

# Webinar Question and Answer Transcript

December 2nd 2021

Creative Arts Therapy & Congenital Deafblindness

I do have a question straight up.

I know that in some areas there just aren't as many creative arts therapists working, I think today you've highlighted what an incredibly important role a creative art therapist can play with a person with deafblindness.

But what would you suggest if somebody has seen this presentation and thinking, oh, I'd love to get creative art therapy for my client but there's no one in my area.

What would you suggest.

>> There is the ANZACATA web page which has a whole directory of art therapists across Australia.

Sorry, your question was how to get in touch with an art therapist

>> If there is no art therapist in the area.

I think it's great that people know where to look for them but sometimes people look and there's nothing there, so what would you suggest people do if they're wanting to start exploring with somebody

>> Yes.

Sure.

I think looking up some of the different search terms that I have recommended for some of the different art processes that you can try with someone is a great start.

But also there are resources an ANZACATA's website as well.

I'd also suggest even if there's not an art therapist in your area, I've been contacted a few times by people in Western Australia where there are a few art therapists but none of them have worked with people who are deafblind before.

Don't be afraid to reach out to an art therapist even if they are a bit far away from you and get in touch.

Because there's a network out there, so I've been contacted by people in WA that have said hey can you give us a few tips, I really want to work with this population.

And then they have ended up working with someone who is deafblind, so I'd suggest reaching out through ANZACATA but also if you've got - I'd strongly advocate to always try creative processes with people and art making.

But if you're not an art therapy don't say I'm doing art therapy, but say you are an OT and you want to expand your interests, the OT might be able to suggest some different art processes as well.

>> Great, thank you Claire.

We've got a few questions coming through, thanks to those asking questions.

We've got, hi Claire thanks for a great presentation.

Wondering how you would use nature in your therapy

>> That's a great question.

I haven't used a lot of nature currently.

But I do know there are networks, I've noticed a lot at the moment, about nature therapy and a few Facebook groups that I'm in.

There's a Facebook group that's for Creative Arts Therapy using nature.

So I haven't personally used a lot.

I have taken out clients before outside of the art room and found different like barks and leaves and then done shading over the top.

So integrating things like that.

But I haven't explored deeply into the world of using nature in my art therapy processes.

But I do know there are quite a lot of resources out there for that that I'm happy to forward on to people if you would like to get in touch about that

>> Thanks Claire.

I think that's a great question, I hope people don't mind me saying it's from Karen.

I think it's something people with deafblindness can explore the natural world and use it in art, so it can be a really meaningful way of creating art.

There's another question here from Lee saying the felting picture on the window of tolerance slide, just asking was the felt work stuck on to the material or how it was, and was it glue or some kind of sticky contact paper.

>> I'm just reading the question.

>> It might be easier if you read it

>> We've done a felting process with dry wool and put it between bubble wrap and rubbed it back and forth with soapy material.

And often like traditionally it's meant to fuse together and make a sheet of felting.

However the way that this client engaged in it was picking it up and pulling it apart and putting it back under the bubble wrap so it ended up being this sort of liney spidery felting piece and I just glued it to a blank backing card.

So the image you saw was the spidery kind of felting piece stuck with some glue to a white piece of card.

I hope that answers the question.

>> Thank you, Claire.

We still have time for a few more questions if anybody has them.

I would like to just encourage people if you're not already to follow us on Facebook, if you look for deafblind information, it will pop up, Deafblind Information Australia.

That's where we post a lot of information about our workshops or go to our website.

We are hoping to run full day workshops on congenital deafblindness around Australia next year.

We've been meaning to for the last two years but we've finally run workshops in Adelaide and one was run in Hobart today, keep an eye out for those workshops coming out in your local area.

I'll just see if there's any other questions.

Just a thank you for that answer.

>> I just had one more thing.

Deafblind International Creative Arts Network has just been started up again, so I've been liaising with a woman who is a dance therapist in Croatia and we have literally started up the Facebook page again but I really encourage anyone who works creatively or a deafblind person working creatively to join that network.

We want to start a network of people working creatively with adults and children in the deafblind world and we are hoping to have our first meeting in January.

It would be a great space to share how people are working creatively as well.

>> Great plug, thank you Claire.

If there's no other questions, which it doesn't look like there is, I would like to thank Claire again, very much, for a really informative session, and I hope people are feeling a bit encouraged and motivated to give art a go.

I would like to thank our interpreters today, Mac and Keiron and our captioner, Soulla, and a very, very big thank you to someone you haven't seen or heard, Emily, who this couldn't have happened without you, Emily, thank you for doing all the background technology work and setting us up and keeping us calm.

Thank you.

And a big thank you to all the participants for coming along.

There's no presentation without people attending, so I hope you've all got something out of today and keep an eye out for coming up workshops, face-to-face and webinars.

There's going to be a few running next year.

So this is our last one for this year.

Thanks again everybody, and we look forward to seeing you and working with you in 2022.