



art as therapy

week 3

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



we can't be afraid of change. you
may feel very secure in the pond
that you are in; but if you never
venture out of it; you will never
know that there is such a thing as
an ocean; a sea.

c. joubell c.
thinker and writer

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
03

Art Supplies

- Your neurographic line drawings
- water color paints
- paint brush
- water



**Why choose
change?**



when in doubt;
choose change.

lily leung





Why We Seek Change

(simplified according to behavioral psychology)

- **Remove discomfort/pain** (remove psychological distress, remove social isolation, uncomfortable memories; stop feeling “bad”)
- **Increase pleasure/rewards** (have more creature comforts, connect with others, feel good: safe/secure/successful, etc.)



Why We Seek Change

(expanded according to the human condition)

- **Aspirational movement towards values** (enjoy our family, contribute to community, engage in spirituality, live healthy, etc)
- **Self Actualize and know our selves better** (live with authenticity and help others do the same)
- **Urge to explore/create/seek knowledge** (these could be values, but are also biological urges)

Ways we Actively Seek Change

- Daydream
- Meditate
- Pray
- Travel
- Fantasize
- Vision Boards
- New Year's Resolutions
- Look at aspirational images - travel, clothes, art, food etc.



Ways we Unconsciously seek/explore Change

- Admire other people and what they do
- Copy other people
- Celebrate other people
- Try new things
- Night time dreams
- Feel jealous, envious
- Feel restless
- Experience sadness when others are successful



How our Brain Changes

(Suddenly, slowly, nudges, creatively)

- **Suddenly** though dramatic life change (move, get married, become a parent, take a new job, retreat, spiritual influence, etc.)
- **Suddenly** due to unwanted experience or change (unexpected life event, illness, loss, victim of crime, etc.)
- **Slowly** through new habits, new environment, new beliefs



How our Brain Changes: Nudge

- Based on the idea that we are all imperfect, struggle to make logical, healthy and inspired decisions...and that is ok.
- Using the power of nudges: small tweaks (to the environment, language, or other) brings big behavior changes.
- We can learn to use nudges to remind us by making our environment full of support.
- Reduces decision fatigue.
- Increases the chances of our personally desired change.

Richard Thaler (won the 2017 Nobel Prize in Economics) and legal scholar Cass Sunstein's book "Nudge: Improving Decisions About Health, Wealth, and Happiness" (2008)

Nudge

- **Making a good option easier to choose, or a bad option harder to choose.** (eg cafeteria puts healthy food in convenient locations and unhealthy food in less convenient locations; we shop the perimeter of the grocery store first to avoid processed foods; automatic deposits to savings account, etc.)
- **Slow down and be mindful** (eg. wait to push send on an email, put junk food in the pantry not on the counter etc.)
- **Create a psychological anchor** (eg. suggested donation to a charity; we can set suggested number of steps/glasses of water/sleep per day, etc.)

How our Brain Changes: Creativity

- **Quickly** (by choice) using play and art.
- **Playful learning is meaningful** when it links new experiences – seeing a horse in a field to familiar ones experiences like a horse in a picture book. (eg. metaphors, biblio-therapy, learning about mid-life transitions, etc)
- Making **connections** expands our grasp of the world. Lights up the brain areas for: motivation, sense-making, reflection and memory.
- Participating in music increases gray matter in the brain.





How our Brain Changes: Creativity

- National Endowment for the Arts report (2011) indicates “in study after study, arts participation and arts education have been associated with improved cognitive, social, and behavioral outcomes in individuals across the lifespan.”
- Art helps the hippocampus to perform its intended tasks: learning and memory.
- Art makes meaning and is related to play.



How our Brain Changes: Creativity

- Harvard Graduate School of Education study about the ways learning an art translates into other life skills.
- Research concluded: making art helps us observe and see with acuity; envision by creating mental images and using imagination; express and find our individual voice; reflect about decisions and make critical/evaluative judgments; engage and persist, work through frustration; and explore, take risks and profit from our mistakes.

Hetland (2007)

Mindful Moment



Stacking our senses

- Integrate your senses by adding awareness one step at a time.



