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Interactions Between Art-Based Interventions and Motivations of Interpersonal Forgiveness

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Artistic Expressions:
Interactions Between Art-Based Interventions and
Motivations of Interpersonal Forgiveness

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Advisor Heather Peters

This Research was supported by the Psychology Endowment Fund

Introduction

Art-making and Interpersonal Forgiveness

Art Making Benefits:

Lowered blood Pressure

Reduced stress

Overall well being

Malchiodi, (1998).

Van Lith, Fenner, Schofield (2011).

Introduction

Art-making and Interpersonal Forgiveness

Benefits of Forgiveness:

Lowered blood pressure

Reduced Stress

Overall well-being

Karremans, & Van Lange (2008)

Lawler, Younger, Piferi, Billington, Jobe, Edmondson, & Jones, (2003).

Witvlet C. V. O. et al, (2001)

Introduction

Definitions

Artistic Empathy:

Research suggests that artists acquire empathy for their subject matter with these 3 rules

- relying on senses
- using metaphors
- fantasy

(Peloquin, 1995)

Empathy in Art Therapy:

Mirror neurons which are produced during the therapeutic process and allow empathic attunement between the client and art therapist

(Franklin, 2010)

Introduction

Definitions

Interpersonal Forgiveness:

Prosocial motivations towards a transgressor

Prosocial Motivations:

Motivational change towards benevolence for a transgressor

Unforgiveness:

Motivations of vengefulness and avoidance

(McCullough et al.'s, 1998)

Introduction

Literature Review

- McCullough, M.E., Root, Cohen, (2006)
- Franklin, Michael (2010)
- Fehr, Ryan (2008)

Our Research

The Influence of art making on Interpersonal Forgiveness

Independent Variable (art making)

- 3 conditions
 - Metaphor art making
 - Free Drawing art making
 - Digit Symbol Coding Task (control)

Dependent Variable

- Interpersonal Forgiveness (TRIM-12)

Hypothesis

Conditions:

1 - *Metaphor Art-Making*

2 - *Free Drawing*

3 - *Digit Symbol Coding*

Hypothesis 1: Forgiven

No significant differences in Interpersonal Forgiveness

Hypothesis 2: Not forgiven

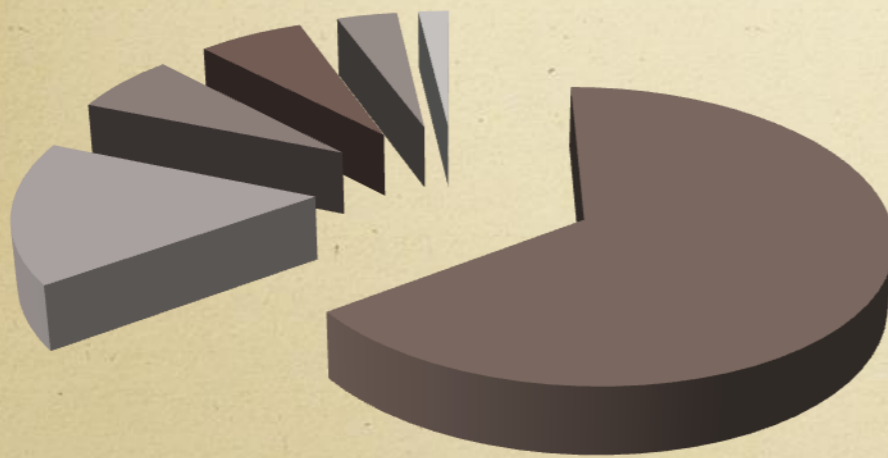
2 Art-making conditions (i.e., metaphor & free drawing) will have significantly higher levels of interpersonal forgiveness than the control condition

Hypothesis 3: Not Forgiven

The metaphor will have significantly higher levels of interpersonal forgiveness compared to the other two conditions

