

Arts Psychotherapies INPATIENT TEAM NEWSLETTER

SUMMER 2023

The Arts Psychotherapies 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.

Contact this quarter (June – September 2023)

Total REAS: 919
Total Other: 818

A total of 1737 contacts across all inpatient settings.

Patient experience:

Since the experience of Arts Psychotherapy I do the following:

"Separate my "feeling" and "thinking"
"It has helped me to recognise my family lineage which is strongly music orientated"
"Feeling things differently"
"Helping me getting sleep"
"Communicate better"
"Appreciate myself more"
"Feeling things"
"More open about my emotions"
"It makes me feel a bit more relax".

Using the art form has helped me to..

"Release my stress"
"Unlock happy childhood memories"
"Improve my mental health"
"Become more open"
"Get in better mood"
"Feel better and more positive"
"Feel better about myself, make friends"
"Understand my thoughts"
"Feel more confident"
"Be brave and sociable"
"Talk to people, be creative"
"Express myself"
"Just make me understand myself better"

REAS (Royal Edinburgh & Associated Services):

Adult acute admissions & Intensive Psychiatric Care Unit – Royal Edinburgh Building (REB)

Forensic (Orchard Clinic)

Learning Disability (REH)

Mother & Baby Unit (MBU) – St. John's hospital

Older People Mental Health (OPMH) – Royal Edinburgh Hospital (REH)

Psychiatric Rehabilitation – Andrew Duncan Clinic (ADC), Royal Edinburgh Hospital (REH)

Other:

Adult acute admissions & Intensive Psychiatric Care Unit (IPCU) – St. John's Hospital

Care home provision - Mid & East Lothian

Hospital Based Complex Clinical Care (HBCCC)

Older People Mental Health (OPMH) – East & Midlothian, East Lothian Community Hospital, Belhaven Hospital

Robert Fergusson Unit – National Brain Injury Unit, Royal Edinburgh Hospital



Feeling seen and heard – Music Therapy within older people mental health

Rachel is currently an inpatient on a mixed assessment, older adult mental health ward - admitted to the ward following a period of acute clinical depression, that had culminated in Rachel's presentation nearing that of a catatonic state. Upon arrival to the ward Rachel found interaction with others extremely difficult, often not responding to enquiry at all, or in short, monosyllabic phrasing. Despite having lived an active and socially connected life prior to admission, Rachel felt she could no longer identify with these elements of her life.

After a short time on the ward, Rachel began to show interest in a weekly open Music Therapy group session. Engaging mostly receptively at first would sit, eyes closed, and listen to the music the group was making together. On occasion Rachel would move her body in rhythmic response to the group's music, though in the early stages of attendance, still found direct interaction, or the idea of active use of available instruments, too difficult to negotiate.

As time passed, Rachel no longer needed active encouragement to attend our group, often being the first to arrive, and the last to leave. Rachel's presentation in the group, with gentle encouragement, and the validating expressions of fellow group members, began to change, with Rachel beginning to actively join in the groups more structured moments of music making, often now singing in unison with the group. Rachel's vocal expressions we celebrated, and as time passed Rachel began to explore use of material, initially choosing to play hand percussion. Rachel's musical expressions felt linked to and connected with the groups music, with Rachel's rhythmic playing and moments of playfulness acknowledged and celebrated by the group. Through this use of percussion, as Rachel's 'musical voice' began to grow, so did her own - with Rachel starting to engage more openly in group discussion, shared memory forming and story telling. As time passed, Rachel began to use the group to explore memories of her own relationship with music, her own identity and her relationships with others. Rachel began to link the groups moments of playful, free improvising to memories of her own father's piano playing, with Rachel recalling the joy, and sense of connection when she heard him playing "whatever fell out of his head!". Rachel began to appear more connected to her own narrative and life story, acknowledging the value of "feeling seen and heard" by the group, and speaking of the benefit of having a space in which she could feel authentic, without fear of judgment. In Rachel's own words "In the music group I can be myself!". In the face of a condition that appeared to have severed Rachel's connection with herself, and those around her, our weekly music therapy group appears to have promoted a sense of reconnection for Rachel, and in doing so help Rachel move towards a healthier, more stable way of being.