Stacking your Senses

- **Feel your pulse**
- **Notice your breathing**
- **Look at and see an object**
- **Notice your posture**
- **Hear the sounds around you**

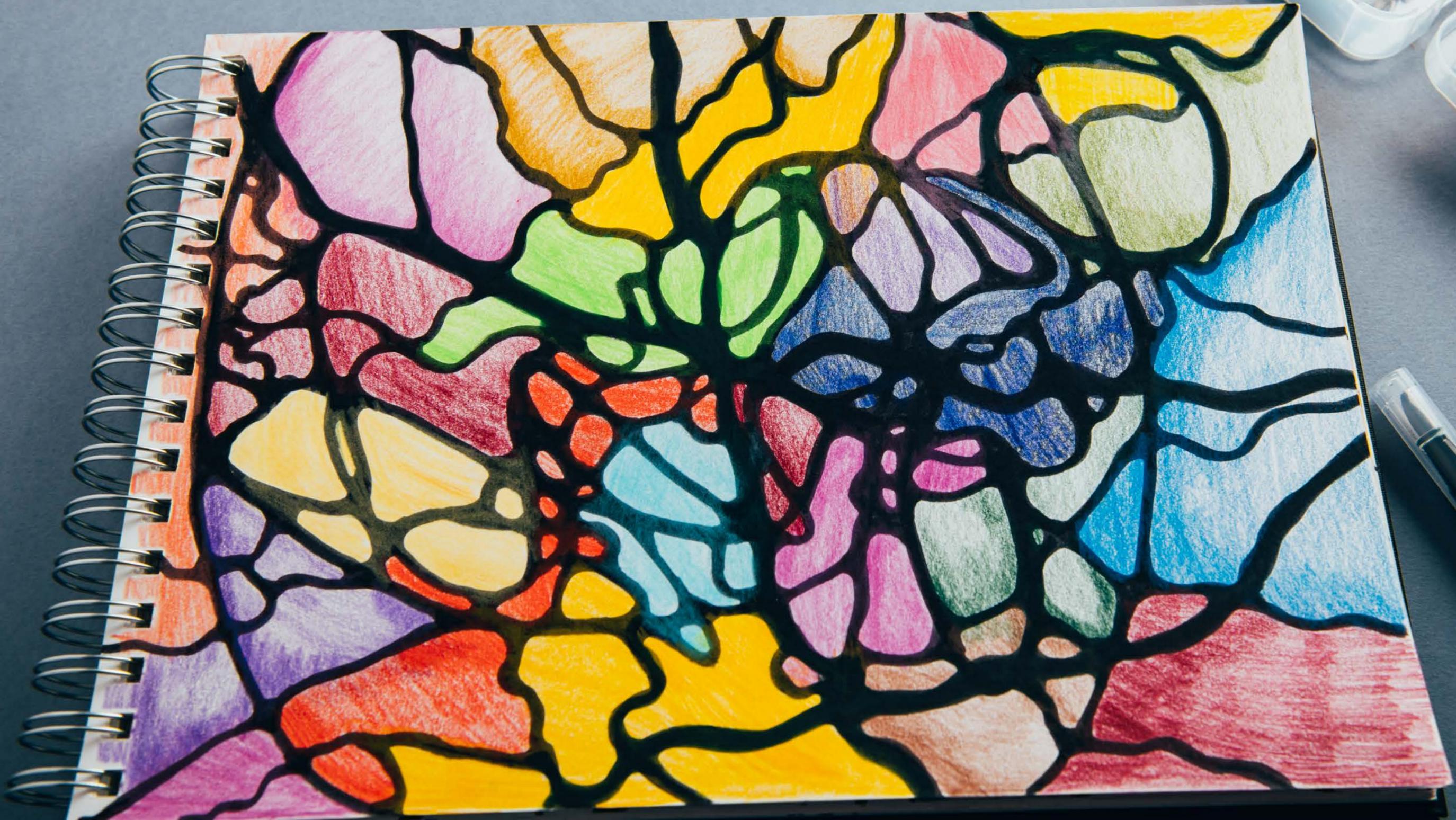


What did you notice?