Methods

- 62 participants (*50 female and 12 male*)
- Age range 18-26
 - Mean = 19



- European American 69%
- European American and American Indian 17%
- American Indian 7%
- Asian American/Asian Pacific 7%
- Mixed 4%
- Latino 2%

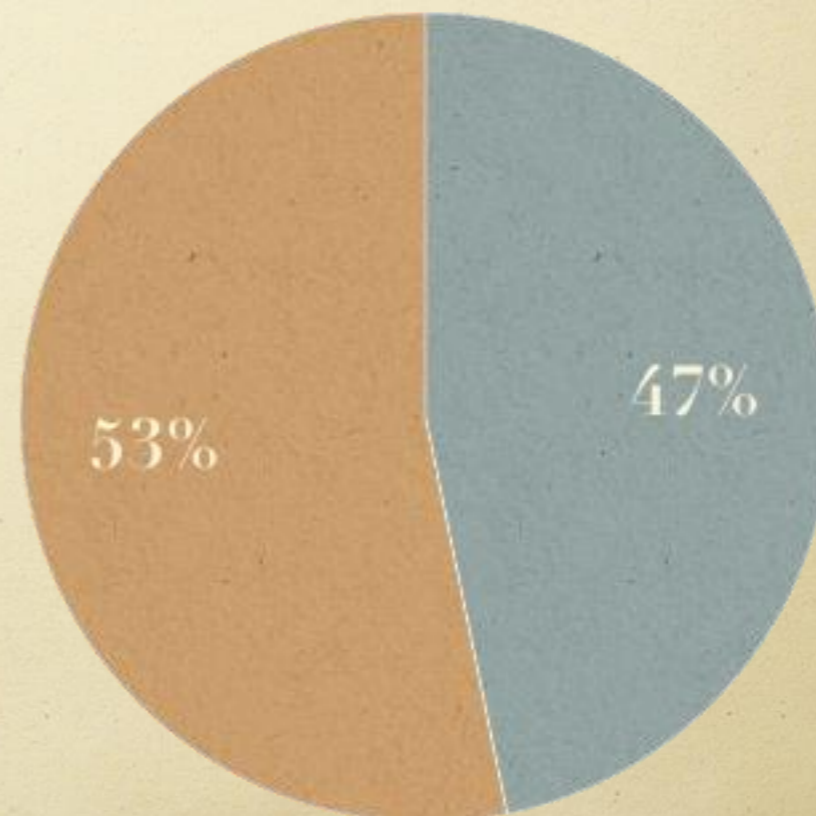
Methods

Forgiven v.s. Not forgiven

Answer: "I have forgiven my offender"

➤ **47% Not Forgiven**

➤ **53% Forgiven**



Methods

Recruitment

Type:

Email, In class recruitment, Fliers etc.

Cover Story:

Interpersonal Conflict Recall

Research conducted by:

Kaitlyn Macheltdt,

University of Minnesota Morris Student

Leah Monette,

University of Minnesota Morris Student

Interpersonal Conflict Recall Research Study

- Who may participate in the study?

Any 18+ University of Minnesota Student

- What you will be asked to do?

- 1) Recall a past interpersonal conflict
- 2) Complete various questionnaires and activities related to past experiences and perceptions.

Information about past conflicts will be kept **confidential**.

- How long will the study take?

Participation in the study should take no longer than 45min.

Ask your professor if you are eligible to receive extra credit from your participation in this study.

Research Summary:

The purpose of this study is to investigate memories of past interpersonal conflict.

Interested? Please contact the researchers at macmonette@gmail.com

The researcher will try to set up a time that is convenient for you.

Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com	Interpersonal Conflict Recall Research Study Contact: macmonette@gmail.com
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Methods

1) Consent Process

2) Unforgiveness Prime

-Recall Writing Task

(Karremans et al., 2005)

3) Situational Questionnaire

-Example: I have forgiven my offender?

How long have your known the offender?

