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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

- Current Crisis of Bullying, Interpersonal Violence, and Marginalization (Arttime et al., 2019; Brendgen et al., 2019; Rospenda et al., 2013)
- Fear, Trauma and Shame (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; Schwartz 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
- Learning effective tools to monitor and modify fear and shame
- 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 You
- 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 Activity:
 - 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: Depicting our shame story

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
 - After care art based plan
 - “Pass it forward”

The Embodied Present Moment Awareness Tool

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

Summary of Research Findings

- Leader Characteristics and Session Structure/Content
- Creative Arts Activities
- Group Processing

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