the Art Therapist and which to the Artist, and if they can be divided.

Place the drawings at an appropriate point on the scale.

Materials
White candles, thick paper, a jar of Indian ink mixed with water, large paint brushes
Resource Sheets for Key Tools and Skills
ARTIST
Resource Sheet 2 for
Key Tools and Skills

ART
THERAPIST
Looking at Artworks
Hannah Hull in response to Myles Stewart

The purpose of this task is to look at the diversity of artistic references used by members of the group when working with clients.

In preparation for this task, everyone should be asked to bring a picture of a famous artwork they often use/refer to within their teaching/therapy/outreach practice.

Each person should spend two minutes telling the group about the artwork they have brought, including why and how they use it.

As a group, discuss the differences and connections between people’s choices. You may want to consider the following questions...

- How is the value of the artworks expressed differently by each member of the group? e.g. emphasis on technique, historical significance, personal connection, etc?
- Do the rest of the group agree with the value interpretation offered by each member?
- Can we offer a different perspective on the artworks presented?
- Can each value interpretation be assigned to an art/art therapy tradition? If not, what can the differences in value interpretation be attributed to?

Materials
Everyone to bring a picture of a famous artwork they often use/refer to within their teaching/therapy/outreach practice.
Thinking Bigger
Hannah Hull

The purpose of this exercise is to compare the long-term aims of art and art therapy: the “bigger picture”. It is intended to help us see whether we are all working towards the same goal, and bring to light any essential differences in the core purpose of these practices.

Split into two groups: one to think about art therapy practice and one to think about art practice.

Each group should spend 15 minutes addressing the following questions, listing or mapping your ideas on a big piece of paper...

- What are the benefits of art/art therapy to the practitioner, the audience and society at large?
- How do you describe the importance of art/art therapy?
- What is the ultimate aim of art/art therapy activity?
- What change in the world do you think art/art therapy can facilitate?

These are big and possibly difficult questions, and people may have very different ideas. But be adventurous and try to think big!

The two groups then present their ideas to each other...

- Can we see any essential differences between the aims of the two groups?
- Are there any surprising crossovers?
- Do the purposes of art/art therapy compliment each other?

Materials
Pens, paper
## Provocations for Group Discussion

As a group, discuss the following questions...

<table>
<thead>
<tr>
<th>Question</th>
<th>Question</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there alternative connections between contemporary art practice and therapeutic art processes - less obvious than the production of drawings and artefacts?</td>
<td>How can we bridge the gap?</td>
<td>What are the markers of success for art practice? What are they for therapeutic practice?</td>
</tr>
<tr>
<td>How can we maintain creative freedom throughout and beyond our respective training?</td>
<td></td>
<td>Are economic circumstances artificially creating a split between artists and art therapists?</td>
</tr>
<tr>
<td>Are artists really qualified to engage those with mental health issues?</td>
<td></td>
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</tbody>
</table>
Postcard Task

Print and cut out enough postcards for everyone in the group

Each take a postcard. Considering the issues you have addressed using this tool kit, think of three things you want to change about your practice/the context of your practice by this time next year

Write these three things - and your address - on the postcard

Put everyone’s postcards in a big envelope and send them to...

ART vs REHAB, ICCE, Goldsmiths, University of London, New Cross, London, SE14 6NW

We will post them to you in a year

Examples

“Take part in an artists’ art show”

Myles Stewart

“Work alongside an art therapist or social worker or therapist within an art project”

Hannah Hull

“Make sure I do my own work!”

Jenny Price

Materials
Scissors, pens, big envelope, stamp

Resource Sheet for Postcard Task
“The world is full of objects, more or less interesting; I do not wish to add anymore”

Douglas Huebler

“It is no measure of health to be well adjusted to a profoundly sick society”

Jiddu Krishnamurti

“Rather than repress tension, one must respect its role. Healing cannot occur without the manifestations of problems”

Shaun McNiff

“Artistic expression allows the marginalised to create a meaning lying beyond the stigma of the role they have been thrust with”

Dean Whittington

“Inspirational artists will be willing to share their practice, making it accessible for all”

Sarah Jay

“Everyone thinks himself able to advise another”

Common saying

“I’ve looked at life from both sides now / From up and down and still somehow / It’s life’s illusions I recall / I really don’t know life at all”

Joni Mitchell

“In this way and that, I tried to save the old pail since the bamboo strip was weakening and about to break until at last the bottom fell out, no more water in the pail! No more moon in the water!”

Anonymous monk, c.1200

“If we can’t be free at least we can be cheap”

Frank Zappa
Art Heals
Shaun McNiff [2008]

Art, Psychotherapy and Psychosis
Killick & Schaverien [1997]

Art Therapy and Clinical Neuroscience
Hass-Cohen & Carr [2008]

Bath of Steel
Dean Whittington [2012]

Beaten into Violence
Dean Whittington [2007]

The Handbook of Art Therapy
Caroline Case

Looking Together: Joint Attention in Art Therapy
J Isserow [34-42, 2008]

Magritte and the Impossible in About Looking
John Berger [162-168, 1980]

Nausea
Jean-Paul Sartre [1938]

Responding to Clients through the Poetry of Their Lives in Studio Art Therapy: Cultivating the Artist Identity in the Art Therapist
C Hyland Moon [Kingsley, 1988]

The Revealing Image
Schaverien [1999]

The Wife of Baths’ Tale
Geoffrey Chaucer