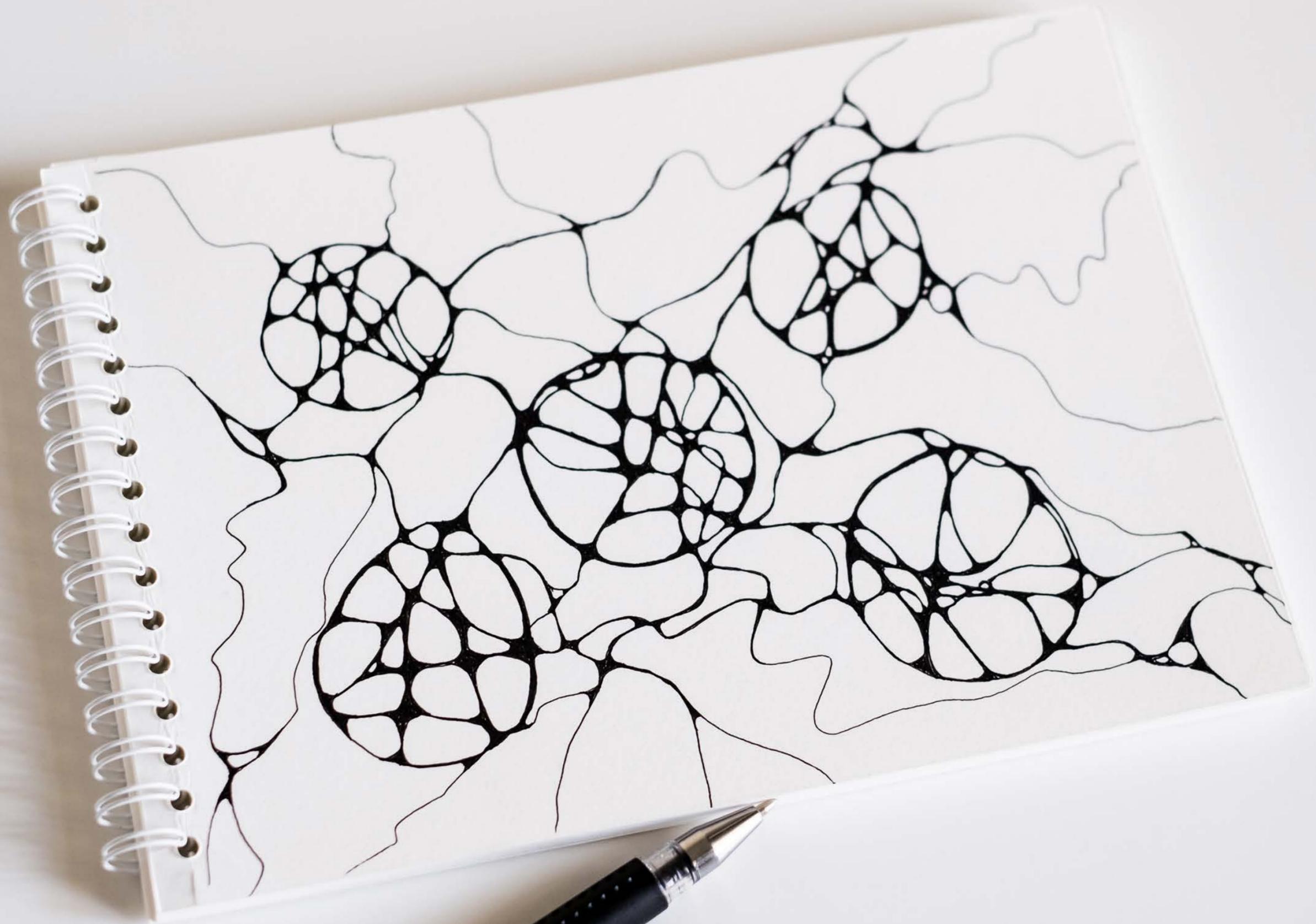
Raise your Zoom hand or put your answer in the chat.

Neurographic Art









Neurographic Art Benefits

- Making contact with the present moment.
- Thinking new thoughts.
- Creating new neural pathways in the brain.
- Feeling new feelings with acceptance.
- Healing old triggering thoughts and defusing from thoughts.
- Experiencing the self as held and contained; as part of the larger whole/universe/creation/higher power.



