



SUE BULMER - ART THERAPIST

# Creativity and Art Therapy in Menopause

# Presentation Outline

## CREATIVITY AND ART THERAPY IN MENOPAUSE

Introductions - who I am

Creativity and it's benefits

What is Art Therapy

How can it help in Menopause

Case Examples





# Creativity

## ARE YOU CREATIVE?

Creativity is defined as :

- the ability to produce or use original and unusual ideas
- the use of the imagination to think about new ways of doing something
- the tendency to generate or recognise ideas, alternatives or possibilities that may be useful in solving problems, communicating with others or entertaining ourselves...

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We are ALL creative

SUE BULMER

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# Benefits of Creativity

## HOW IT CAN HELP YOU TO FEEL BETTER

- It lifts our mood, makes us feel good about ourselves
- It gives us a feeling of enhanced wellbeing self esteem and feeling of mastery
- Improves our self-confidence
- Creativity improves cognitive function
- it can help reduce feeling of isolation and increase connection
- It can alleviate stress and anxiety
- Creativity can improve physical as well as mental wellbeing,
- Creativity can help us to solve problems and see new solutions
- Being creative allows us to express ourselves
- Creativity can bring a sense of Joy



## IN THE WORDS OF ARTIST PHOEBE GANDER

my struggle with **anxiety and panic attacks** were actually what led me back to creating art, after I initially went to the doctor to seek some help. Only learning I had ADHD later in life meant many years of **masking my symptoms** and feelings of **inadequacy and shame. I didn't really know who I was for so long.**

Creating art has truly been a solace for me. There is so much empowerment in creating something that wasn't there before, by using your own hands and mind. Of allowing yourself to find your voice through art when your own words can't. To pour out all the **mess and pain.** To find a state of flow that brings calmness and peace. What was freeing was realising it didn't have to be pretty. You don't even have to show anyone. At the beginning it was just for me.

And now I'm gradually discovering who I am, one brushstroke at a time.





# How to live a more creative life (handout)

# What is Art Therapy

Art Therapy is a form of psychotherapy which uses art materials and the creative process as a form of expression, alongside a qualified art therapist or psychotherapist





# Art Therapy myths

MYTH BUSTING

WHAT ART THERAPY IS NOT

YOU DON'T HAVE TO BE 'GOOD AT ART'

