



# USING ART TO FACILITATE SPIRITUAL EXPLORATION

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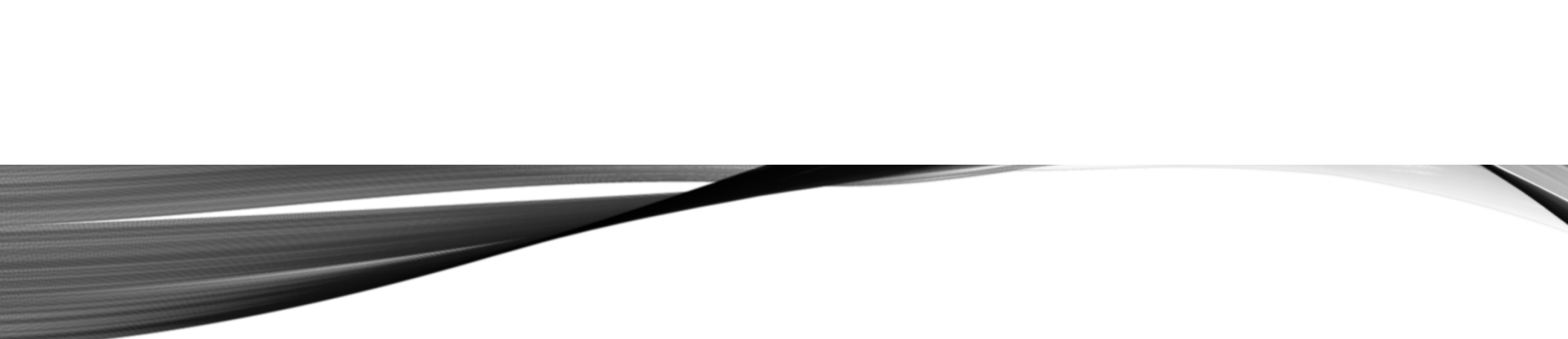




# OBJECTIVES

- Identify strengths of using art to facilitate spiritual exploration.
- Demonstrate 3 art forms through three palliative care examples.
- Apply art as a simple coping strategy.





*All religions need art, for it is art of  
world religions that first draws  
individuals to them and then sustains  
their religious life.*

*Earl J. Coleman*





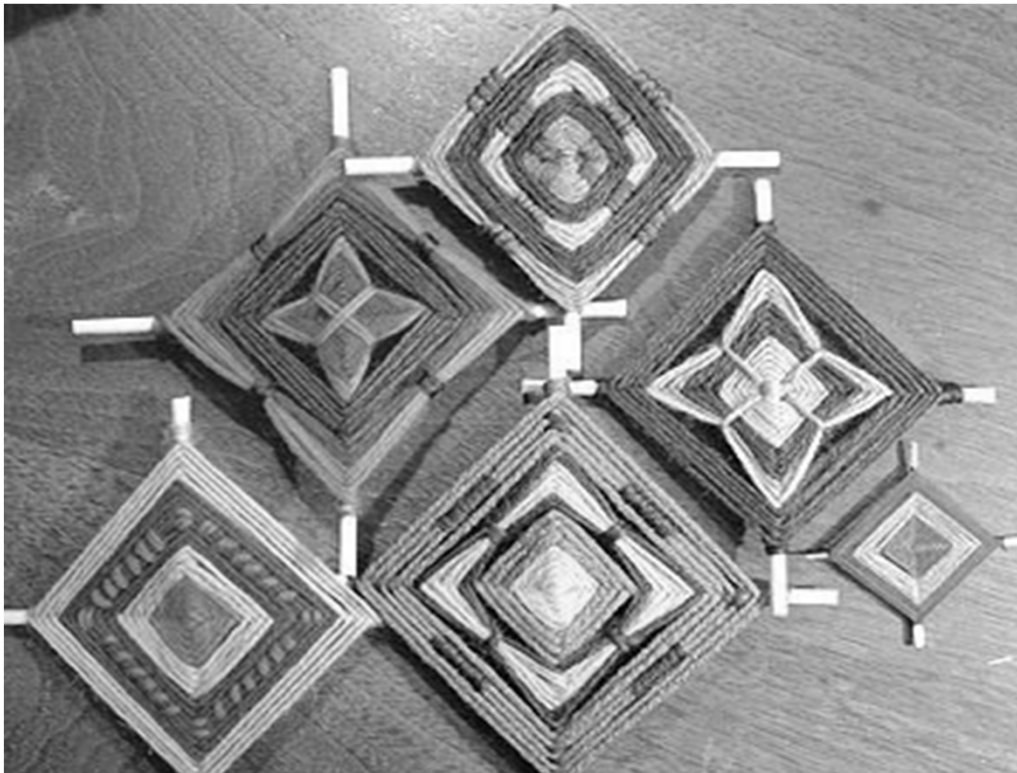
WIGIAT???

