

FOREWORD BY JAKUSHO KWONG-ROSHI

MINDFULNESS
and the
ARTS
THERAPIES

Theory and Practice



EDITED BY LAURY RAPPAPORT, PH.D.

Mindfulness and the Arts Therapies

Theory and Practice

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Foreword by Jakusho Kwong-roshi



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Contents

	Foreword	13
	<i>Jakusho Kwong-roshi, Co-founder and Abbot, Sonoma Mountain Zen Center–Genjoji</i>	
	ACKNOWLEDGMENTS	14
	Introduction	15
PART I	MINDFULNESS AND THE ARTS THERAPIES: OVERVIEW AND ROOTS	
Chapter 1	Mindfulness, Psychotherapy, and the Arts Therapies	24
	<i>Laury Rappaport, Ph.D., REAT, ATR-BC, MFT, Founder and Director Focusing and Expressive Arts Institute; Integrative Psychotherapist, Sutter Health Institute for Health and Healing, and Faculty, Sonoma State University and Debra Kalmanowitz, MA, RATH, University of Hong Kong</i>	
PART II	CULTIVATING MINDFUL AWARENESS AND PRESENCE THROUGH THE EXPRESSIVE ARTS	
Chapter 2	The Role of Witnessing and Immersion in the Moment of Arts Therapy Experience	38
	<i>Shaun McNiff, Ph.D., ATR, HLM University Professor, Lesley University</i>	
Chapter 3	Intention and Witness: Tools for Mindfulness in Art and Writing	51
	<i>Pat B. Allen, Ph.D., ATR, HLM, Independent Artist/Scholar</i>	
PART III	INTEGRATING MINDFULNESS WITH THE ARTS THERAPIES	
Chapter 4	Mindfulness-Based Art Therapy: Applications for Healing with Cancer	64
	<i>Caroline Peterson, MA, ATR-BC, LPC, Joan Karnell Cancer Center, Pennsylvania Hospital</i>	
Chapter 5	Mind-Body Awareness in Art Therapy with Chronic Pain Syndrome.	81
	<i>Jürgen Fritsche, University of Munich LMU, Academy of Fine Arts Munich: Graduate Program in Art Therapy, Munich Schwabing Hospital, Bavarian AIDS Foundation; Munich, Germany</i>	
Chapter 6	Mindfulness and Dance/Movement Therapy for Treating Trauma.	95
	<i>Jennifer Frank Tantia, Ph.D., BC-DMT, LCAT, Adjunct Faculty, Adelphi University; Private Practice; Research Advisor, Pratt Institute</i>	

Chapter 7	Mindfulness and Drama Therapy: Insight Improvisation and the Transformation of Anger	107
	<i>Joel Gluck, M.Ed., RDT, Registered Drama Therapist</i>	
Chapter 8	Music, Imagery, and Mindfulness in Substance Dependency	117
	<i>Carolyn Van Dort, Post-Graduate Degree, Music Therapy; Guided Imagery and Music, Teacher, Music and Imagery, University of Melbourne, and Denise Grocke, Ph.D., RMT, MT-BC, FAMI, Professor of Music Therapy, University of Melbourne</i>	
Chapter 9	Poetry Therapy, Creativity and the Practice of Mindfulness	129
	<i>John Fox, CPT, Adjunct Faculty John F. Kennedy University, California Institute of Integral Studies</i>	
Chapter 10	The Silent Creative Retreat for People with Cancer: The Assisi Model for Professionals	142
	<i>Paola Luzzatto, Ph.D., David Payne, Ph.D., Bonnie Gabriel, Anna Lagomaggiore, Lucia Minerbi, Gabriella Ventrella, Gemma Oldrini, Ellen Mullin</i>	
Chapter 11	Mindfulness-Based Stress Reduction and the Expressive Arts Therapies in a Hospital-Based Community Outreach Program	155
	<i>Patricia D. Isis, Ph.D., LMHC, ATR-BC, ATCS, Miami-Dade County Public Schools, Private Practice, Mindfulness-Based Stress Reduction Instructor</i>	
Chapter 12	Mindfulness-Based Expressive Therapy for People with Severe and Persistent Mental Illness	168
	<i>Daniel Herring, MA, LMHC, Founding Director, Merrick Valley Center for Mindful Healing, Haverhill, MA, Adjunct Faculty, Lesley University, Cambridge, MA</i>	
PART IV MINDFULNESS-BASED ARTS THERAPIES APPROACHES		
Chapter 13	Authentic Movement and Mindfulness: Embodied Awareness and the Healing Nature of the Expressive Arts	182
	<i>Zoë Avstreib, MS, LPC, BC-DMT, NCC, Professor, Graduate School of Psychology, Somatic Counseling Psychology Program, Coordinator, Dance/Movement Therapy Concentration, Naropa University</i>	
Chapter 14	Focusing-Oriented Arts Therapy: Cultivating Mindfulness and Compassion, and Accessing Inner Wisdom	193
	<i>Laury Rappaport, Ph.D., REAT, ATR-BC, MFT, Founder and Director Focusing and Expressive Arts Institute; Integrative Psychotherapist, Sutter Health Institute for Health and Healing, and Faculty, Sonoma State University</i>	
Chapter 15	Hakomi and Art Therapy	208
	<i>Merryl E. Rothaus, ATR-BC, LPC, LMHC, Adjunct Faculty, Naropa University</i>	
Chapter 16	Mindfulness and Person-Centered Expressive Arts Therapy	219
	<i>Fiona Chang, RSW, REAT, M Soc Sc, President, Expressive Arts Therapy Association of Hong Kong, Regional Co-chair, International Expressive Arts Therapy Association; Honorary Lecturer, University of Hong Kong</i>	