TAILORED TO THE INDIVIDUAL

SAFE

CONTAINED

NON-JUDGEMENTAL



# How does it work?

TRAUMA MEMORY INTEGRATION

REACTIVATES POSITIVE EMOTIONS

CAN ALLOW BEING WITH DIFFICULT EMOTIONS SAFELY

WORKS WITH THEORY OF NEUROPLASTICITY

CAN HELP WITH REGULATION AND COPING STRATEGIES

PSYCHOEDUCATION

INCREASED SELF UNDERSTANDING

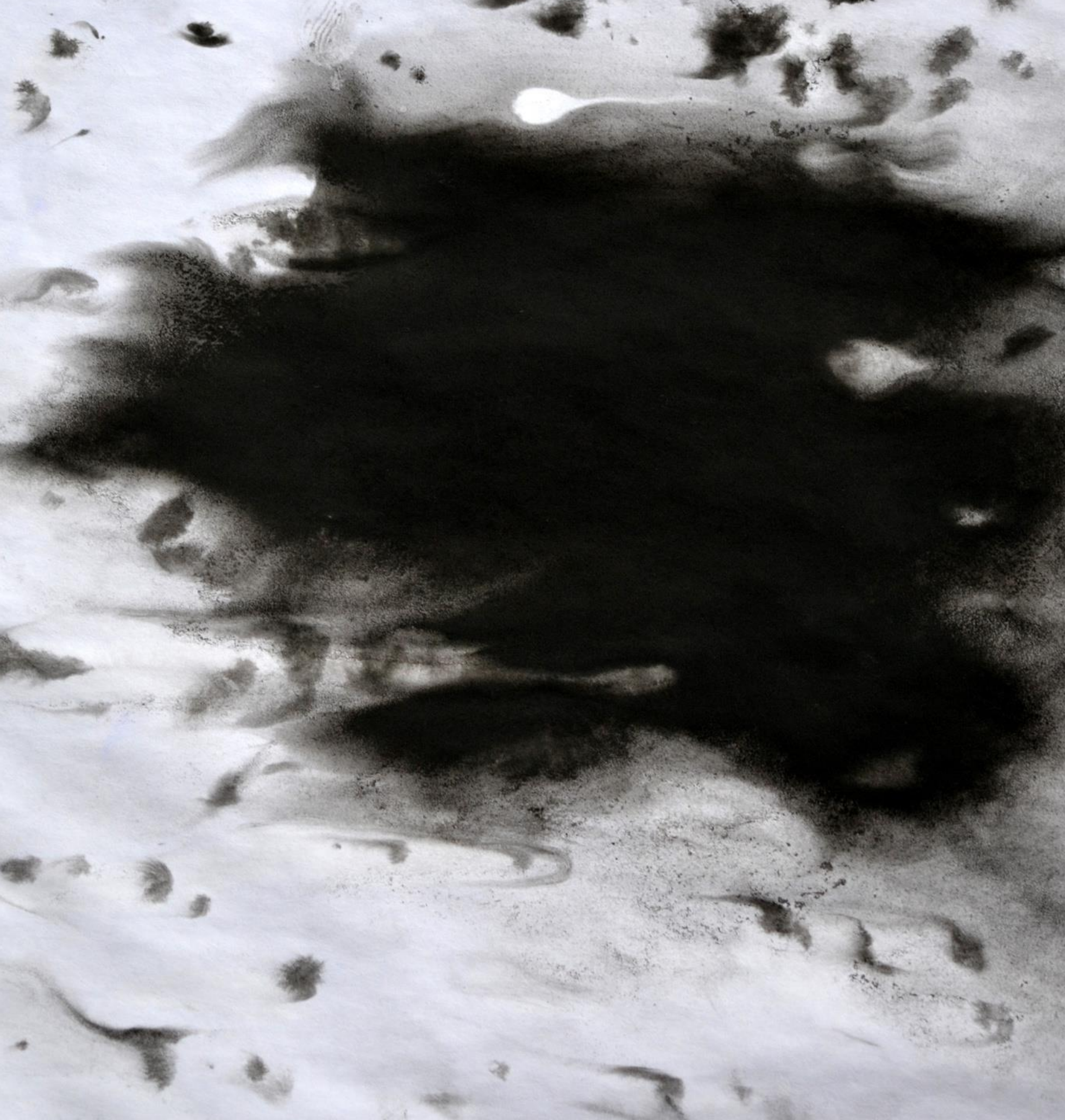
HELPS FACILITATE SELF-EXPLORATION

GIVES EXPERIENCE OF FORMING SAFE RELATIONSHIPS





# Exploring Menopause with Art Therapy



A DEEPER LOOK

**Loss  
&  
Grief**



**A DEEPER LOOK**

# **BIG FEELINGS**



**A DEEPER LOOK**

**Shame**



A DEEPER LOOK

# Transition and Change



A Short Clip





# Next Steps



## START NOW

Use the list of easy ways to introduce more creativity into your life today



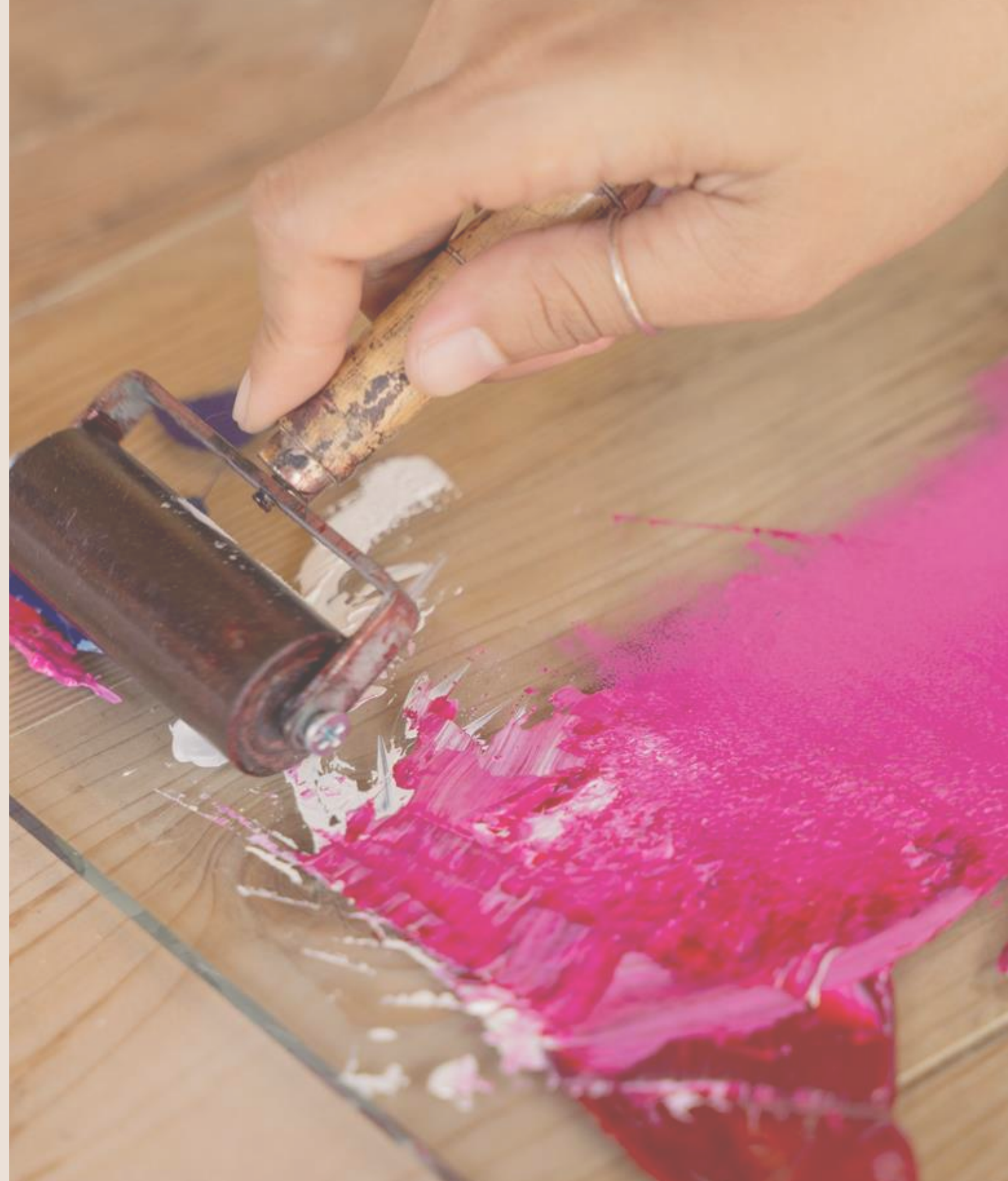
## JOIN A GROUP

Look for creative groups in your area and sign up. learn a new skill, have some fun and meet new people. Or if you are interested contact me for more details.



## FIND AN ART THERAPIST

Find a therapist through the British Association of Art Therapists [www.baat.org](http://www.baat.org) or use a search engine to find a therapist in your area.



# Contact Me

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