Digital | Remote | Connected
The future of art therapy in the Scottish Highlands?

Ania Zubala
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?
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

Creative health: the arts for health and wellbeing

The Value of the Arts in Therapeutic and Clinical Interventions: A critical review of the literature
“art therapy is eclectic and not reducible to a single set of algorithms”

(David Gussak & James Nyce 1999, 194)
“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

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 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

meet clients where they are

digital media in art therapy
scope & toolbox
clients who may not be able to use traditional media

by Jeremy Collins
https://www.tiltbrush.com/air/artists/jeremy-collins/
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
benefits


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

improves therapeutic rapport (Orr 2012, McLeod 1999)
challenges

- **disconnecting from relationships** (Klorer, 2009; Potash, 2009, Orr 2012)
- **not adequate container for emotions** (Collie 1999)
- **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 Atma

https://www.tiltbrush.com/air/artists/atma/
“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
“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)
References


