

Culture, Health and Wellbeing in Rural Scotland 26<sup>th</sup> March 2019

# Digital | Remote | Connected

The future of art therapy in the Scottish Highlands?

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Oilthigh na Gàidhealtachd  
agus nan Eilean





James Alison

[www.garvaldmakers.com/james-alison](http://www.garvaldmakers.com/james-alison)

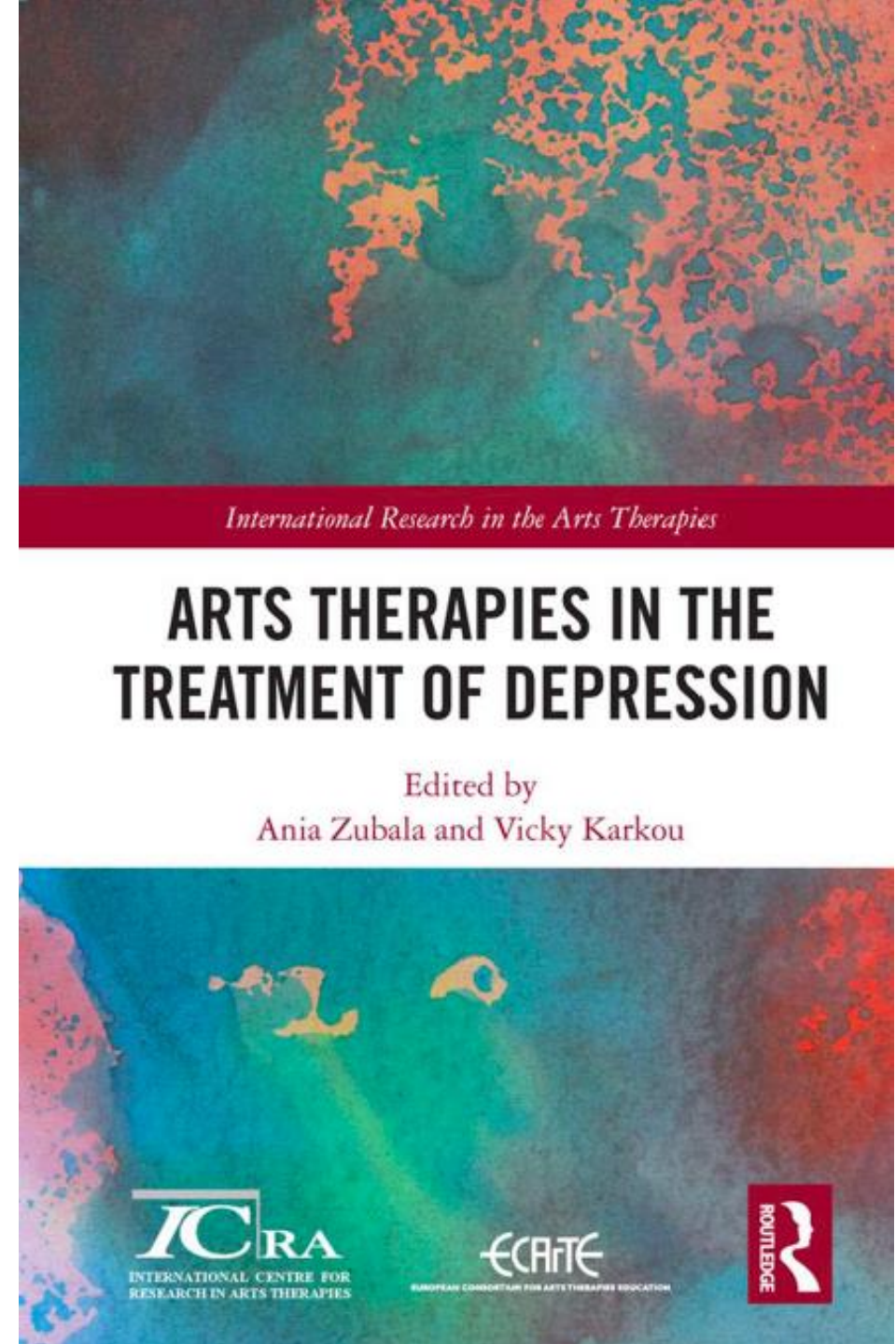




“Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication.”

