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## Creative Arts Personal Growth Group (CAPG)

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# Creative Arts Personal Growth Group (CAPG)

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# Contents of Presentation

- (1) CAPG Rationale
- (2) CAPG Theoretical Framework
- (3) CAPG Screening and Sessions
- (4) Participate in and Process a CAPG Intervention
- (5) CAPG Research Findings



# Rationale for CAPG as a Trans-Diagnostic Treatment

- Fear, Trauma, and Shame: An underlying cross-diagnostic foundation (Bauman et al., 2013; Carney et al., 2019; Crosby et al., 2010 ; Hase et al., 2015; Marshall et al., 2015; Plexousakis et al., 2019)
- Value of Group Interventions (Bauman, 2010; Brown, 2019; Singh, 2013)
- Dearth of Interventions for Adults (Sosin et al., under review)



# CAPG Evidence-Based Theoretical Framework

- The Creative Exposure Intervention (CEI) (Sosin & Rockinson-Szapkiw, 2016)
- CBT, Mindfulness, and Creative Arts Approaches (Bayne & Thompson, 2018; Fortuna & Vallejo, 2015; Harris, 2014; Heyes et al., 2013; Schwartze et al., 2019)
- Group Work Competencies, Values, and Guidelines (Guth et al., 2019; Singh et al., 2012; Thomas & Pender, 2008)



# CAPG Goals

- Experiencing an inclusive community (Guth et al., 2019; Singh et al., 2012)
- Learning effective tools to monitor and modify fear and shame (Arttime et al., 2019 and many others on the reference list)
- Reintegrate devalued and disowned parts of the self (Sosin et al., under review)



# CAPG Preparation

- CAPG Training
- Supervision
- Screening
- Orientation
- Consent
- Research

(Sosin & Trexler 2019; Sosin & Noble, 2020; Sosin et al., under review)





# Characteristics of Effective CAPG Leaders

- Highly Competent Group Workers

(Guth et al., 2019; Singh et al., 2012; Thomas & Pender, 2008)

- Active
- Provide Structure
- Keep the Group Interpersonally Focused
- Multiculturally Sensitive
- Advocacy Minded

(Jacobs et al., 2016; Ratts et al., 2010)



# CAPG Session Structure

- Open Art
- Anchoring
- Opening Round
- Psychoeducation
- Creative Activity
- Closing Round



# Overview of CAPG Protocol



# Session One

- Goals:
  - Interpersonal connection and safety
  - Understand impact of bullying, interpersonal violence, and marginalization
  - Learn anchoring skills and trigger recording
- Psychoeducation:
  - Activation
  - Window of tolerance
  - Anchoring
  - Trigger record chart
- Creative Arts Activity:
  - Anchoring and Safe Place



# Session Two

- Goals:
  - Embarking on a journey toward knowing and accepting self
  - Authentic connection
- Psychoeducation:
  - Biologically primed, core human needs for inclusion, safety, and acceptance
  - Getting back “home” to the authentic self
- Creative Arts Activity:
  - Core Self Depiction and Mutual Celebration of Diversity



# Session Three

- Goals:
  - Deepen group connection
  - Increase knowledge and skills needed to monitor and modify fear and shame
- Psychoeducation:
  - Emotions and needs related to them
  - Meeting emotional needs vs. coping
- Creative Activity: Creative Exposure Intervention (Sosin & Rockinson-Szapkiw, 2016)



# Session Four

- Goals: (Same goals as Session Three)
  - Deepen group connection
  - Transform fear and shame into compassionate connection
- Psychoeducation:
  - Attuning to one other
  - Past and future-oriented thinking, as well as self-criticism, impact fear-shame
- Creative Arts Activities:
  - Safe Place with Installation of Loving, Protective Person(s)
  - The Creative Self-Compassion Tool (CSCT)



# Session Five

- Goals:
  - Process “shame narrative”
  - Grieve about events and their impact
  - Deepen members compassion toward themselves and one another.
- Psychoeducation:
  - Fear and shame triggered by shadows
  - The root of shame
  - Discovering the “rest of the story”
- Creative Activity:
  - Shame Narrative Depiction





# Session Six

- Goals:
  - CAPG Review
  - Learn a final creative tool
  - Develop an aftercare plan
- Psychoeducation:
  - Attunement
  - Embodiment
- Creative Arts Activities:
  - The Embodied Present Moment Awareness Tool
  - Maintenance Plan



# The Embodied Present Moment Awareness Tool



# CAPG Manual, Supervision, and Running a CAPG Group in Your Setting



# Summary of Research Findings

- **Containment:** Leading with Compassion, Commitment, and Consistent Session Structure
- **Creativity:** Healing of Fear and Shame Narratives Through Self-Exploration and Sharing
- **Community:** Processing Bullying Induced Trauma in a Shame Free Group



# Contact Information for Further Information

If you are interested in running a group in your setting, receiving a free copy of the manual, and participating in free supervision contact:

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