

# Positive Art Interventions: Creative Tools Promoting Well-Being

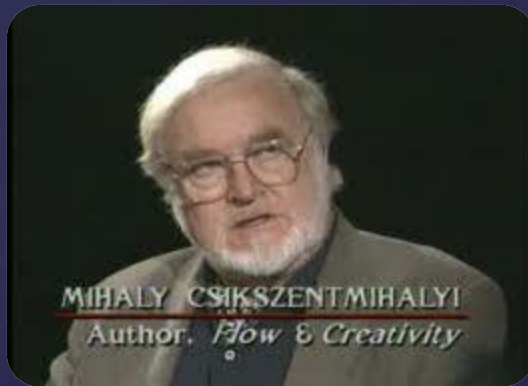
Olena Darewych, PhD,  
RP, RCAT

# Creativity

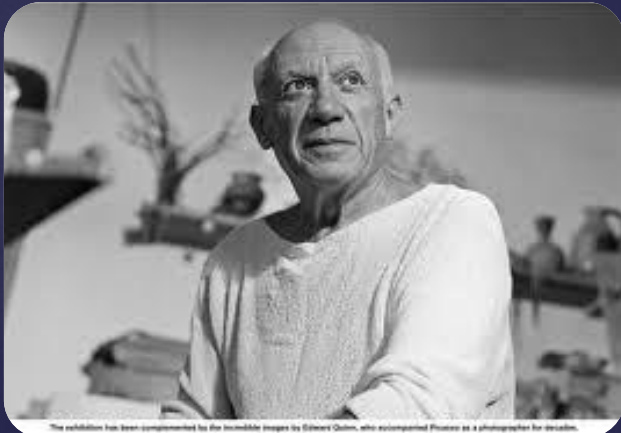


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“Creativity is a central source of meaning in our lives” (Csikszentmihalyi (1996, p. 1).



“Every child is an artist. The problem is how to remain an artist when we grow up.” – Pablo Picasso





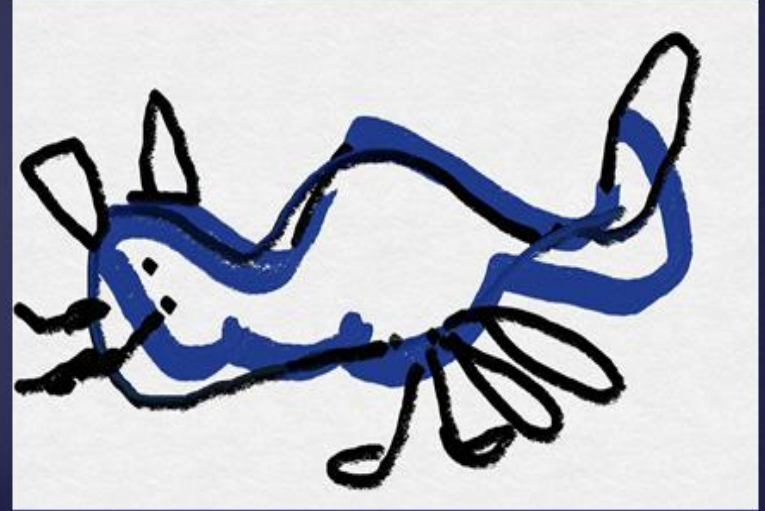
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# Imagination





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# 21<sup>st</sup> Century - Technology

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# Character Strengths

Creativity Perspective  
Judgment Curiosity  
Honesty Bravery Fairness  
HUMOR Zest  
PERSEVERANCE Teamwork  
Love Kindness Leadership  
Social Intelligence Love of Learning  
Forgiveness HOPE PRUDENCE  
Appreciation of Beauty & Excellence Humility  
Spirituality SELF-REGULATION Gratitude  
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# Self-Advertisement – VIA Personal Character Strengths