Methods

4) Randomly assigned Conditions

Metaphor art-making

Draw offender holding the participant's burdens

Free drawing art-making

Draw freely whatever comes to mind

Digit symbol coding

Match the symbol with number

Methods

5) Transgression Related Interpersonal Motivations Inventory (TRIM-12)

(McCullough et. al., 1998)

-TRIM Avoidance Motivations

Example: I keep as much distance between us as possible.

- TRIM Revenge Motivations

Example: I'll make him/her pay.

6) Demographic Information

7) Debrief

Results

Hypothesis 1 (Forgiven)

One-way ANOVA

TRIM-12 total: (F (2,26) = .083, p = .920)

TRIM Avoidance Motivations: (F(2,26)= .245, p = .784)

TRIM Revenge Motivations: (F (2,26) = .271, p = .765)

Metaphor art-making: $M= 29, SD= 10.52$

Free Drawing art-making: $M=28, SD = 10.12$

Digit Symbol Coding: $M= 26.90, SD= 10.98$

Alpha level of $p < .05$.

Results

Hypothesis 2 and 3 (Not Forgiven)

TRIM-12 total ($F(2,30) = 6.44, p = .005$)

TRIM Avoidance Motivations ($F(2,30) = 4.85, p = .015$)

TRIM Revenge Motivations ($F(2,30) = 5.56, p = .009$)

Alpha level of $p < .05$.

TRIM-12 Total

Post Hoc comparison: Tukey's HSD

Digit Symbol coding

($M = 30.30$, $SD = 7.51$)

Metaphor art-making condition

($M = 38.42$, $SD = 8.25$)

Free Drawing art-making condition

($M = 42.22$, $SD = 6.04$)

TRIM Avoidance Motivations

Post Hoc comparison: Tukey's HSD

Digit Symbol coding

($M = 22.9$, $SD = 6.12$).

Metaphor art-making condition

($M = 29.43$, $SD = 6.28$)

Free Drawing art-making condition

($M = 29.78$, $SD = 3.70$)

