

Creative Therapy to Support Young People Engaged in Self-harm



Creativity

Integrity

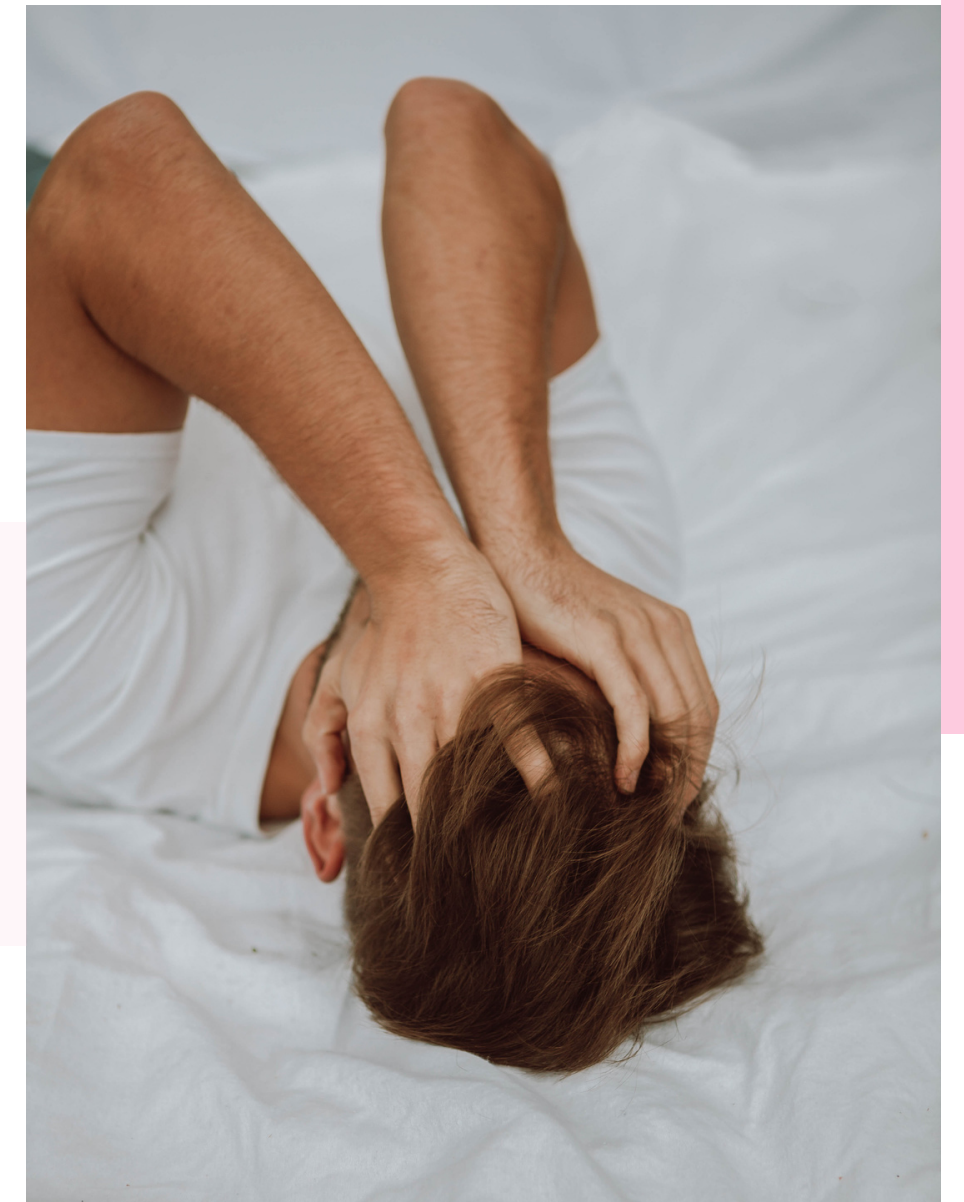




We define self-harm in line with the NICE guideline: “An act of self-poisoning or self-injury, irrespective of motivation.”

There is a lack of evidence on effective interventions, targeting self-harm, including a lack of interventions exploring creative approaches targeting self-harm.

Our group is seeking ways to push this research agenda forward and build up new partnerships





Creative therapy

Creative activity enhances mood and can regulate and reframe negative emotions.

Creative therapies have been shown to improve patient mental health and reduce costs for the NHS in a variety of settings.

Creative therapies include art-therapy, drama therapy, music therapy.



Coordinating team

Three enthusiastic young people
with lived experience with self-harm



Coordinating team

Kit Loring

**Clinical Arts
Therapist,
Clinical
Supervisor,
Trainer**



Dr Vlad Kolodin

**Chartered Psychologist
British Psychological
Society.**

**Visiting scientist
UCL School of Pharmacy.**



Julia Ruppert

**Creative
Practitioner,
Art Therapist,
Researcher**



Vlad completed a PhD in psychology in 2012 and a Master degree in Public Health in 2014. He is trained as an Integrative Art therapist and a Chartered Psychologist with British Psychological Society.

