

Creating to find light after dark times. Project: from negative thinking to positive acting

Creëren om licht te vinden na donkere tijden: Project: Van negatief denken naar positief handelen

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Personality disorders (PD) are severe psychiatric disorders with significant psychological suffering (lack of identity, self-injury and suicidal ideation) and low wellbeing. People with PD often have problems adapting healthily to stressful daily events. They lack positive experiences where they could learn to listen to their own needs in a healthy way. They have mostly negative childhood experiences which shaped their thoughts, behaviour and emotions. This results in having much more difficulty in strengthening their own wellbeing, sometimes even resisting positive experiences. After all, being adaptive to their own needs in a healthy way in connection with others makes people more resilient and contributes to wellbeing. Arts and psychomotor therapies (APTS) are often offered to reduce clinical symptoms and improve psychological wellbeing. The experiential, creative, and playful nature of the APTS contributes to work on the psychological challenges of PD and to find light after dark times. So far, however, an APTS module aimed specifically at promoting the psychological adaptivity and wellbeing of patients with a PD has not yet been developed and evaluated for effectiveness. Practising arts therapists expressed a preference for a module that aligns with schema therapy.

In our presentation, we discuss the results of our project: 'From negative thinking to positive acting', aimed at the development and evaluation of an APTS module. Intervention mapping was used to develop a module which can be sustainably embedded in practice and education in three phases: 1) development of the therapeutic module using a survey among experienced experts and focus groups with arts therapists; 2) prerequisites for implementation of the module assessed through interviews with care managers, therapists, psychiatrists and psychotherapists;

3) testing feasibility; 4) evaluating the module, adopting a multiple baseline design (within-subject randomized design, N=12-14, multicentre) to evaluate working mechanisms and effectiveness in symptom reduction and wellbeing.

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Persoonlijkheidsstoornissen (PD) zijn ernstige psychiatrische stoornissen met aanzienlijk psychisch lijden (gebrek aan identiteit, zelfverwonding en zelfmoordgedachten) en een laag welbevinden. Mensen met PD hebben vaak problemen om zich gezond aan te passen aan stressvolle dagelijkse gebeurtenissen. Ze missen positieve ervaringen waarbij ze hadden kunnen leren om op een gezonde manier naar hun eigen behoeften te luisteren. Ze hebben meestal negatieve jeugdervaringen die hun gedachten, gedrag en emoties hebben gevormd. Dit resulteert in veel meer moeilijkheden bij het versterken van hun eigen welzijn, soms zelfs weerstand bieden aan positieve ervaringen. Immers, op een gezonde manier aanpassen aan de eigen behoeften in verbinding met anderen maakt mensen weerbaarder en draagt bij aan het welbevinden. Kunst- en psychomotorische therapieën (APTS) worden vaak aangeboden om klinische symptomen te verminderen en het psychologische welzijn te verbeteren. Het ervaringsgerichte, creatieve, speelse en alsof de aard van het APTS goed bijdraagt aan het werken aan psychologische uitdagingen van PD en het vinden van licht in donkere tijden. Tot nu toe is er echter nog geen APTS-module ontwikkeld en geëvalueerd die specifiek gericht is op het bevorderen van psychologische adaptiviteit en welzijn van patiënten met een PD. Praktiserende kunsttherapeuten spraken een voorkeur uit voor een module die aansluit bij schematherapie. In onze presentatie bespreken we de resultaten van ons project: 'From Negative Thinking to Positive Acting' gericht op de ontwikkeling en evaluatie van een APTS module. Intervention Mapping is gebruikt om een module te ontwikkelen die in drie fasen duurzaam kan worden ingebed in de praktijk en het onderwijs. 1) ontwikkeling van de therapeutische module met behulp van een enquête onder ervaringsdeskundigen en focusgroepen met kunsttherapeuten. 2) Voorwaarden voor implementatie van de module beoordeeld door middel van interviews met zorgmanagers, therapeuten, psychiaters/psychotherapeuten. 3) Testen van haalbaarheid. 4) Evaluatie van de module, waarbij een

meervoudig basislijnonwerp wordt aangenomen (binnen het onderwerp gerandomiseerd ontwerp, N = 12-14, multicenter) om werkmechanismen en effectiviteit in symptoomvermindering en welzijn te evalueren.

Biography

Dr. Suzanne Haeyen is Professor of the research group Arts & Psychomotor Therapies in Health Care at HAN University of Applied Sciences. She is coordinator of content of the Master's programme and works in mental health care practice as an art therapist at an expert centre for personality problems. She has written several publications about arts therapies in personality disorders and contributed to national multidisciplinary guidelines for treatment of personality disorders.

Jackie Heijman BA is a junior researcher of the research group Arts & Psychomotor Therapies in Health Care at HAN University of Applied Sciences. She is an Visual Arts Therapist and is studying psychology at the Open University. She has focused on compassion-oriented art therapy, virtual reality (VR) in art therapy and trauma-oriented art therapy.

Imke Wiersma is a junior researcher of the research group Arts & Psychomotor Therapies in Health Care at HAN University of Applied Sciences. She is a music therapist at Vilente where she works with people with dementia, Parkinson's disease or non-congenital brain injury. She holds a master's degree in educational sciences.

Karin Timmerman MSc is an art therapist, psychologist and scientific researcher at the Boerhaven (Mediant), expertise centre for personality disorders. She is doing PhD research into the active factors of professional therapy at the UT. She is a (prospective) schema therapist at the Schema Therapy Association (VSt).

Hans Wouters PhD is researcher of the research group Arts & Psychomotor Therapies in Health Care at HAN University of Applied Sciences. He studied developmental psychology

and conducted practice-oriented research into: patients' experiences with their treatment, stopping inappropriate drug use, the mental and cognitive functioning of the elderly and mental health care. He is familiar with research methodology, statistics (clinical epidemiology), qualitative research and is BROK certified.

Recent publications and conference presentations

Haeyen, S. (Red). **Schema-focused working methods for arts and body-based therapies. A practical guide.** Routledge. In press.

Haeyen, S., Heijman, J., & Schouten, K.A. (2023). **The effectiveness of trauma-focused art therapy** [Presentation]. World Art Therapy Conference: 'Getting together art therapists and expressive arts therapists worldwide'. Febr. 4/5.

Haeyen, S. & Van Hooren, S. (2023). **The powerful experience. Emotion regulation and self-image in personality disorders in arts & psychomotor therapies** [lecture]. World Congress Integrative Medicine and Health, Rome, 20th-23rd September, 2023.

Haeyen, S. (2022). Effects of arts and psychomotor therapies in personality disorders. developing a treatment guideline based on a systematic review using GRADE. *Frontiers in Psychiatry*, 13. Doi: 10.3389/fpsy.2022.878866

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