# Roles/Identities/Strengths

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# Life Meaning

the web of connections, understandings, and interpretations that help us comprehend our experience and formulate plans directing energies to the achievement of our desired future. Meaning provides us with the sense that our lives matter, that they make sense, and that they are more than the sum of our seconds, days, and years. (Steger, 2012, p. 165)

# Life Meaning



Choose an  
image of a  
person, place  
or thing  
which makes  
your life  
meaningful

experiential

- 57-item Personal Meaning Profile (PMP: Wong, 1998a).
- 14-item Sources of Meaning and Meaning in Life (SoMe: Schnell, 2009).
- 10-item Meaning in Life (MLQ: Steger et al., 2006)
- Damon (2009)



# Sources of Life Meaning



N = 86

Method

Auto-photography

Photo-elicitation

**Directive:** “take photos of the things that make your life feel meaningful” (Steger et al., 2013, p.534).



# Art-Based Pilot Study

NATURE

hobby/leisure

relationships

*pets*

possessions

everyday necessities

RELIGION

values

education

technology

organizations/activities

physical environment

future aspirations

occupation/work

SELF

# 16 Sources of Life Meaning

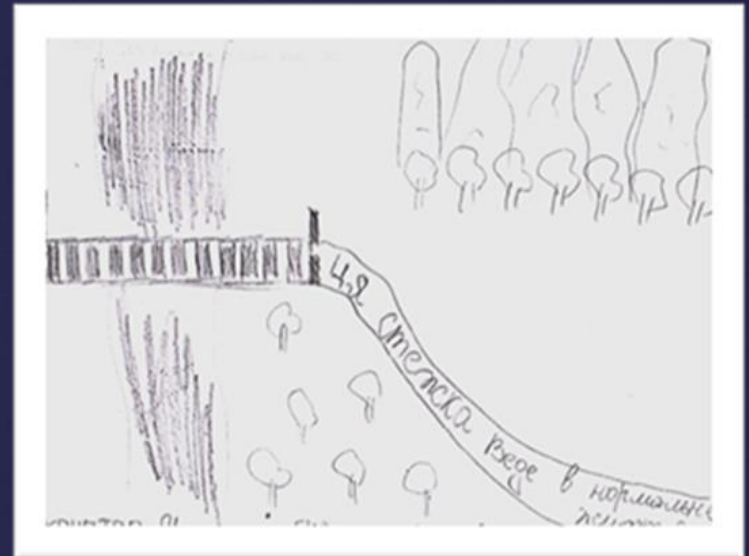


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# Goals and Future Orientation



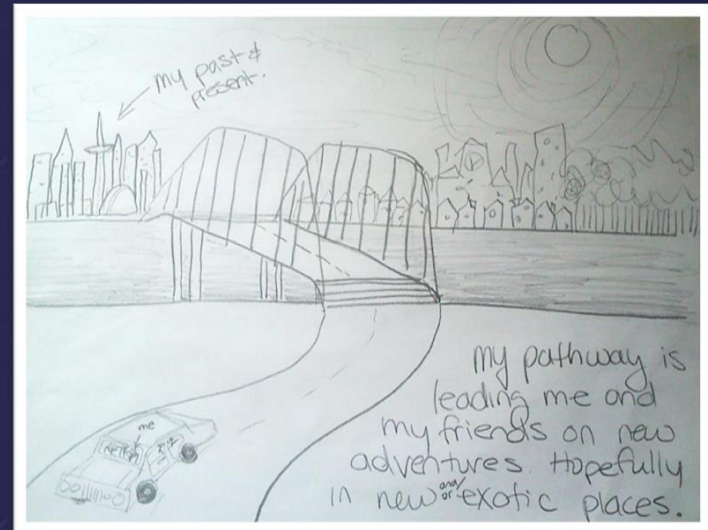
‣ **BDP Directive:** “Draw a bridge from someplace to someplace. The bridge connects to a path. Draw the path and write where it leads you to,” (Darewych, 2013, p. 87).