*Where is God in all This?*

Meaning Making



# GOD'S EYE





# NORAH

Met in the Clinic for weekly visits.

20 yr. old

Multiple relapses of ALL  
(Acute Lymphocytic Leukemia)

Began cancer journey at age 9  
Currently Palliative Chemo

Photo courtesy of [shorthairlooks.com](http://shorthairlooks.com)







## Faith and Belief

Norah is spiritual and religious

Religious:

Attends church, participates in youth group when able.  
Prays twice a day and at meal time.

Youtube meditation videos.

Spiritual: meaning of different animals.

Panther: Strong and can go without food for days.

Owl: Good luck.





## Importance

### What is Heaven Like?

Drew a picture:

Golden Yellow: With God, Jesus, angels

Pink, yellow, and white flowers

animals and gold mansions

a happy place

a new Jerusalem—I want to go there

March 2018 “I am scared to die.”





## Community

Not a lot of friends except for one in youth group.

Calls pastor and sometimes returns calls.

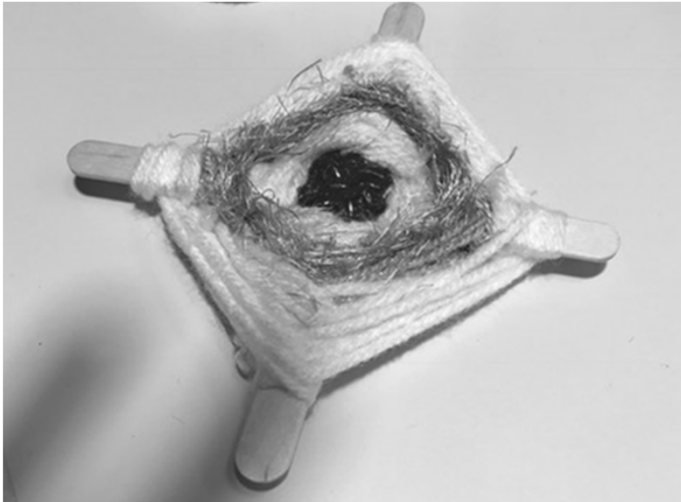
Not in school/ home constantly/ alone.

Close with mom- enmeshed relationship.

Younger sibling “in trouble” at school.



## ADDRESS IN CARE



- **Red:** Blood of Christ.
- **Pink:** Fight for something, beauty, strength, fight for cancer, love through healing, healthy organs.
- **Blue/Green:** health, book of Genesis and the second day of creation. Parting of the sea and land.
- **Gray:** Strong. God is my rock. Build a house on rock not sand.
- **Yellow:** Light.
- **White:** God Almighty and pure.



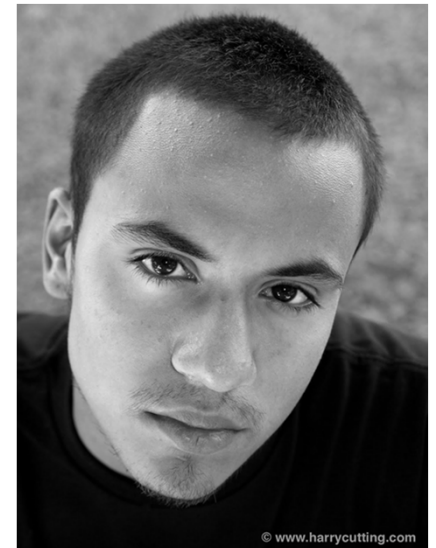
# ARNIE



16 yr old  
Ewings Sarcoma

Met in outpatient clinic

Houston Hospice



© www.harrycutting.com





# TRANSFORMING PAIN INTO BEAUTY

## Art Empowers Patients:

To fulfill the basic human drive to create to give them a sense of possibility.

Provides a renewed sense of meaning, spiritual reorientation, that can be discovered within the reality of illness.

Enables the heart to speak.

Ettun, Rachel 2014



MORRIS

4 month old

Seizure

Hypoxic-Ischemic Encephalopathy

Cerebral Palsy



God's Eye Prayer

May you be Surrounded in Comfort  
May you be filled with love  
May you feel the healing presence  
of those who hold you in their  
Prayers!  
May these Positive thoughts and  
blessings provide you with strength.  
May you be Sustained in health as  
you Continue your healing Journey  
May you feel Loved  
May you be Safe  
May you be protected  
May you be strong  
May you be healed



# SACRED SYMBOLS



**The sacred symbols  
passed to us  
in the wisdom traditions of our  
ancestors  
have given form to our sense  
of divine mysteries  
that shape the universe.**

Lydia Hess 2015





# RYAN

15 yr. old

CP due to anoxic brain injury

Developmental Delay

Seizure disorder

Reason for Admission: pneumonia

5 hospitalizations in the past year  
without return to baseline



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Dreamstime.com

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31379466

Jarenwickund | Dreamstime.com



# RYAN'S MOM, ANNA



## Initial Meeting

Ryan's likes and dislikes.