Increased access to Music Therapy within learning disability inpatient services – welcome Jeanne!

The learning disability in-patient service has been very pleased to welcome Music Therapist, Jeanne Dennis, to the team in June. We have been looking at ways to increase the music therapy input to the wards for some time and it's great to have Jeanne join us. Her interventions are being particularly welcomed with some of the harder to engage patients with noticeable positive impacts on patient engagement and quality of interactions. Jeanne has made a really good start and positive feedback has been flooding in from ward staff and MDT members.

"Jeanne's fantastic! She has a lovely calm nature that suits our patients really well. It's so nice to see her sessions with one of our patients, he really enjoys it and interacts for long periods - longer than I've seen him interact with any other intervention. It's really significant that he is starting to ask for music therapy, recognising the day that Jeanne comes."

Phil Young, Nursing Assistant (regularly supports the session).

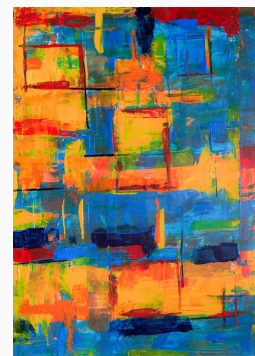


Connecting with Music - A digital dementia project

Music Therapists' Laura Bolton and Cassandra e'Silva, with NHS Lothian and the NES Digital Leadership Programme, are developing a digital resource in the form of a website to support the use of music in relationship building with people who are living with dementia. Development of these skills, and a greater understanding of pre-existing resources for using music in dementia care, will be useful for health care professionals (in hospital and care home settings), for family carers, as well as the people that they are supporting.

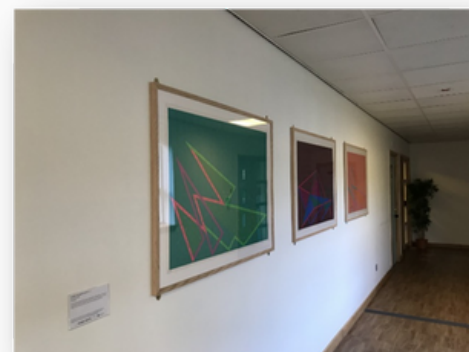
There is a real gap in training/informative resources available for the therapeutic, purposeful and personal use of music in dementia care, despite the now robust evidence base and we seek to address this through delivering an accessible resource which is meaningful for people who use it.

Currently, we have begun scoping exercises to understand the ways in which music is currently being used. We have been approved to host our website on the NHS Lothian platform, which can be accessed by NHS staff and care-home staff, as well as the public. There will be a core module regarding how and why music can be used therapeutically, with additional resources that can be accessed at any time e.g. links to musical resources, research and evidence. The resource may be supported by an in-person session. The hope is that it will support to use music more confidently and therapeutically in their day-to-day practices. In the future, the resource may be further developed as a TURAS training module.



First steps to research award

From February to April 2023 Megan Hatcher, Art Psychotherapist at The Orchard Clinic joined Professor Ruth Jepson and her multidisciplinary public health research team, investigating 'community data informed systems for transformation of urban and blue space for population health'. This project sits with the Scottish Collaboration for Public Health Research and Policy (SCPHRP). Their vision is to develop Scotland as a leader in public health intervention research for equitable health improvement through catalysing strong research/ research- user collaborations that ensure timely, robust, policy, relevant research that is created with, and used by, key decision makers.



Across the placement there were opportunities for gaining hands on research experience, including, qualitative and quantitative data collection, shadowing NHS ethics applications, attending local and national research meetings, exploring public health and green space research methods, approaches and tools, networking with other researchers and exploring academic resources through the University of Edinburgh library.

Particularly Megan was interested to explore the teams '6SQUID', short for six steps to quality intervention method. In short, this method puts greater emphasis on understanding 'the problem' as a focus rather than emphasis on intervention evaluation. Combining this method with developing a literature review, she was able to explore her own research interest from a new perspective and challenge my thinking, this being, an exploration of arts-based views of clinical spaces, particularly in relation to forensic mental health inpatient environments.

Megan has been able to apply this in my clinical settings through exploring three functions of art in clinical environments, these being making art, displaying art and viewing art. Through installation of art in communal spaces, a community mural and colour.