Chapter 17	Creative Mindfulness: Dialectical Behavioral Therapy and Expressive Arts Therapy	235
	<i>Karin von Daler, MA, MFT, REAT, Teacher Expressive Arts and Mindfulness internationally, Private Practice, Copenhagen, and Lori Schwanbeck, MFT, Mindfulness Therapy Associates</i>	
Chapter 18	Mindfulness and Focusing-Oriented Arts Therapy with Children and Adolescents	248
	<i>Emily Tara Weiner, MA, MFTI, Registered Marriage and Family Therapy Intern, Masters, Marriage and Family Therapy and Art Therapy, Notre Dame De Namur University, and Laury Rappaport, Ph.D., MFT, REAT, ATR-BC, Founder and Director Focusing and Expressive Arts Institute; Integrative Psychotherapist, Sutter Health Institute for Health and Healing and Faculty, Sonoma State University</i>	
PART V MINDFULNESS AND THE ARTS THERAPIES IN EDUCATION AND TRAINING		
Chapter 19	Mindful Considerations for Training Art Therapists: Inner Friendship—Outer Professionalism	264
	<i>Michael A. Franklin, Ph.D., ATR-BC, Professor and Coordinator of Art Therapy Program, Naropa University</i>	
Chapter 20	Relational Mindfulness and Relational Movement in Training Dance/Movement Therapists	276
	<i>Nancy Beardall, Ph.D., BC-DMT, LMHC, CMA, Dance Therapy Coordinator, Lesley University, and Janet Surrey, Ph.D., Founding Scholar, Jean Baker Miller Institute at the Stone Center, Wellesley, MA; Faculty, Andover-Newton Theological Seminary, Newton, MA; Board, Institute for Meditation and Psychotherapy</i>	
PART VI NEUROSCIENCE, MINDFULNESS, AND THE ARTS THERAPIES		
Chapter 21	Perspectives from Clinical Neuroscience: Mindfulness and the Therapeutic Use of the Arts	288
	<i>Jared D. Kass, Ph.D., Professor of Counseling and Psychology, Lesley University, and Sidney M. Trantham, Ph.D., Associate Professor of Counseling and Psychology, Lesley University</i>	
Appendix 1	RESOURCES	316
	<i>Basic Mindfulness Exercises</i>	<i>316</i>
	<i>Music Resources</i>	<i>322</i>
Appendix 2	CONTRIBUTOR LIST AND BIOGRAPHIES	324
	SUBJECT INDEX	333
	AUTHOR INDEX	338

List of Figures, Tables, and Boxes

Figures

1.1	Eye of the storm	25
3.1	Anger (tempera paint on paper 21" × 26").	58
4.1	Mindful exploration of art materials	67
4.2	Exploration of pre–post change	69
4.3	(a) Pain inside body; (b) Pain outside body; (c) Offering care	70
4.4	(a) Pleasant: resting by waterfall; (b) Unpleasant: broken relationship	71
4.5	Riding the waves of thinking and feeling with an open heart	72
4.6	(a) Feeling vocabulary list; (b) Feeling states; (c) Feeling states in body boundary	74
4.7	Floating in a protected moonlit pool	75
4.8	Eternal Nourishment	77
5.1	Body image picture (scrapbook size)	86
5.2	(a) Burning, Drilling, Stinging I (10.5 × 15cm); (b) Burning, Drilling, Stinging II (50 × 70cm)	88
5.3	(a) 3D-representation of “pain”; (b) Adding surrounding space	89
5.4	(a) Enlargement of the surrounding space; (b) Center of energy.	89
5.5	Linda painting	90
5.6	Working on oversize paintings	91
5.7	Oversize landscape	91
5.8	White city	92
6.1	Arenas of Attention (digitally enhanced watercolor by Caitlyn Densing)	99
6.2	“Arc” “Parry” move in fencing	104
10.1	Workshop room with individual panels	146
10.2	Candles for each member	147
10.3	Personal tree	151
10.4	Final integrative art and title	152
11.1	Visualization of mother’s cancer washed away	156
11.2	Breath drawing	159
11.3	Breath drawing with challenging event	159
11.4	Body outline	162
11.5	(a) Body scan sensation; (b) Caring for image	163
11.6	Social atom	165
14.1	FOAT Check-In	198
14.2	Focusing Attitude toward illness	199
14.3	Clearing a Space with the Arts	201
14.4	Felt sense mindful breathing collage	203
14.5	Kristie’s felt sense	204
14.6	What does it need?	206
15.1	Nick’s orb	215