Three Steps

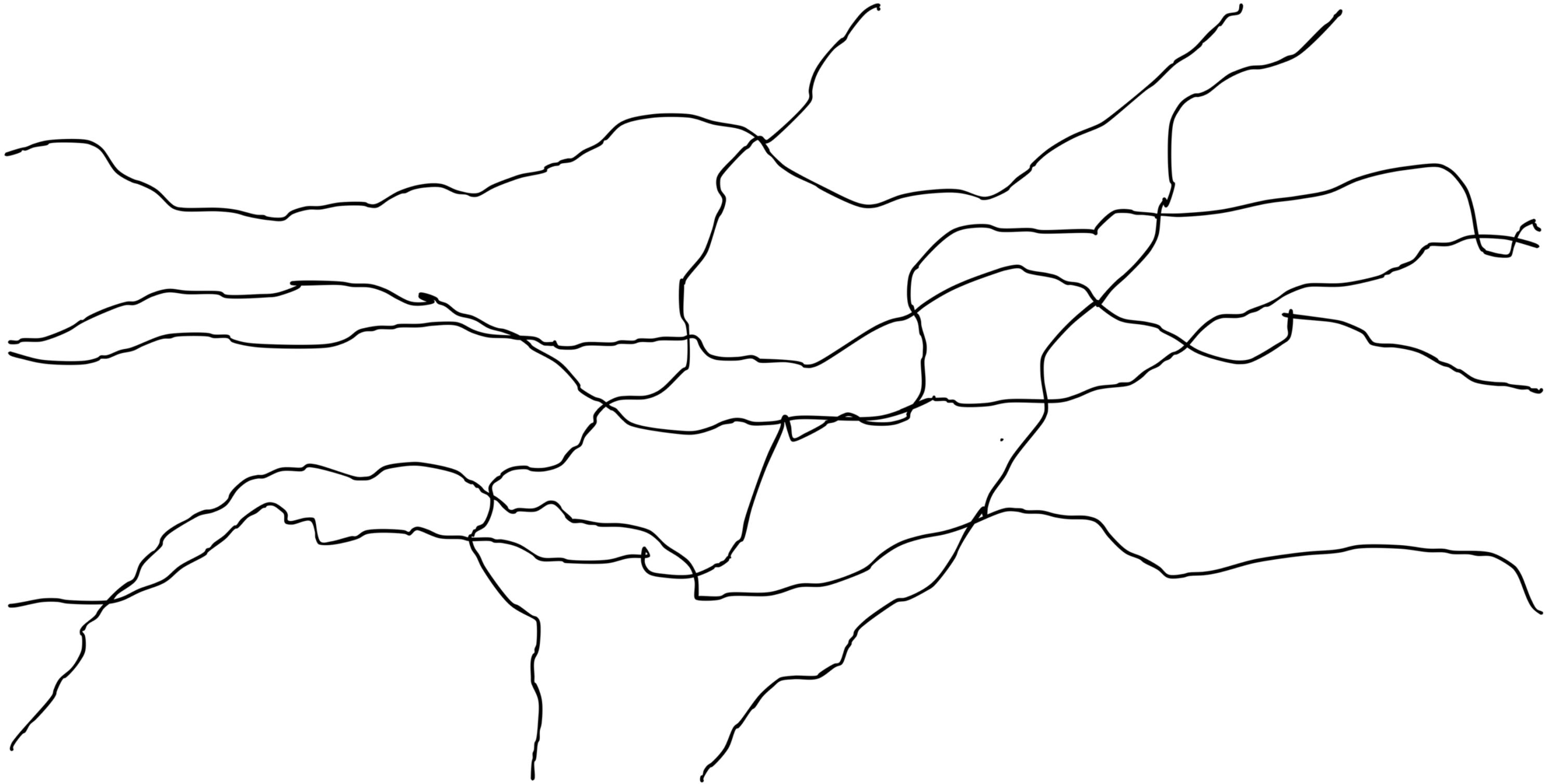
- Step 1: Dilemma and bilateral lines
- Step 2: Softening the intersections
- Step 3: Painting and Reflecting



Third Step of Neurographic Art

Adding Color and Reflecting







Adding Color

- Reflect for a moment on your dilemma.
- Add in color to your neurographic art.
- While you are painting, you can focus on the present and the dilemma.