For more than 10 years, Vlad has worked as a clinical psychologist and researcher with patients with a range of chronic conditions. For over 6 years Vlad worked as a forensic psychologist specialising in child sexual abuse, and suicide and self-harm in armed forces. He has also run work on suicide and self-harm prevention in a Primary Health Care setting.

Recently, Vlad worked as a research consultant with a project studying services available for people engaged in self-harm in the UK.



Message from Vlad

Self-harm is a complex problem and to which many factors contribute including; individual traits, relationships, stress, mental health and stigma.

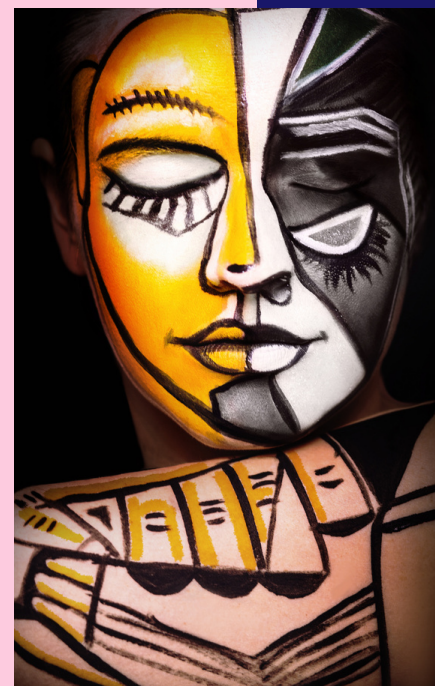
The deepest scars of self-harm, are not visible but are inside.

My personal belief is that integrative creative-based interventions can address the different levels and factors that contribute to self-harm.



Message from Julia

Creative interventions offer a flexible and bespoke response to individual need; the process is engaging and transformative.



Trained at Canada's University of Toronto, Concordia University and Goldsmiths University of London, Julia is an HCPC registered Art Therapist, Associated Editor of the International Journal of Art Therapy and Founder of Collective Arts.

An interest in the links between positive psychology and visual art led Julia to complete an MSc (with distinction) in positive psychology (MAPP).

Over the years, Julia has designed and delivered hundreds of arts for wellbeing workshops for children, youth, women, families, employees, volunteers and teams.

Both positive psychology and a deep understanding of the multi-layered language of visual imagery play a central role in all of her project designs.



Message from Kit

All behaviour is communication - as is self-harm. It is a code and it is a momentary relief from constant anguish.

The arts are another way, a creative way, of expressing a means of understanding, ourselves and others.

The arts give us access to deeply personal wisdom born of personal experience, our insights are then profound and authoritative.

Kit Loring is Co-Director/founder of Ragamuffin International. He is a UK State Registered Clinical Arts Therapist, a certified and registered Clinical Supervisor, Trainer, Consultant and Life-Cycle Celebrant. He has been a visiting lecturer at Universities in Moscow, Almaty, UK, Cambodia, Finland and Mexico.

As part of his work, Kit has developed trauma-related therapeutic programmes for a broad range of client groups including:

young and adult offenders and children with severe behavioural problems, perpetrators and victim/survivors of emotional, physical and sexual abuse, along with people suffering from a range of mental health conditions, trauma, eating disorders, self-harm, suicide, loss and bereavement.

Special interest reserach group: Aims

Facilitate focus groups and workshops with young people engaged in self-harm to explore the potential of creative therapies and focus participant ideas.

Use our collective learnings to inform new methodologies or options for PPI.



Develop opportunities for further research to test the feasibility and viability of creative approaches to self-harm

Activities



Coordinate focus groups to explore a variety of creative modalities (drawing, photography, drama and poetry).

Capture participants' impressions on the viability and feasibility of creative approaches to address self-harm in young people.



In collaboration with animation students from the University of East London, offer a film-making workshop to develop a short animated video about the young people's experiences with creative therapy for wellbeing/self harm.

Activities

Lay summaries with focus groups, workshops and video illustrating the participants' experience will be available on the project's social media platforms.

Our group will run from January 2021 until November 2021 the added aim of working with existing partners and building new relationships beyond our existing group.



We will distribute newsletters and also organise an online meeting to build up a new network to discuss our findings.

If you are a young person, academic, researcher, practitioner or policymaker interested in increasing the evidence- base on creative therapy and self-harm, please contact us via email or social media.



Instagram:

@creativetherapyselfharmyoung

Twitter:

<https://twitter.com/TherapyYoung?s=09>

or email to v.kolodin@ucl.ac.uk