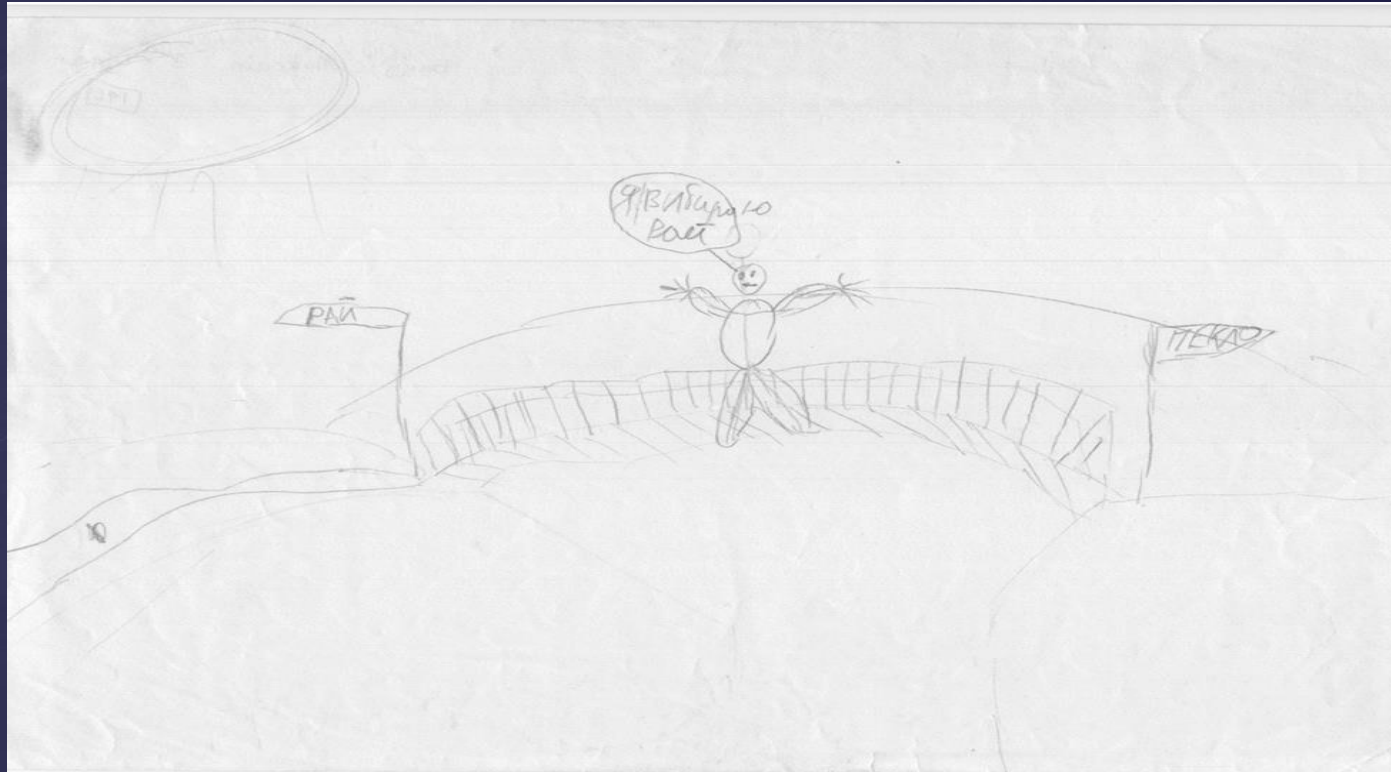
## BDP Art-Based Assessment

## 9 Sources of Life Meaning

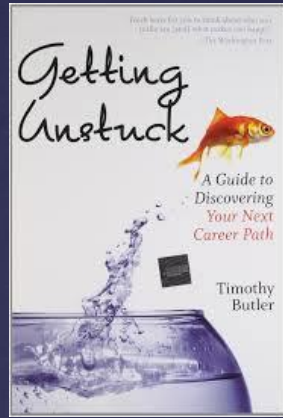
- ↳ Home
- ↳ Nature
- ↳ Career
- ↳ Spirituality
- ↳ Family/friends
- ↳ Future
- ↳ City/country
- ↳ Opportunities
- ↳ Education
  
- ↳ Unknown/Somewhere



# BDP Study



“developmental paralysis” (Damon, 2009)  
“existential vacuum” (Frankl, 2006)



“Being at impasse is a developmental necessity. It can lead to a new way of understanding and a new type of information”  
(Butler, 2010, p.2).