15.2	Nick's surrounded orb	216
16.1	Chinese word, "Listen"	220
16.2	Image drawn on a cup for tea meditation	223
16.3	Congruence: self, others and context (Satir <i>et al.</i> 1991)	224
16.4	Mei Ling's "self, others and context" observation	225
16.5	Siu Man's balanced observation	225
16.6	Triangle of awareness through body scan and portrait painting	226
16.7	My emotion landscape	228
16.8	(a) Buddha Board; (b) Letting go and forgiving ourselves	229
16.9	The voice from my half-mask	231
16.10	Four elements of PCEAT	232
18.1	"All Fine Place" journal cover	253
18.2	"All Fine Place": The Protector	253
18.3	Self-compassion mandala: Waves of Love and Light	256
18.4	Self-compassion mandala: Heartful Web of Life	256
18.5	Prayer flags: "What I Want to Carry With Me"	257
19.1	Student art of agitated thoughts	273
20.1	Diagram of relational movement	279
20.2	Relational mindfulness and relational movement process	280
21.1	Overview of nervous system	291
21.2	Autonomic nervous system pathways—social engagement and defense	293
21.3	Thermostat for stress response: cortisol levels and post-traumatic stress disorder (PTSD)	295
21.4	The triune brain: stress coping and appraisal	297
21.5	Neo-Cortex	300

Tables

12.1	Examples of writing	175
14.1	Interconnections between FOAT and mindfulness	194
16.1	Shared practice wisdom of mindfulness and PCEAT	220
17.1	DBT and Expressive Arts Therapy (EXA)	239

Boxes

5.1	Stages in Mind-Body Awareness in Art Therapy	84
8.1	Mindfulness relaxation induction with theme/image	120
14.1	FOAT Check-In exercise	198
14.2	CAS-Arts exercise	200
14.3	Accessing a felt sense	202
16.1	PCEAT and mindfulness practice reminder	222
16.2	Guided instructions: mindful masks	230

"*Mindfulness and the Art Therapies* is a wonderful and comprehensive book. This is an important contribution to the growing field of mindfulness. How wonderful that Laury Rappaport has masterly brought to the forefront the importance of mindfulness and art therapies."

—*Bob Stahl, Ph.D., Co-Author of A Mindfulness-Based Stress Reduction Workbook, Living with Your Heart Wide Open, Calming the Rush of Panic, and A Mindfulness-Based Stress Reduction Workbook for Anxiety*

"Applications of mindfulness and meditation are demonstrating their effectiveness with stress reduction, self-regulation, trauma recovery, and overall quality of life. Likewise, the expressive arts therapies are increasingly embraced as methods of transformation that enhance health and well-being. This impressive book is a timely and seminal contribution to both the current literature on mindfulness and the arts therapies. It incorporates everything helping professionals and students need to know, including the foundations of mindfulness and arts therapies, neurobiology and somatic perspectives, and pragmatic, integrative approaches to applying methods to a variety of populations and settings.

Mindfulness and the Arts Therapies brings together the basics of mindfulness and meditation in a practical, accessible way that invites not only arts therapists but also, all mental health and healthcare professionals to cultivate and apply its wisdom to both working with clients and as a personal wellness practice."

—*Cathy Malchiodi, Ph.D., ATR-BC, LPAT, LPCC, Trauma-Informed Practice and Expressive Arts Therapy Institute, and Lesley University*

"Mindfulness and the arts can play an important role in psychospiritual growth and the evolution of human consciousness. Is the complex consciousness that we call 'mind' and brain the same or different? If you are interested in this question, Drs. Jared D. Kass and Sidney M. Trantham provide a clear and comprehensive roadmap to your evolving understanding in their ambitious chapter in *Mindfulness and the Arts Therapies*.

The authors decipher the most current research in brain science—the autonomic nervous system, polyvagal theory and the stress response, human brain evolution, hemispheric lateralization, attachment theory, pleasure and pain, trauma and PTSD, addiction, self-awareness, empathy, memory, and emotion. They carefully link their discussion of these topics, fostering greater appreciation of the neuroanatomy and physiology of internal composure, resilience, and maturity—in contrast to that of aggression, violence, and destructive coping. Kass and Trantham's chapter, toward the end of this impressive volume, provides an integrative understanding for clinicians, researchers, and anyone interested in mindfulness, meditation, the arts, and the brain."

