

Therapeutic Activity
Caroline Mayo

Patient	
Age and gender identity:	16 year old female
Stage of Erikson's theory:	Identity role vs. confusion
Stage of Piaget's theory:	Formal operational stage
Diagnosis:	Sickle cell disease
Cultural considerations:	African-American, christian
Problem	
Psychosocial concern this activity will address:	<p>Erikson: encourage patient to explore identity and develop a sense of self through art and interaction with other chronically ill patients her age. Helps patients feel less socially isolated.</p> <p>Piaget: encourages abstract thinking based on previous experiences and problem solving through discussions with peers and art.</p>
Intervention	
Name of intervention:	Group art mural
Goals of intervention:	Encourage freedom of expression with peers to help patients feel less isolated and encourage them to find their sense of self through expression of art. This also could be used as a legacy building activity if the hospital would allow them to use a large blank wall instead of a large sheet of paper.
Materials needed:	Large blank wall or paper, paint, paint brushes
Overview and/or instructions:	Assemble a group of adolescent patients who are also hospitalized due to chronic illness and set aside a time to have them all work on the mural at once. Encourage patients to express themselves through different colors and expression of art. Possibly think about providing different prompts to encourage interaction with each other in order to break the ice.
Evaluation plan:	
Discussion	

How is your intervention theoretically informed? How is your intervention evidence-based? What advice do you have for others facilitating this activity? Citation here please.

By creating a mural with other peers suffering from chronic illness, patients are able to feel less isolated and be able to interact with their peers going through similar difficulties and challenges one faces when hospitalized. A study conducted by Wikstrom, 2005, found that when children engaged in visual art and social interaction, they were more willing to open up about their experience and explain their struggles, as opposed to just sitting down one-on-one with an adult and discussing the challenges hospitalization can bring. I would suggest to also have music playing while they are painting to make everyone feel comfortable, and have questions ready to ask to help encourage interaction between the patients. Also, reiterating they are in a safe space where they can freely express themselves without judgment is vital to ensure this activity is successful.

Because of Erikson's stages of psychosocial development, we know that identity is developmental, and hospitalization brings on a new set of challenges that can prohibit adolescents from being able to explore their identity during the identity role vs. confusion stage- which can negatively impact their development into adulthood. By giving them a tool such as this mural, they can talk openly and freely about their wants and desires in a safe space where it is encouraged (Knight, 2016).

References

Knight, Zelda Gillian. "A Proposed Model of Psychodynamic Psychotherapy Linked to Erik Erikson's Eight Stages of Psychosocial Development." *Clinical Psychology & Psychotherapy.*, vol. 24, no. 5, 20179, pp. 1047–1058.

Wikström, Britt-Maj. "Communicating via Expressive Arts: The Natural Medium of Self-Expression for Hospitalized Children." *Pediatric Nursing.*, vol. 31, no. 6, 2005, pp. 480–485.