TRIM Revenge Motivations

Post Hoc comparison: Tukey's HSD

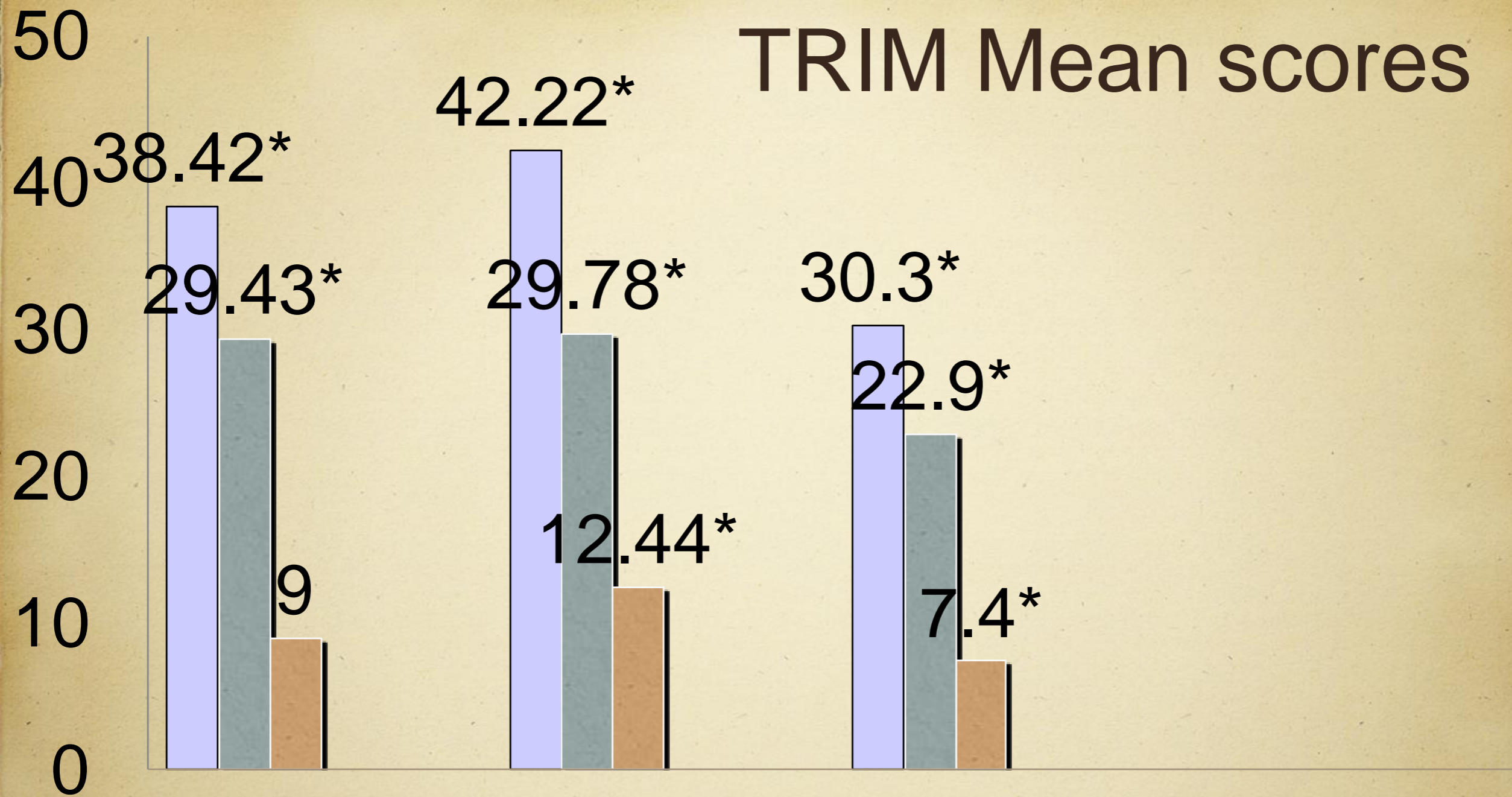
Digit Symbol coding

($M = 7.40$, $SD = 2.55$).

Free Drawing art-making condition

($M = 12.44$, $SD = 3.17$)

