



Military Family Artistic Healing

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Course Description

Spend time with your family to discover the techniques that inspire creative skills and gain greater self-awareness. Learn to utilize artistic and creative exercise to develop stronger family bonding with self-expression and healing techniques. Explore the possibilities, develop your creativity, and gain group cohesion through working with collage, watercolors, acrylic paints and more.

Course Goals

Benefits of using art to express grief/emotions:

- Art can provide a healthy outlet for feelings that children and adults need to get out
- Art is an alternate way to communicate something that one cannot always put into words, especially with children.
- By witnessing the art, the therapist gives the children and adults the experience of validation and acceptance of their feelings
- The art can provide safe containment for emotions that are expressed.
- Art exercises about grief and emotions help children and adults to be more in touch with and aware of their feelings
- Reflecting on the art can give children and adults new understanding and insight about their feelings.
- Arts can help children and adults differentiate between different feeling states.

Materials & Supplies

None