(BAAT 2015)

art therapy  
music therapy  
dance movement therapy  
dramatherapy

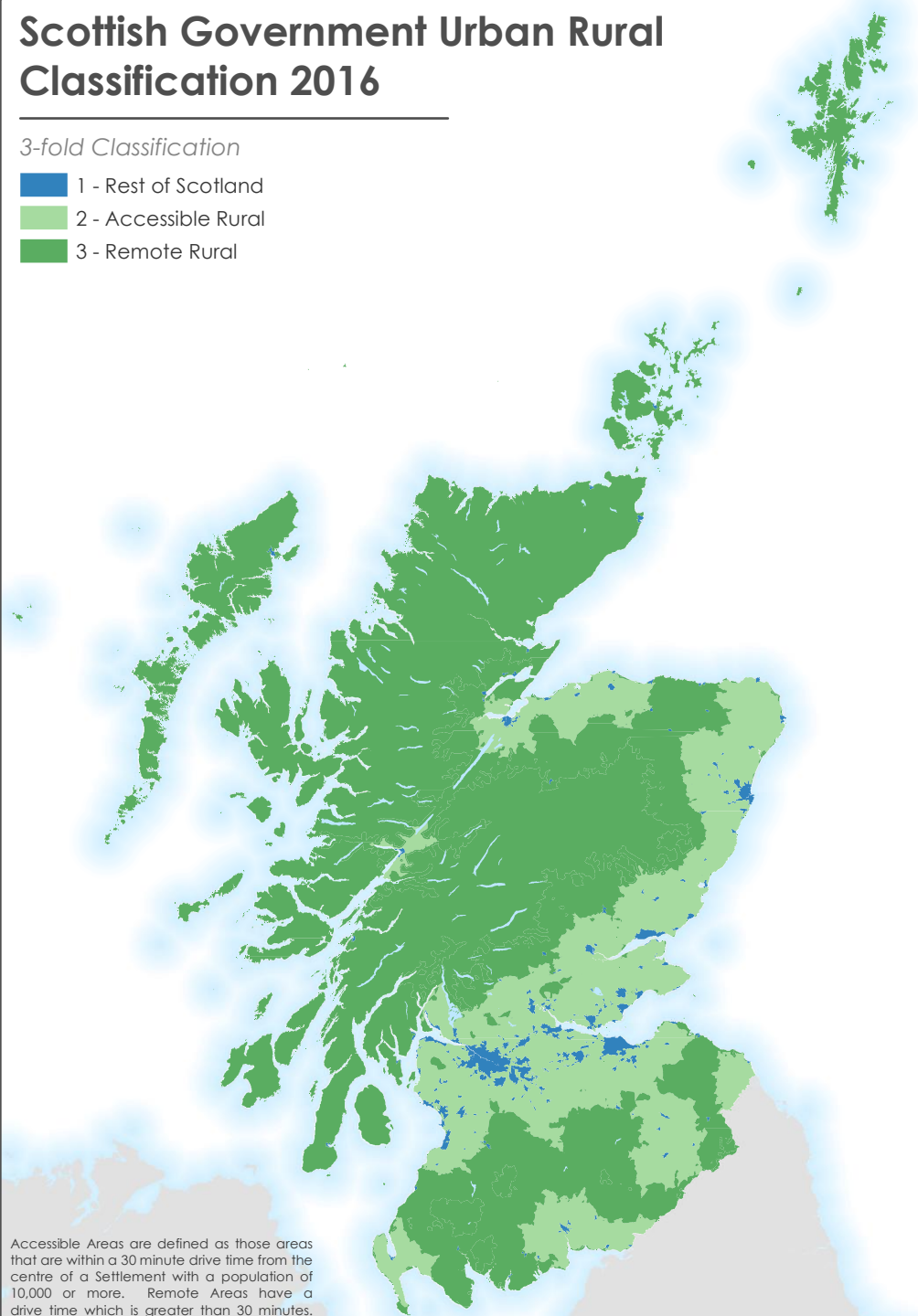




# Scottish Government Urban Rural Classification 2016

## 3-fold Classification

- 1 - Rest of Scotland
- 2 - Accessible Rural
- 3 - Remote Rural



Accessible Areas are defined as those areas that are within a 30 minute drive time from the centre of a Settlement with a population of 10,000 or more. Remote Areas have a drive time which is greater than 30 minutes.







rural  
remote  
art therapy?