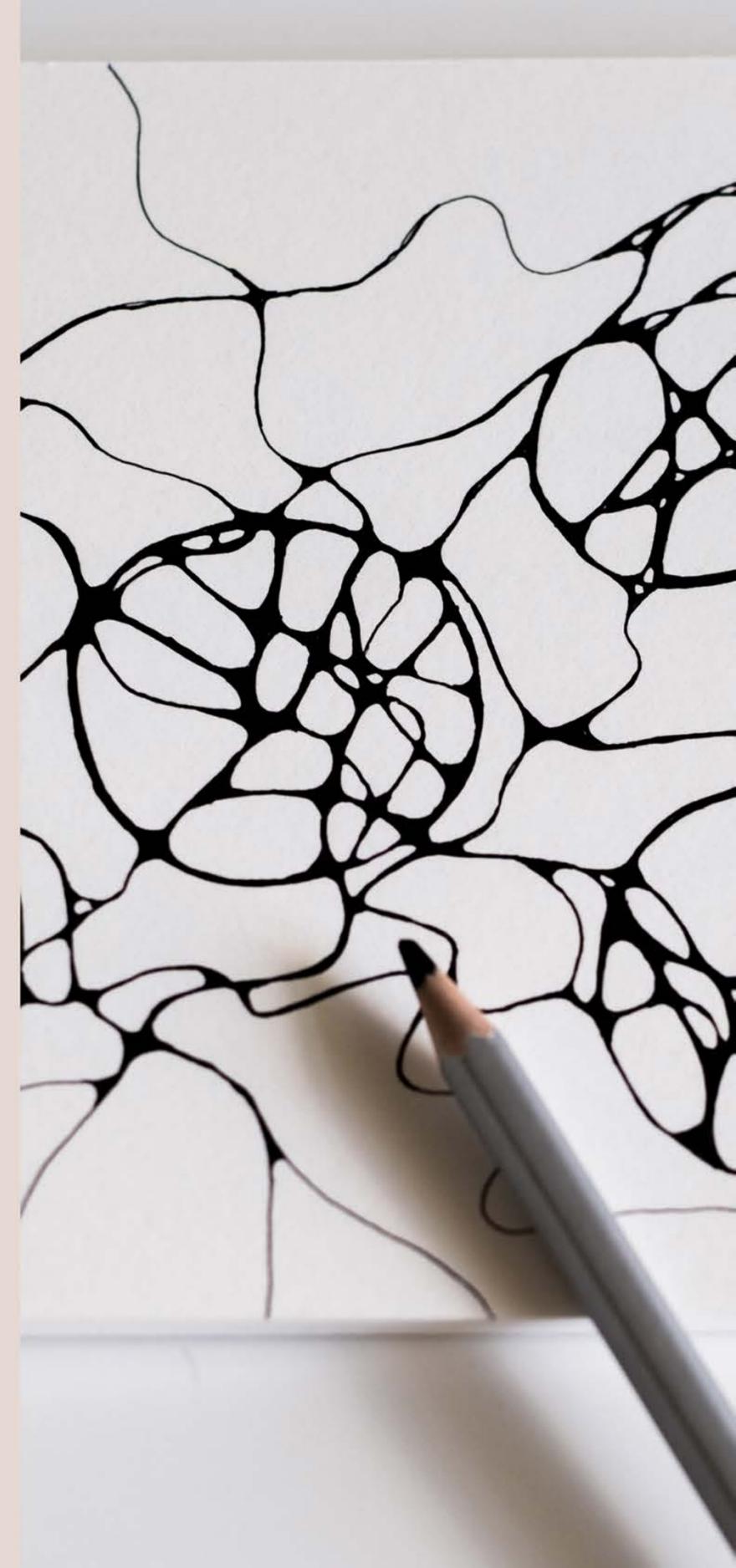


Adding **COLOR**

10 minutes

Observations

- Reflect again on your dilemma.
- Look and “see” your artwork.
- Admire the lines and changes in color.
- Make any additions that you like.
- Label the top of a clean sheet of paper...
“Reflections on...(write your dilemma)”
- Write 5 minutes