Challenges in the past year with his declining health.

Feelings of Isolation after moving from Brazil.

Recent separation from husband.

Faith helps her make meaning of challenges.

Difficulty finding healthy ways to cope.

Photo courtesy of [yesmagazine.org](http://yesmagazine.org)





## FAITH AND BELIEF

Currently identifies with Baptist Religion and not active.

Raised Catholic until a teenager.

Confirmed in the Methodist church at age 15.

Getting her strength from God.

“God is watching over me during this hospitalization.

Especially since younger siblings are home alone.

I rely on God to lean on when times are hard.”





## Importance

Relies on God to lean on when times are hard.

isolation, hospitalizations, relationships, adjustment to living in U.S.

Feels guilty because she's not actively praying.

Ryan's "limits my relationship with God."

No time to sit quiet.





## Community

Alone (low self-worth)

Dad travels internationally/currently separated.

Mom primary caregiver for Ryan and two younger siblings.

Ryan attends school.

Two younger siblings.

Adjustment from South America to U.S.

Very successful owner of a salon.

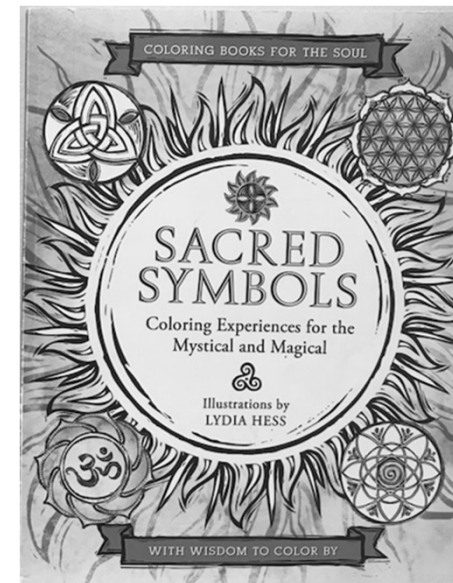
Housekeepers to help care for Ryan.



## Address in Care

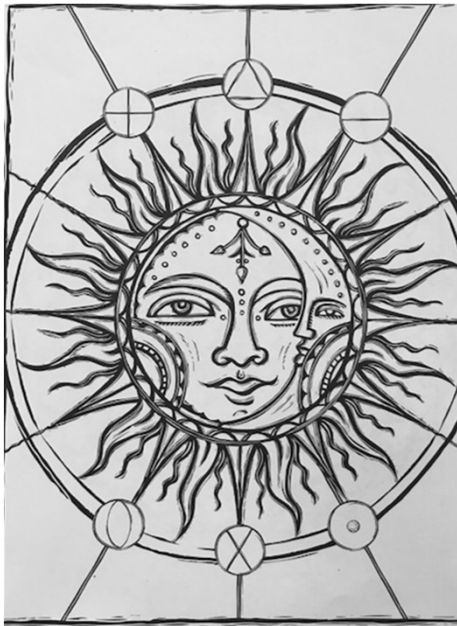
Identify expression of spirituality  
means: sacred symbols coloring book

Baptism

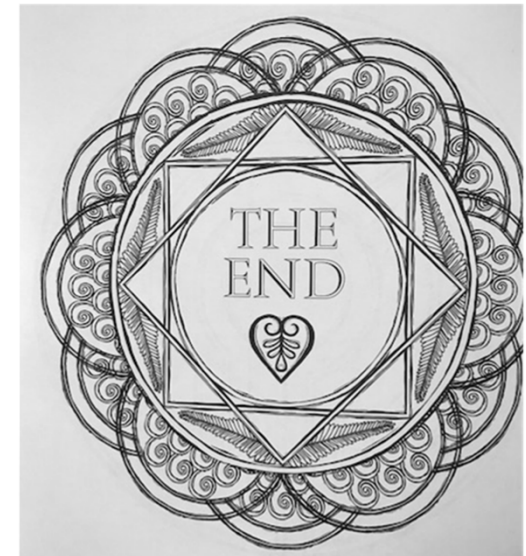





# JOURNEY WITH RYAN AND THE UNKNOWN



- Creation
- Cycles
- Harmony
- Union
- Shield
- Ascend
- Dimensions
- Cosmos
- Strength
- Protection
- Awakening
- Endurance
- Interconnection
  - Unity
  - Love
  - Rise
- Life The End







What gives a work its artistic quality and strength is not its obvious subject or message, but rather its power to induce an experience of meaningfulness—its power to make us think and feel.

