

## **Navigating complexity in art psychotherapy intervention development: where are we now and where do we need to go?**

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### **Background**

Following the idea of Brecht regarding theatre, the arts therapies must and can play an active and influential role in society. Arts therapies are complex interventions that are mutually shaped within the context they take place in. Therefore, intervention design and evaluation need to take into account a range of complex inter-related factors. The panel will explore a progressive shift in recent years, where a wide range of art therapy interventions have been developed and tested in different health and community settings with a range of client groups. There has been international acceptance of some frameworks and guidelines for complex intervention development and testing. This has arguably led to increased use of arts therapy manuals and adjustments to practice that target specific psychosocial areas, providing increased capacity for replication of interventions within research studies.

### **Panel**

The panel will provide first hand examples of art therapy complex intervention practice leading to research and evaluation, such as work targeting specific mental health needs and specific

populations. This will include approaches to art therapy intervention development where public involvement and expert by experience co-production have played a central role. The audience will hear about a range of different research models in practice and different approaches that have been used to test interventions.

A range of arguments and perspectives will be debated. For example, the urgent need for good intervention descriptions, the pressures to provide clarity about mechanism of action and their effect in art therapy, and current limitations and areas for urgent development, such as enhancing cultural considerations and cultural competencies in current and future art therapy intervention development.

## Biography

**Nehama Grenimann Bauch** is a doctoral student with an M.A. in Art Therapy. Specialising in school and refugee-shelter interventions, she has international experience spanning Ethiopia, Armenia, Israel, and Germany. She currently works with at-risk populations through IsraAID Germany e.V.

**Dr Simon Hackett** is a consultant art psychotherapist working in the UK National Health Service (NHS) and a Senior Clinical Lecturer in Mental Health Research. Simon is currently leading a number of arts therapies complex intervention development studies including an RCT.

**Dr. Suzanne Haeyen** is Professor of the research group Arts & Psychomotor Therapies in Health Care at HAN University of Applied Sciences, in the Netherlands. She is coordinator of content of the Master's programme and art therapist at Scelta/GGNet, an expert center 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.

**Prof. Dominik Havsteen-Franklin** is a British clinical academic and art therapist. A Professor at Brunel University, he specialises in developing innovative arts-based healthcare interventions. His international research and leadership roles, including as Vice President of the European Federation of Art Therapy, extend his impact globally.

**Nicki Power** is an art therapist working in the NHS and doctoral fellow at Queen Mary University of London, supported by Barts Charity. Nicki is using collaborative and inclusive research with people with learning disabilities to develop a group art therapy intervention with the aim of reducing mental distress.

**Dr Hans Wouters** is a research psychologist and epidemiologist at the research group Arts & Psychomotor Therapies in Health Care, HAN University of Applied Sciences, in the Netherlands. In the past 15 years he has studied a broad range of topics in the field of geriatrics and psychiatry.

### **Recent publications and conference presentations**

Hackett, S.: **Public mental health and wellbeing interventions delivered by allied health professionals (AHPs): mapping the evidence and identification of gaps. A systematic review** *Journal of Public Mental Health*

Havsteen-Franklin, D., de Knoop, J., Agtarap, T., Hackett, S., & Haeyen, S. (2023).

**Evaluation of an arts therapies approach to team development for non-acute healthcare teams in low control and high-pressure environments.** *The Arts in Psychotherapy*, 83, 102003.

Grenimann Bauch, N., & Bat Or, M. (2021). **Exploring paternal mentalization among fathers of toddlers through a clay-sculpting task.** *Frontiers in Psychology*, 12, 518480.

Nicki Power: **Art therapy as a treatment for adults with learning disabilities who are experiencing mental distress: A configurative systematic review with narrative synthesis** - ScienceDirect *The Arts in Psychotherapy*

Haeyen, S. & Heijman, J. (2020). **Compassion focused art therapy for people diagnosed with a cluster b/c personality disorder: An intervention mapping study.** *The Arts in Psychotherapy*, 69(20). doi: 10.1016/j.aip.2020.101663  
<https://www.sciencedirect.com/science/article/pii/S0197455620300368>

Haeyen, S., Abbing, A. (shared first authorship), Nyapati, S., Verboon, P. & van Hooren, S. (2023). **Effectiveness and mechanisms of the arts therapies in forensic psychiatric care. A systematic review, narrative synthesis and meta analysis.** *Frontiers in Psychiatry, section Forensic Psychiatry*. 14:1128252. doi: 10.3389/fpsyt.2023.1128252