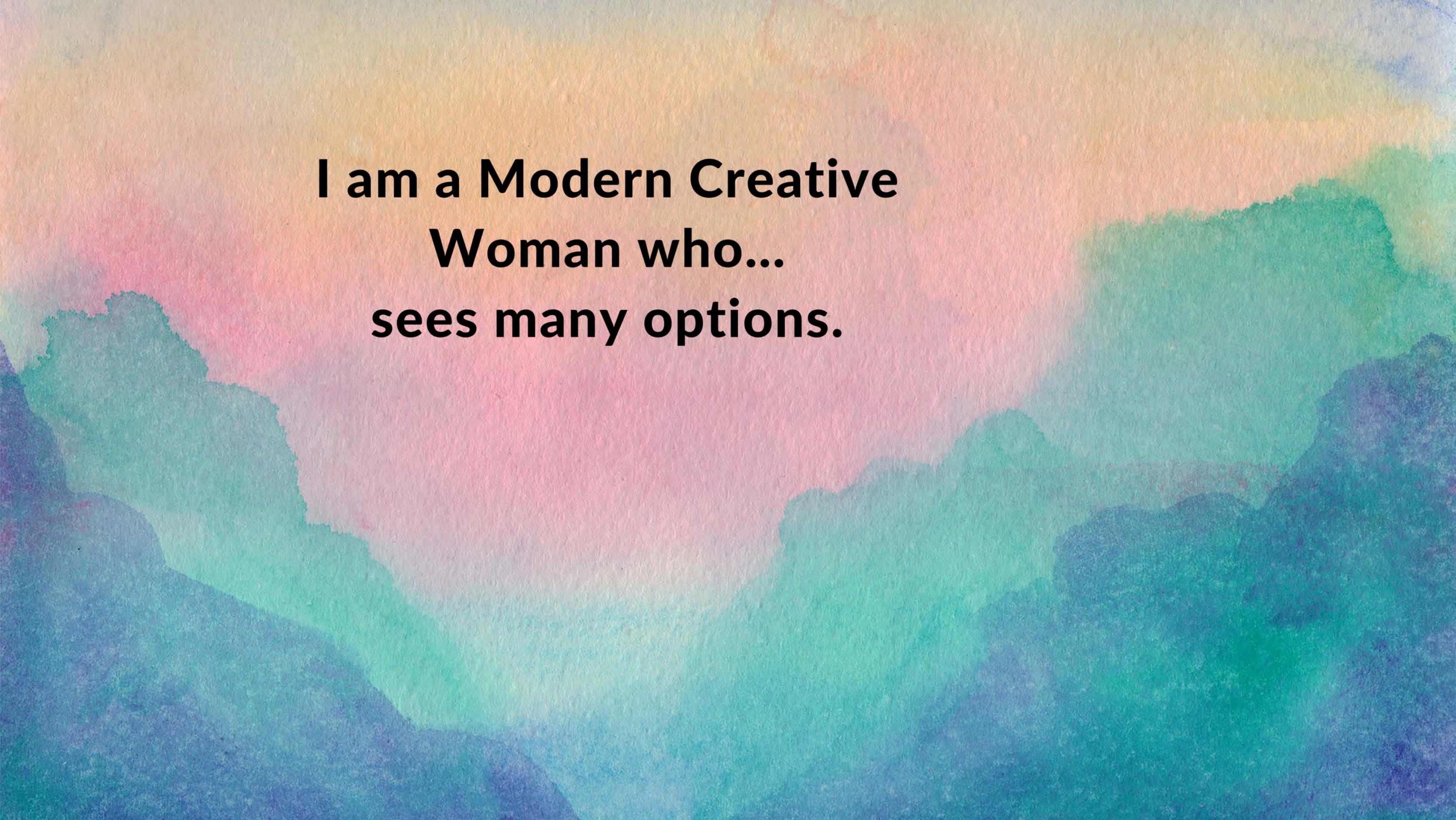


*What are new thoughts and ideas you
have about your dilemma?*



Affirmation

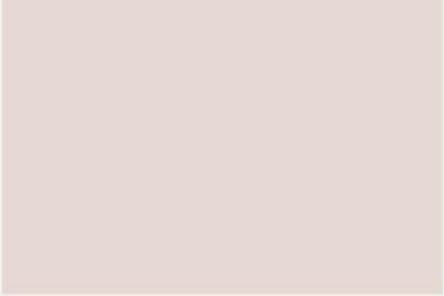


The background is a watercolor-style illustration. It features soft, blended colors of pink, light blue, and pale yellow. Overlaid on these are larger, more textured brushstrokes in shades of teal, green, and dark blue, creating a layered and artistic effect.

**I am a Modern Creative
Woman who...
sees many options.**

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Solutions

2

New Visions

3

**More
Neurographic
Lines**

4

Reflections



Solutions

- Using your workbook or journal, continue your reflections on your dilemma.
- Write whatever comes to mind, explore your feelings, thoughts, past experiences, and future vision about the dilemma.
- Solutions may emerge now or later.



New Visions

- Want more insights?
- Set the art next to your bed in the evening and ask your mind to work on it while you sleep.
- Have a pen and paper by your bed so you can write about it when you wake up.
- There is no timeline for these insights
- Keep making neurographic art about the same dilemma as much as you wish or choose new ones.
- If you get stuck, keep writing and you can describe the process of making the art or the art itself.



Neurographic Art

- Try making quick and spontaneous Neurographic lines inside the circles in your workbook.
- Remember to soften the corners of intersections by rounding off the points where lines intersect.
- You can use this quick approach to reflect on your mood in the moment and increase your present moment awareness.



Reflection

- What was it like to explore your inner artist and Art as Therapy?
- What did you learn?
- What did you gain insight about?
- What will you explore next?



**BREATHE IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New dates added!

Paris Retreat - September 8-14
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!