Incorporating Occupational Therapy-based Creativity and Art-Based Approaches in Health Care Programming including Occupational Therapy Service Delivery

By Isabel Fryszberg, OT Reg. (Ont.)

1-Day Workshop

Date: Saturday February 8, 2020
Time: 9:15 am - 4:45 pm
Location: Friend’s House, Meeting Room.
60 Lowther Avenue. Toronto, ON

Who is this course for?

Through this one day workshop, health care providers including occupational therapists will learn about incorporating art and music into their practice as a medium to enhance meaningful engagement in occupations for a variety of clients and how creative occupations can bring joy, reduce isolation and build communities based on wellbeing.

Crafts and creative activities in the early days of the profession (Friedland, 2011) have resurfaced as potentially meaningful ways of addressing leisure and productivity across all age and ability groups. Social isolation is becoming a growing concern today. In Australia arts on prescription for community dwelling older people with a range of health and wellness needs suggest a positive impact on mental well-being (Poulos R.G et al., 2019)

Isabel will provide and integrate exciting current research evidence, theory and practice on this topic and demonstrate examples from her extensive career in arts based occupational therapy. A knowledge translation film, experiential hands on art and music activities will give participants a full understanding of incorporating an art-based approach for their clients and practice.

This one day workshop is for clinicians working with clients of all ages, across different practice settings, and for people of all abilities.

Speaker:

Isabel Fryszberg builds resilience and health through creative engagement. Isabel is an art based registered occupational therapist, visual artist, singer songwriter and documentary filmmaker. She works with many non-profit groups, health, corporate and social organizations to create wellness through the arts. She is the founder of Creative Works Studio, the innovative, arts based occupational therapy program which she ran for over twenty years in her role as creative lead at St. Michael’s Hospital for adults living with mental health and addiction issues. In collaboration with research scientist Janet Parsons and members of Creative Works Studio, she produced the documentary film, What's Art Got To Do With It? which aired on CBC documentary channel. She also spearheaded a music album "Coming Out of Darkness" with community participants who named themselves the Social Mystics.

For further information on the course or regarding registration please contact:
Debbie Hebert at debbie.hebert@utoronto.ca
Isabel has a status lecturer appointment at the University of Toronto. She has presented at conferences nationally and internationally throughout her career and conducted workshops and training opportunities for students and staff on art based approaches. Isabel integrates all her creative endeavors with integrity and a passionate desire to combine art making and well-being. https://www.isabelfrysberg.com/

Course Objectives

At the end of this course, participants will:

1. Develop an understanding of art-based programs and its impact on client resilience, creating shared passion, connection and purpose.

2. Learn about utility of art-based programs as vital tools in promoting wellness and transforming individuals from being passive consumers of culture to becoming active creators of meaning by participating in their passions and community.

3. Become familiar and experience how creative activities such as painting and music (singing and songwriting) can foster group collaboration and personal strength building.

4. Increase their understanding in how to begin their own creative journeys by tapping into their own creativity together with their clients.

5. Learn to create safe spaces for creative expression and client engagement such as building a studio environment using a community wellbeing framework.

Registration

Payment via Cheque to Department of Occupational Science and Occupational Therapy

Mail cheque to: Debbie Hebert
Department of Occupational Science and Occupational Therapy
Rehabilitation Science Building
Room 952, Suite 160-500 University Ave.
Toronto, Ont. M5G 1V7

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Workshop Committee:
Debbie Hebert, Naz Nour, Liz Cambridge, Continuing Professional Development Committee, Department of Occupational Science and Occupational Therapy, University of Toronto.

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