The background of the entire slide is a photograph of a rugged, mountainous landscape. In the foreground, a dirt path winds through a grassy field. In the middle ground, a river flows through a valley. The background features steep, snow-dusted mountains under a cloudy sky.

FEATURE

Using arts and culture to support wellbeing within international development contexts and agendas

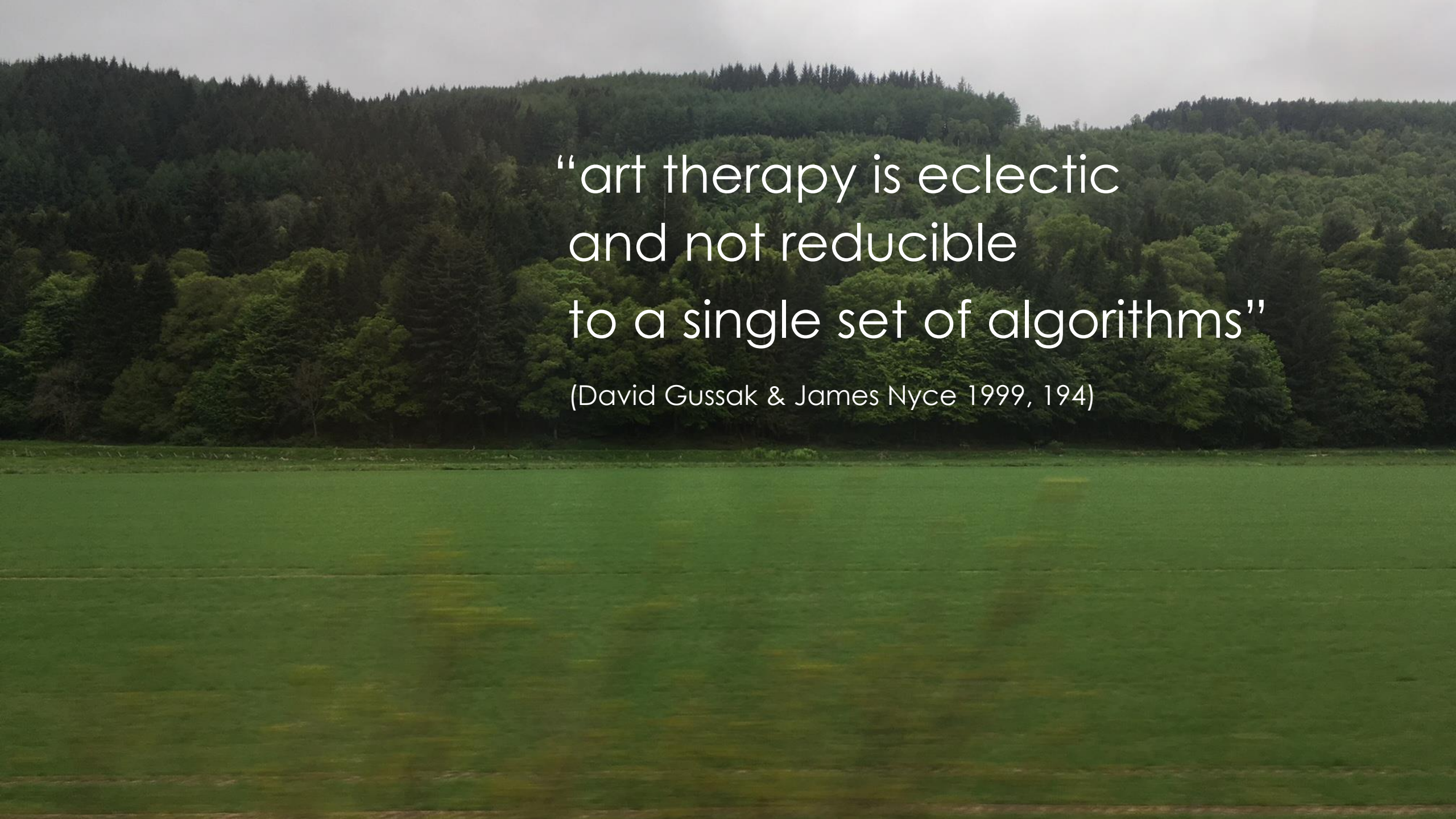
Arts on prescription in Scandinavia:  
a review of current practice and  
future possibilities