—*Lawrence Peltz, MD., Author of The Mindful Path to Addiction Recovery: A Practical Guide to Regaining Control Over Your Life*

“The integration of mindfulness practices and the art therapies is a natural and much needed evolution for clinicians and group facilitators. Dr. Laury Rappaport has brought together a remarkable group of practitioners in this timely book. The authors embrace a broad spectrum of approaches —authentic movement, Focusing-Oriented Arts Therapy, Person-Centered Expressive Arts, drama, poetry, and music therapies, and more—all finding enhanced results of combining deep meditation practices with their arts modality. Theories and concepts are carefully presented with meaningful case material. The last chapter, ‘Perspectives from Clinical Neuroscience: Mindfulness and the Therapeutic Use of the Arts’ describes how the healing, transformative work we are doing is validated by scientific research. This book contributes new and vital material to the humanistic practices of the arts therapies as enhanced by mindfulness methods.”

—*Natalie Rogers, Ph.D., REAT, Author of The Creative Connection for Groups: Person-Centered Expressive Art for Healing and Social Change and The Creative Connection: Expressive Arts for Healing*

“Although I sincerely believed that I was a pretty thoughtful art therapist, this book has enabled me to realize that I have not been sufficiently mindful of mindfulness— at least not in the deepest sense of the word. As a painter I often experience an altered state of consciousness in the process of creating, something I value tremendously, but have not named. My psychoanalytic training allowed me to strive for ‘evenly hovering attention,’ trying to attune my entire self toward the other. Yet now, Laury Rappaport’s marvelous collection of writings by expressive arts therapists who have experienced genuine mindfulness—and who know how to name and to promote such states—has opened my spirit to an even more profound way of being-in-the-world as a helper. There is no question that this book is both timely and timeless, as are the arts themselves, and the practice of mindfulness in all of its forms.”

—*Judith A. Rubin, Ph.D., ATR-BC, HLM, Department of Psychiatry, University of Pittsburgh, Pittsburgh Psychoanalytic Center, Author of Approaches to Art Therapy and The Art of Art Therapy*

“Psychotherapists will find here a rich, practical guide for illuminating how mindfulness can be applied to a variety of art therapies. Rappaport has brilliantly assembled leading pioneers in their respective fields to clearly show how mindfulness offers a basis for healing, growth, and transformation. Her own chapters are notable for offering a clear, compelling integration of Gendlin’s Focusing—a very specific kind of mindfulness practice —with the expressive arts. I highly recommend this refreshing and insightful resource.”

—*John Amodeo, Ph.D., author of Dancing with Fire: A Mindful Way to Loving Relationships*

“Mindfulness and Art Therapies is a diverse yet cohesive collection of essays revealing the deep connection between mindfulness and the arts, and articulating the applications of this meaningful synergy to a range of clinical areas including pain, anger, trauma, etc. This multifaceted book also dives deeper into particular arts modalities such as dance and poetry with well-rounded contributions of a vast subject. It gracefully expresses the key pillars of the ancient mindful practice, and offers a solid academic foundation, while remaining accessible and highly useful.”

—*Leslie Davenport, MFT, Author of Healing and Transformation Through Self Guided Imagery, founding member of the Institute for Health & Healing at California Pacific Medical Center in San Francisco, faculty of California Institute of Integral Studies, John F Kennedy University, and Five Branches University*

“Gathering together a rich array of creative arts therapists in a single volume, the various authors provide rich illustrations of how mindfulness and creative arts enhance and reflect each other. Readers are presented with a diverse range of practical application, and left with the space to imagine additional ways to apply these concepts in therapy, education and wellness.”

—*Jordan S. Potash, Ph.D., ATR-BC, REAT, LCAT, Lecturer, Centre on Behavioral Health and the Department of Social Work and Social Administration, The University of Hong Kong*

“Finally there is a book that brings together leaders in the field of arts-based therapy, to impart their knowledge of mindfulness-based practice. This innovative and comprehensive book demonstrates the effective use of a 2,500-year practice within the framework of expressive arts for health and well-being. Mindfulness has been utilized in the lexicon through other names such as ‘presence’ or ‘attunement’ or ‘flow’ or ‘witnessing’ but here, through historical background, theory and current day mindfulness-practices, the authors gathered take contemporary psychological inquiry to a new wave of application and understanding. I am sure this book will have a great impact and be utilized in the training of practitioners for many years to come.”

—*Mitchell Kossak, Ph.D., Associate Professor, Expressive Therapies, Lesley University, Executive Co-Chair, International Expressive Arts Therapy Association*

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