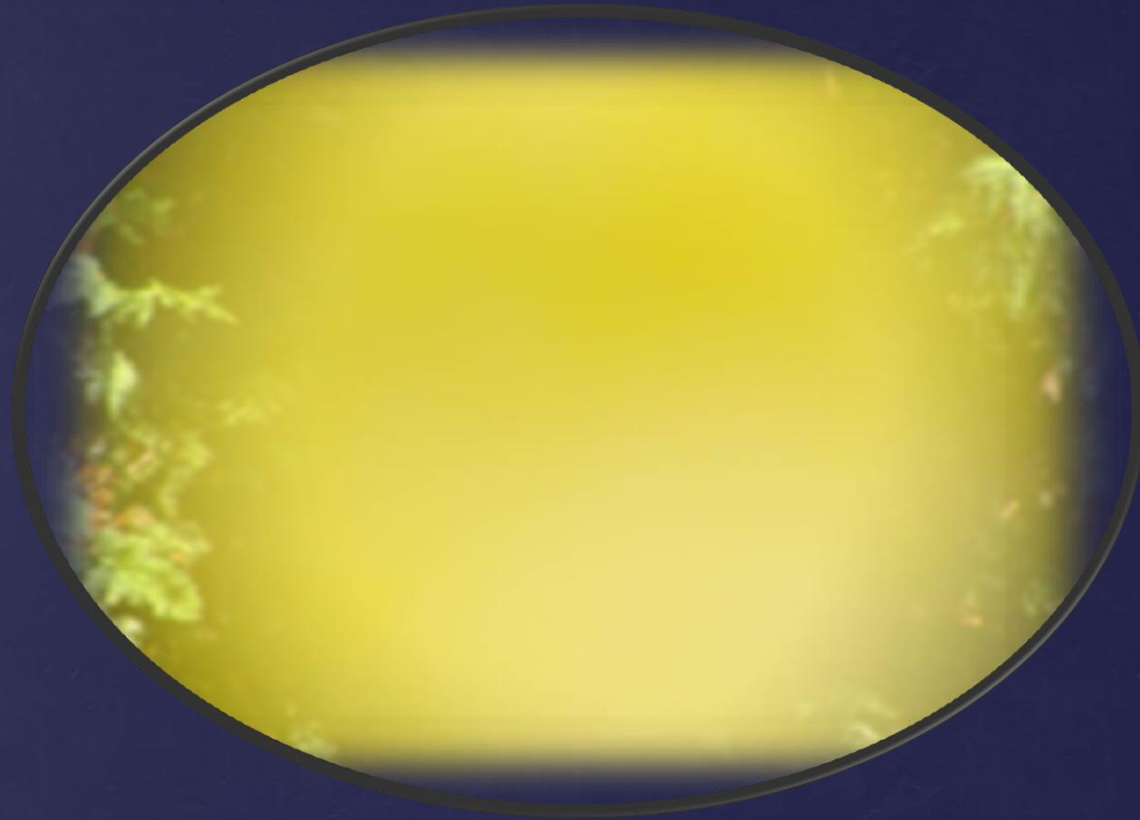
# Alternative Pathways

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# Happiness - KFD

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# Spirituality – My Sacred Space

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# Flow and Gratitude

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& Creativity

& Imagination

& Meaning

& Strengths

& Goals

& Spirituality

& Future

& Hope

& Happiness

& Flow

& Gratitude

# Positive Psychology Concepts



# Thank you!

[odarewych@wlu.ca](mailto:odarewych@wlu.ca)