CURRENT TOPICS & OPINIONS

Creative health: the arts for health  
and wellbeing

**The Value of the Arts  
in Therapeutic and Clinical  
Interventions:**  
A critical review of the literature




A landscape photograph showing a wide, flat green field in the foreground. In the background, a dense forest of green trees covers a hillside. The sky is overcast and grey. The text is overlaid on the right side of the image.

“art therapy is eclectic  
and not reducible  
to a single set of algorithms”

(David Gussak & James Nyce 1999, 194)



A wide-angle landscape photograph showing a winding dirt road in the foreground, a river flowing through the middle ground, and snow-dusted mountains in the background under a heavy, overcast sky. The terrain is rugged and appears to be in a high-altitude or northern region.

“Will we limit ourselves  
to critical observers in clinical settings,  
or will we actively contribute  
to exciting technological innovation  
that is altering the creative landscape?”

(Brian Austin 2009, 85)





# The journey

Literature review





# Resistance towards digital media, slow adoption process

(Carlton 2014, Choe 2014, Kuleba 2008, Klorer 2009, Potash 2009)

## Emotional factors and biases

(Asawa 2009)







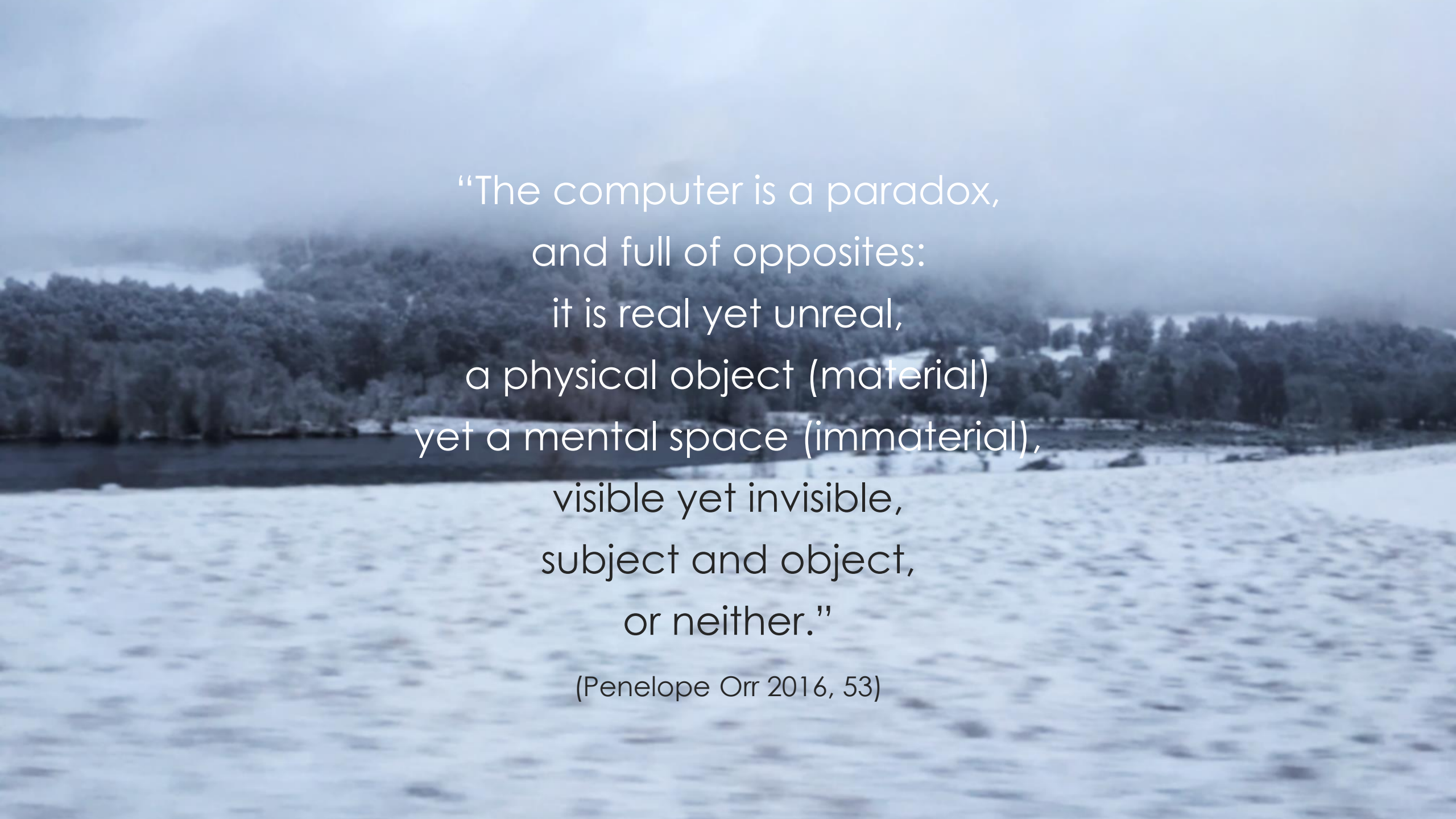
High ethical standards and professional responsibility

(Orr 2006, Orr 2012)

Readiness to adapt practice if sure of client benefits

(Peterson 2005, Peterson 2010)