Danielle Boutet 2008





# POETRY

Poetry is one way the soul reveals itself beyond the boundaries of reason and logic.

Poetry slows us down and moves us into a different way of knowing.

Poems express ideas in compact images but also invite us to slow down with those images.

Poetry attends to the “words under the words.”

Christine Valters Paintner and Betsey Beckman 2010





# CINQUAIN POEMS

A French word for the number 5.

Line 1 (noun)

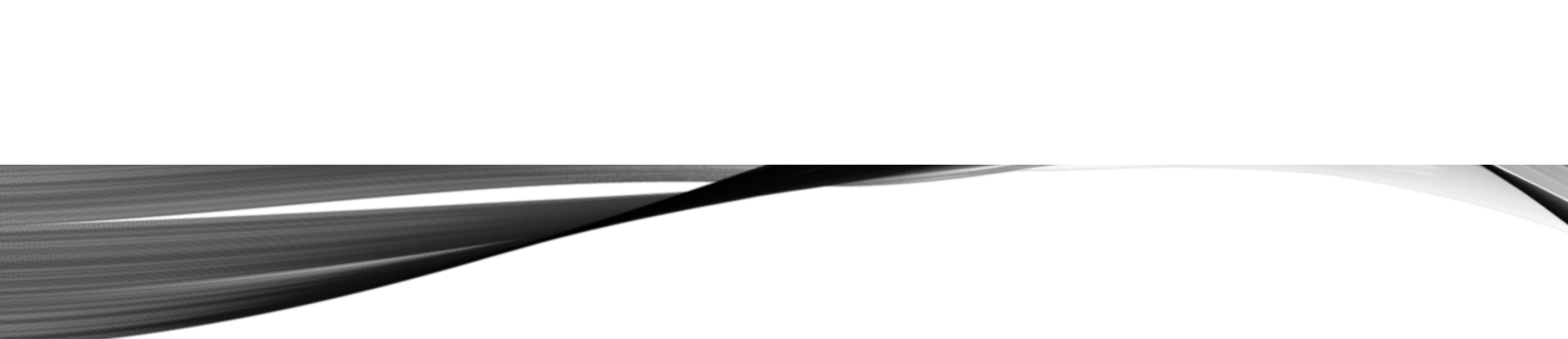
Line 2 (add two adjectives)

Line 3 (add three verbs)

Line 4 (add a four word phrase that sums up lines 1-3)

Line 5 (one word that refers back to the title of the poem)





Water  
Soft Fluid  
Running, flowing, swishing  
Warm, blessed, alive, new  
Baptism

Paula McCutcheon



# BABY BOYD

Born premature

Life-limiting

Genetic CACNATa Mutation

Hypotonia—muscle  
weakness

Seizures

Apnea

Feeding difficulties

Intubated



Photo courtesy of Columbia.com





## Faith And Beliefs

Strong Faith in God.

“I love the Lord with all my heart. I trust him. I get angry at him”

Psalms 7:17

“I will give to the Lord thanks due to his righteousness. And sing praise to the Lord, the Most High.”

Story of Jesus raising Lazarus from the dead.





## Importance

Her “go to” Bible Verse: Jeremiah 33:3

“Call to me I and I will answer you, and tell you great and hidden things you have not known.”

Wonder what the “great and hidden things” are.

Boyd, diagnosis, Genetic disorder

Love for great grandchild

making decisions on behalf of granddaughter.

Pay it forward

Encounters with other families.





## Community

Currently not involved in religious community.

Feels guilty she has “not gotten into the Word.”

20+ years ago involved in church and “witnessed to the shelters.”

misses pastor but stays in contact with his wife.

Support from husband, not biological great grandfather.

She is the support for everyone else in the family.

grandson's, granddaughter

Feels support from the hospital staff community.





# Address

Regular visits introducing her to three art forms to explore faith and spirituality

God's Eye

Sacred Symbols

Cinquain poetry





#### 1. Ocean

Power, boundaries  
Relaxing, amazing, calming  
Powerful but with boundaries  
Sound of calming strength  
Beautiful

#### 2. Wind

Strong, unseen  
Blowing, damaging, calming  
Here but not seen  
Can bring much fear  
Relaxing, peaceful

#### 3. Ventilator

Life, machine, horrible  
Supporting, sustaining, existing  
Only life for some  
Scary

#### 4. Brain

Cells unknown  
Researching, computing, connecting  
By far greatest computer  
Mystery

#### 5. Breath

Living, breathing, flowing  
Fragile, precious  
God gives to us  
We take for granted  
Life

#### 6. Waterfalls

Beautiful, rocks, erosion  
Splashing, rushing, deceiving  
Makes its own path  
Deceiving

#### 7. Lake

Still, boating, thinking, swimming,  
Water  
Reflections, many storms over water  
serenity



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