



## **Healing Art in Hospitals – Artistic and Caring Practices**

**Atelier Without Borders in partnership with NGO Viva Rio**

### **Introduction:**

Art and culture have the power to change how we perceive the world. In a hospital context, art can change caregivers' perspective on the institution; families on the nursing staff; artists on issues crucial for their work: life, death, suffering, the body. Art and culture can also change the way patients perceive the hospital, their illness, their life.

The person who gets sick loses her landmarks, hopes and values that had characterized her life until then. Patients need to revise their life project, but often, more than the physical forces, what they lack are the moral and psychological forces. Hospitalization is lived as a condemnation not to live. Art and culture can suggest to the sick person another way to live the disease. That's why staying in hospital might sometimes be an opportunity to open doors on oneself.



**Objectives:**

Our aim is to bring an imaginary world into the hospital room and corridors and to dedramatize its environment by revealing to patients and health professionals, their families and caregivers that humor, fantasy and dreams can be part of life in the hospital.

**1. Art exhibitions**

To introduce the healing power of visual art into hospitals and health centers by creating, thanks to the works of art, inspiring environments that bring serenity and hope to patients, to their families and caregivers. The creative process involved in this exhibition acts a bit like a search engine that will allow the patient to free himself from certain constraints related to his state.

Results: Dedramatizing of hospital environment

**2. Art Healing workshops**

To offer art healing workshops to patients and caregivers. Objects, mediations of an artistic nature are used to give the individual the power to dream, to hope, to survive, and to forget the pain, the anguish, the illness, by entering or rediscovering the creative process.

Results: Patients enrolling in this therapeutic activity are able to reclaim or accept the body that makes them suffer and finally be relieved. Caregivers (nurses, doctors and family) enrolling in this activity are able to optimize their relations with the patients, to communicate in a personalized way, to soften the medical act and prevent anxiety in a highly technical context.

**Justification:**

- Because hospitals should not only be place of care, but a place of Life, Exchanges, Humanity, Intervention and Poetry.
- Because one treats better a person who has the morale; because art activates breathing, muscular relaxation, and the neuro hormonal system.

Health care settings - and this is especially true in the hospital setting - are places where the atmosphere is often charged, connoted by the apprehension of suffering and sometimes even death. To open the hospital to the arts and culture is, first of all, to dedramatize this place. It's bringing warmth, comfort, light in a place that can seem cold and disturbing to patients and visitors at once.



For many years, hospitals have been welcoming a growing number of stakeholders in the context of cultural and artistic activities. Musical artists, singers, dancers, visual artists, actors, etc., intervene, in various ways, in specific contexts within health structures.

The fundamental interest of our actions is based on the fact that any person isolated, because of his age, of a long-term illness or a handicap, can access the same artistic proposals as those proposed in cultural places.

**Beneficiaries:**

The direct beneficiaries are the hospitalized patients and health professionals at Baptist Main Hospital located in Miami, Florida.

**Activities:**

**The Healing Artists**

Painting exhibition in the care setting, whether in pediatric or adult ward of the hospital or any other care facility. The Healing Artists are a permanent platform of creation where, for a period of three months (four times a year), different artists exhibit a series of paintings in the hospital's walls.

**Art Healing Workshops**

The art healing workshops are based on the work of Dr. Hauschka who developed a method of art therapy together with Rudolf Steiner in the early 19th century. The method uses the following techniques:

- Painting - watercolor wet/wet and veiled as basic painting techniques.
- Drawing - Pencil and pastel
- Modeling – experiencing shapes and movement with clay Poetry – inspiration subjects related to the time of the year

**Work team:**

Multidisciplinary Atelier Without Borders Art Association team composed by Sociologists and Psychologists specialized in Art Therapy co. See attached Resumes and methodological specifications.



Mandalas based on the 12 virtues of Rudolf Steiner



[www.atelierwithoutborders.org](http://www.atelierwithoutborders.org)  
[info@atelierwithoutborders.org](mailto:info@atelierwithoutborders.org)