The background image is a monochromatic, blue-toned photograph of a natural landscape. In the foreground, there is a body of water with visible ripples. The middle ground shows a dense line of trees along a shoreline. The background is hazy and misty, suggesting a distant landmass or a very foggy day. The overall mood is serene and contemplative.

“The computer is a paradox,  
and full of opposites:  
it is real yet unreal,  
a physical object (material)  
yet a mental space (immaterial),  
visible yet invisible,  
subject and object,  
or neither.”

(Penelope Orr 2016, 53)





# distance/online art therapy

reach & access

clients who may not be able  
to access traditional services




# digital media in art therapy

scope & toolbox

clients who may not be able  
to use traditional media

meet clients where they are



A wide-angle landscape photograph showing rolling green hills under a dramatic, cloudy sky. A small, shallow stream flows through the foreground, winding between the hills. The hills are covered in lush green grass, with some darker patches visible. The sky is filled with large, white, fluffy clouds, with some blue visible between them. The overall scene is peaceful and rural.

people with mobility and/or physical limitations  
hospitalised patients with long term conditions  
people with tactile or olfactory sensitivity  
people living in rural or remote areas



A scenic landscape with snow-capped mountains, a forest, and a river under a dramatic sky. The sun is low on the horizon, creating a warm glow. The mountains are covered in patches of snow, and the forest is dark and dense. The river flows through the foreground, reflecting the light from the sky.

