

Summer 2015

Jakob, 7 years old: Children love stories...

... and love telling their own. This childlike creativity and the fascination with the fictional can be mobilised to process a distressing situation such as a stay in hospital.

Jakob spends many weeks in an isolated room in the oncological department and has to face many forms of treatment. Not only worries and ailments, but also his pleasure and hopes are reflected in his pictures accordingly. At first he painted various forest landscapes with poisonous mushrooms and animal tracks. A river flowed through them, and then soon with related motives such as bridges or ships. He produced a whale on the hospital duct tape, and on the back of the whale the journey continued: a diver discovers treasure, the pirate ship sails to the island where the pirates want to make friends with the dragon living there. Only the red dragon can deal with the big tablets and swallow them. During the outpatient care Jakob comes for a final art therapy session, and he paints a spicy Mister Garlic who is sitting in the middle of the garden and watching the vegetables and herbs growing there.

«It is right and good that much must be left unsaid. There are areas in the soul of the child that are so sensitive that they can hardly bear the illumination of the spoken word, but they find their expression in a picture or in music. Pictures lead to places that language often cannot reach.» *Beatrice Länzlinger, Art and Expression Therapist, Children's Hospital Zurich*



The Comforting Teddy Bear

The little white furry teddy bear comforts sick and injured children. Not only in hospital, but also outside it is a little helper in difficult situations. The management of the Arlesheim Swimming Pool gives him to small children who have been injured when bathing and are on their way to the doctor or hospital. They can be ordered from www.arttherapie.org for a donation of 20 franc (+ 7 francs postage).



School visit

Together with the dance therapist Solange Muller-Pinget, Charlotte Leber, founder and managing director of the Art-Therapie foundation, informed the lower grade school-children in Gy and Presinge GE about their activities. The children asked questions and were motivated in their participation in a group exercise in the gym. Shortly afterwards donations were collected at a Christmas celebration, and these were generously rounded up by both Municipalities.

New projects deserve support

New and interesting therapy projects have been developed in several hospitals in which the necessary funds have to be raised. In the **University Children's Hospital Basel (UKBB)** music therapy in the **Oncology Ward** is to be extended to include open singing and music-making for parents and children. This helps both

parents and children to manage the strain caused by the serious illness. On the **Psychosomatic Ward**, playing music and singing are to be brought up-to-date, and this requires instruments and up-to-date songbooks. On the **Neonatology Department** the auditory stimulation with the parent's voices is being extended for premature and new-born babies, and here, too, investments for material are necessary and therapists are being increasingly employed. At the

University Hospital of Geneva (HUG) a dance therapy program has been developed for overweight children together with mothers suffering from overweight as part of the program «Contrepoids». The art therapy program «**Schema corporeo**» helps children in **Lugano Regional Hospital** who have to undergo an operation to process what they have experienced. This is to be extended on the basis of the extremely positive experiences.

A new Partner Hospital: Cantonal Hospital of St. Gallen

In September Irmi Keraudren (MAS in clinical music therapy) starts work in the neonatology department at the Cantonal Hospital of St. Gallen. Thus ten hospitals are now affiliated with the Art-Therapie Foundation. The responsible physicians, the nursing staff and the hospital administration are all convinced about the pilot project, which at the moment is planned for three years. The integration of the neonatology department with its ten care places in the women's hospital is ideal, since the new-born babies are so close to their mothers. Every year, 170 to 200 premature and new-born babies are admitted to hospital needing special monitoring, care and treatment. Dr. Andreas Malzacher, chief physician of the Neonatology Department, sees a valuable addition to the medical care programs and a further quality improvement in the care of small patients. Music is particularly successful for special problems such as drug withdrawal or breathing difficulties, because it soothes and stimulates at the same time. In this phase, music therapy also supports the enormously important build-up of the parent-child relationship, because it constructs an envelope of sound around the young family.



Dr. med. A. Malzacher, chief physician of the Neonatology Department; Irmi Keraudren, Music therapist; Charlotte Leber, Art Therapie Foundation; Prof. Dr. med. R. Hornung, head of department at the Gynaecological Clinic (from left).

«Simply stated, our goal is that the patients get better afterwards. This is why for me alternative healing methods are a practical way forward.» Prof. René Hornung, head of department at the Gynaecological Clinic, St. Gallen

Raymond, 15 years old: From anger to a new concept in life through singing

15 year-old Raymond has serious behavioural disorders and has been hospitalised for several months in the psychiatric clinic for adolescents at the University Hospital Lausanne. At first with his fears and frequent self-abusive phases he could not really benefit from the care and therapeutic measures that were offered him. Often he demanded attention through extreme provocation or affectation, and then screaming, he would lock himself in his room again. It was thus not possible for him to develop and to make a contribution somewhere. When I met him, he told me «I have a guitar at home» and showed an interest in pop music. At first I suggested that he sang

something to demonstrate his creative potential to the group and to share his passion for French pop with the others. In the second phase I was able to supplement his singing and playing music in the group with an individual structured activity in the afternoon.



Events

The specialist symposium on November 19 organised by Dr. Kurt Albermann, head of the Social Paediatric Centre at the Cantonal Hospital of Winterthur and chairman of the foundation board, is dedicated to the subject «Stress in children and adolescents». For information see www.ksw.ch/spz-symposium
More than 40 percent of the Swiss population are overweight. 1.1 percent of adolescent girls and 0.3 percent of young men suffer under anorexia. The Swiss Art Therapy day organised by the governing body of the Art Therapy Associations KSKV-CASAT on November 6 addresses the subject art therapy and eating disorders, and the presentations will be given by two qualified experts. Several workshops are on the program. Information: kskv-casat.ch

Creativity helps to heal!

The information brochure about the Art-Therapie Foundation has just been published. It contains many interesting facts and is available in hospitals, will be sent to private persons and issued at events. Downloaded from www.arttherapie.org

«The music therapy sessions helped him to associate increasingly in the community, to allay his fears and to distance himself from bad external relationships. He was able to improve his social competence and to accept his body by focussing on an activity. He could create a spatial-temporal and methodological nook in order to better manage his relationships and daily procedure.» Antonio Esperti, Music therapist GdL, UHPA, Centre Hospitalier Universitaire Vaudois

You support children in hospital with your donation

For children and adolescents a stay in hospital is a dramatic experience. Often they cannot express in words their fears and suffering. Painting, making music or dancing can help them with this. These valuable therapies promote and accelerate convalescence.

Your donation to the charitable ART-THERAPIE foundation is tax-deductible. Donations of 50 francs and more will be acknowledged with thanks in writing.

Thank you!

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