TRIM Mean scores



Metaphor Free Drawing Digit Symbol

- TRIM-12 total means
- TRIM Avoidance Means
- TRIM Revenge Motivations

Discussion

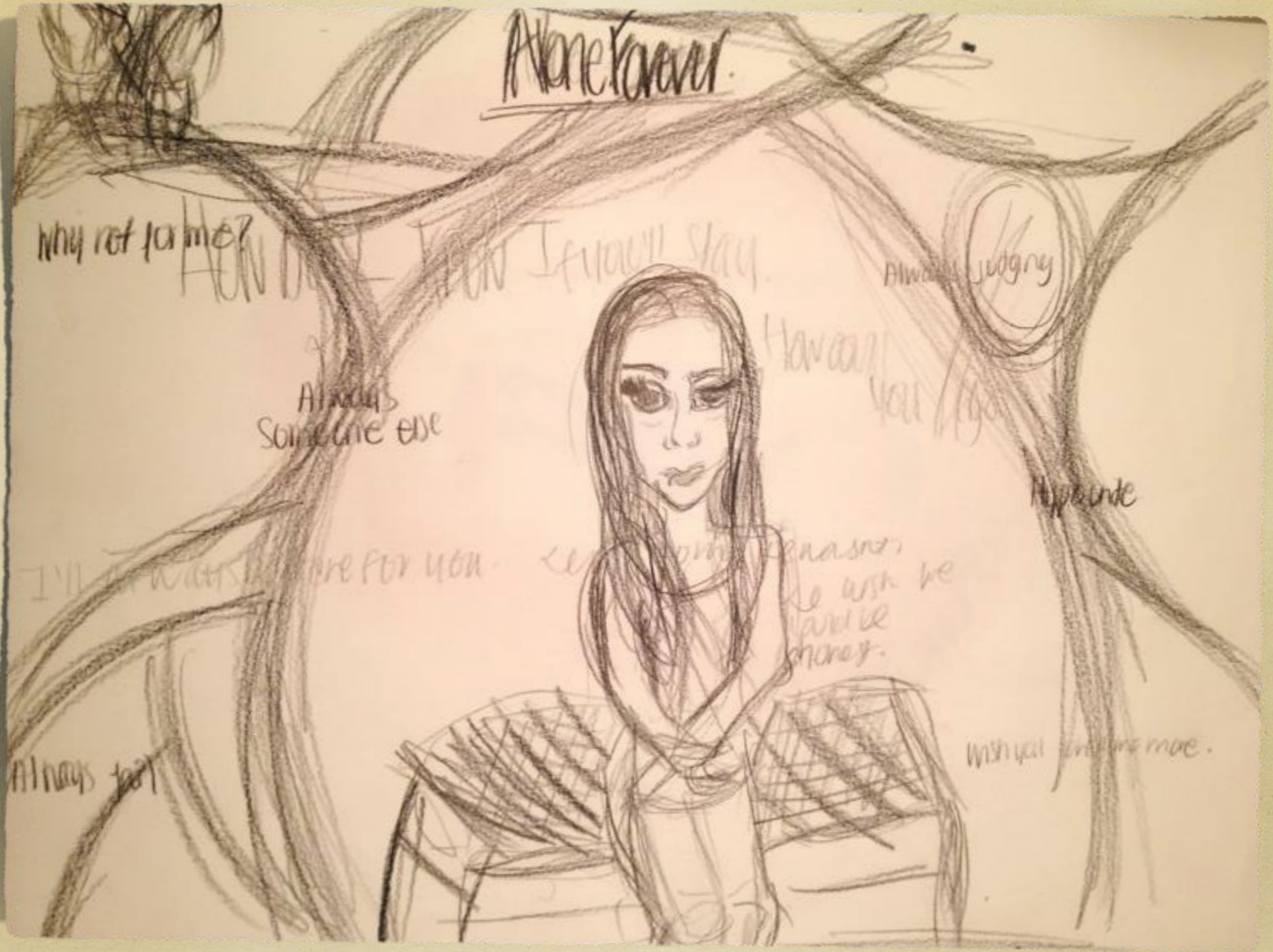
- Art making conditions demonstrated lower levels of interpersonal forgiveness
 - Opposite to our hypothesis

Discussion

↳ Venting

Artistic Venting: the expression of the artist's pain through their art

Dalebroux & Goldstein (2008)



Free Drawing Art-Making



Metaphor Art-Making

Discussion

➤ Distraction

Distraction can be an effective way of coping with negative affect.

-Engaging in a cognitively demanding task (e.g., a digit symbol coding task) may decrease negative affects after a negative mood induction.