# benefits

actions can be undone (Collie 1999, Edmunds 2012, Canter 1987, McLeod 1990, Parker-Bell 1999, Peterson 2005, Orr 2016)

less intimidating (Collie 1999, Evans 2012, Hartwich 1997, Kaimal 2016, Moon 2010, McLeod 1999, Orr 2012, Thong 2007)

sharing / re-visiting / playback (Edmunds 2012, Canter 1989, Hartwich 1997, Evans 2012, Mosinski 2010, Carlton 2014, McLeod 1999, McNiff 1999, Orr 2016)

sense of mastery and independence (Edmunds 2012, Canter 1989, Orr 2012, Darewych 2015)

flexibility and portability (Evans 2012, Orr 2016, Dawerych 2015)

improves therapeutic rapport (Orr 2012, McLeod 1999)



# challenges

dehumanizing / impersonal / 'synthetic' (Collie 2002, Collie 2006, McLeod 1990, Orr 2006, Gussak 1999, Kuleba 2008, Carlton 2014)

disconnecting from relationships (Klorer, 2009; Potash, 2009, Orr 2012)

disconnecting from sensory experience (Klorer, 2009; Potash, 2009, Kuleba 2008, Orr 2006, Orr 2012, Garner 2016)

not adequate container for emotions (Collie 1999)

privacy, confidentiality at risk (Levy 2018, Orr 2012, Edmunds 2012, Klorer, 2009, Alders 2011)

technical issues and cost (Orr 2006, Kuleba 2008, Levy 2018)

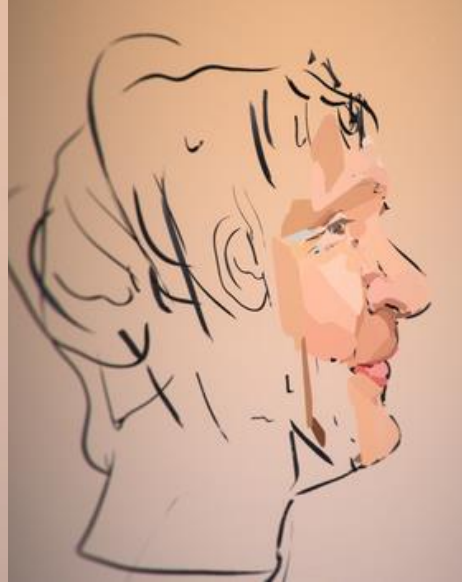




“Digital media is developing toward more **human-responsive interfaces** (...) - the cold technology is becoming more integrated with human interactions, human senses, and human emotions in an intuitive and responsive way”

(Penelope Orr 2016, 192)





by Rosie Summers @rosesummervr  
[https://twitter.com/rosesummervr/  
status/1047230678125953024](https://twitter.com/rosesummervr/status/1047230678125953024)





by Atma  
<https://www.tiltbrush.com/air/artists/atma/>





by N Kayurova  
<https://www.youtube.com/watch?v=usxg6QjGsQ4>





by Jonathan Yeo



Jonathan Yeo





“computer art  
will never replace  
the three-dimensional  
presence of the actual  
thing being made”

(Shaun McNiff 1999, 199)







# The journey

Literature review

Pilot study

Prototyping

Testing



A landscape photograph showing rolling hills under a cloudy sky. The hills are covered in green and brown vegetation, with some rocky areas visible. The sky is filled with large, white and grey clouds, with some blue visible. The overall mood is serene and expansive.

“The future of technology in art therapy  
will be complex but unmistakable, (...)  
its only limits bound by ethics and the imagination”

Brent Christian Peterson (2010, 31)



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agus nan Eilean