



Arts Therapies Inpatient Team

The Arts Therapies inpatient team offer person-centred psychological therapy to individuals with mental health needs requiring inpatient care.

Working across a wide range of inpatient services, we provide individual and group sessions which aim to support people who do not find words accessible, easy or helpful when describing or understanding intense emotional experiences.

With an emphasis on promoting the positive impact the arts can bring to an individual's mental health and wellbeing, we strive to create, develop and foster opportunities to further embed the role of the arts across our inpatient settings.

N e w s l e t t e r

Merry Christmas from the inpatient team!

2022 Christmas Carols

The 2022 Arts Therapies Christmas Caroling sessions ran throughout December and were positively received by patients, staff and ward visitors and covered a total of 27 inpatient wards in the REH, SJH and HBCCC sites, as well as one Senior Management Team (SMT) event. The aim of this collaborative team-wide caroling project was to come together as an Arts Therapies team to offer therapeutically-informed Christmas Caroling sessions to patients and staff teams during what can often be a difficult season. By the end of the final week of caroling, the team had visited 20 wards, 1 SMT event for staff, 1 patient christmas party and within that time reached 152 patients, 10 visitors and 104 members of NHS Lothian staff (including Nursing, Occupational Therapy, Physiotherapy, Speech & Language, Domestic, Psychology, Estates Team, Spiritual Care and SMT members). Unfortunately the team were unable to reach 7 wards which were closed to covid.

Feedback highlighted how the caroling sessions had helped to **lift spirits, brighten up the wards** and encouragingly, managed **to engage certain patients who have been reluctant to participate in previous activities/intervention.** The sessions also provided opportunities for clinical and non-clinical members of the NHS Lothian staff team to see the Arts Therapies team in action and recognise the valuable role the therapies can bring to their patient's care.

Beyond therapy...the role of art making in supporting ongoing recovery.



Whilst regularly attending a ward based Art Therapy group as part of her inpatient care, Anna* began to develop the confidence and motivation to create art on her own outwith therapy sessions and has since identified the integral role art making now plays in supporting her mental health.

Anna describes how art making in her free time is very important. When she creates art, it helps her to be in touch with her feelings, cope with everyday life and makes her happier. Anna embarked on her own

project, transforming waste such as paper, cardboard, wood, plastics and metal into art work. Margaret Zawisza, Art Psychotherapist asked how her project supports her recovery and mental health. She went onto describe how it gives her something she can focus on and gives her a sense of purpose. It means a lot to her to be able 'to achieve something;. Anna also feels that the project enabled her to believe that recovery is possible, hence the words in the centre of her art piece 'YES, YOU CAN'. She was delighted that her art will be displayed in the central place in the Mackinnon House, she feels proud of herself and hopes to use art more in her life.

Anna's art work will be displayed in collaboration with Tonic's Art, in the ArtBox space where hospital community art projects are present on a regular basis.

Margaret Zawisza, Art Psychotherapist - Psychiatric Rehabilitation.

**pseudonym used to protect patient confidentiality.*

CARE Measure

The Consultation and Relational Empathy (CARE) Measure is a person-centred process that measures empathy in the context of the therapeutic relationship.

Across the inpatient team a total of **23** questionnaires were completed with patient's scoring on a scale of 1 (poor) - 5 (excellent) against 10 questions. The following average scores were reported;

How good was your practitioner at...

1) Making you feel at ease - 4.35

2) Letting you tell your story - 4.13

3) Really listening - 4.43

4) Being interested in you as a whole person - 4.43

5) Fully understanding your concerns - 4

6) Showing care and compassion - 4.35

7) Being positive - 4.35

8) Explaining things clearly - 4.04

9) Helping you take control - 3.83

10) Making a plan of action with you - 3.83

Reflections from a student Music Therapist

The NHS Lothian Arts Therapies service offers art-based psychological therapies in community, inpatient and children and young people's services. Since September, I have been on a student placement working as part of this service in an adult acute psychiatric ward. This has so far consisted of 4 weeks of introductory observations and setting up, followed by 8 weeks of independent clinical work under supervision.

At the beginning of this placement I felt overwhelmed by the new information and environment that was both exciting and slightly daunting. As my experience prior to this had been work with children (in SEN and mainstream primary schools), I considered that my work here was perhaps going to require a different approach and I questioned whether I would have the skills and knowledge to cope in this setting and be a 'good enough' therapist. Fortunately, my practice educator and the multidisciplinary team have supported me throughout and offered a safe and non-judgmental space to ask questions, be curious and expand my learning.

Opportunities to shadow experienced Arts Therapists have provided me with a sense of how sessions may be facilitated in this setting. However, I have also received encouragement and space to develop my own unique ways of working. I feel this has allowed me to grow as a Music Therapist with new ideas, confidence in my abilities and learn to trust my own intuitive style. Shadowing and meeting other allied health professionals such as Occupational Therapists and Physiotherapists, has also allowed me to familiarize myself with the differing roles and

functions of allied health staff and increased my understanding of how we may work in collaboration to best support patients' needs.

The emphasis on working as part of a multidisciplinary team is something that appeals to me and was one of the reasons why I was motivated to gain experience within the NHS. However, I have found that the integration of Arts Therapies within the wider team can sometimes feel difficult as a student as it often involves having to communicate the benefits of our work to other staff members. Building rapport with staff has helped establish mutual understanding and allowed me to work alongside others more confidently. I would encourage other students to take every opportunity to speak with and meet as many professionals as possible, particularly in the period prior to starting clinical work.

It is clear that the Arts Therapies team has a unique role in the acute inpatient setting. As well as supporting goals set by the multidisciplinary team, the Arts Therapies may offer important emotional support and opportunities for self-expression that patients may otherwise not have. There seems to be a desire for patients to have these moments, to experience positive relationships and interactions, and perhaps expand the focus of their care.

Thank you to my fellow trainees (Isaac, Sara and Amelia) for all your helpful advice. I feel very fortunate to be learning as part of a group that is both supportive and validating.

Hannah Quigley, Student Music Therapist, Queen Margaret University

Oct - Dec 2022

There have been a total of **2422** contacts across all Arts Therapies inpatient services this quarter.

A total of **1067** across REAS services and **1355** across our 'other' services.

For more information on our inpatient services;

weare.nhslothian.scot/artstherapies/inpatient-services