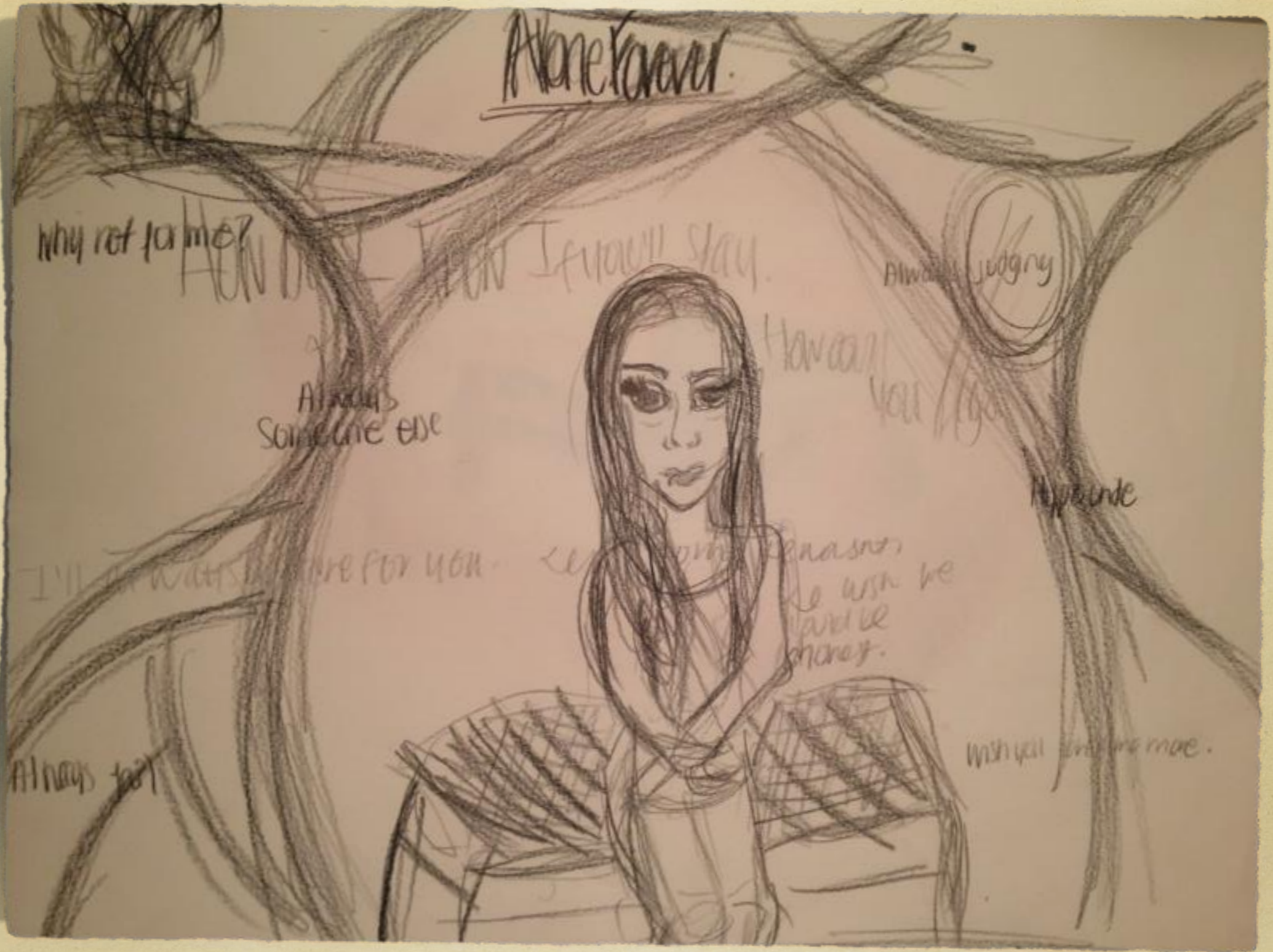
Van Dillen & Koole, (2007)

Discussion

Future of art and forgiveness studies

Improvements:

In-depth condition explanations



Free Drawing Art-Making

Discussion

Implication for Art Therapists

When working with clients who are working towards forgiving an interpersonal conflict.

- Drawing with minimal instruction may **increase unwillingness to forgive**

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Thank you

Questions?

What is Digit Symbol Coding?

neuropsychological test sensitive to brain damage, dementia, age and depression; consists of (e.g. nine) digit-symbol pairs (e.g. 1/-, 2/⊥ ... 7/∧, 8/X, 9/=) followed by a list of digits. Under each digit the subject should write down the corresponding symbol as fast as possible. The number of correct symbols within the allowed time (e.g. 90 or 120 sec) is measure

<http://www.cognitiveatlas.org>

Art Examples

Metaphor Art-making condition



Art Examples

Free Drawing Art-making condition



Mirror Neurons:

Neurons that fire both when experiencing an emotion as well as when a person observes another person experiencing an emotion, Franklin indicates mirror neurons are present during the therapeutic process between the art therapist and client.

(Franklin, 2010)