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Investigate!



To start your project it is necessary to begin by doing some investigation. You will need to find resources that will help you in your project. The internet will be your most useful tool to find websites and videos that will be useful throughout the project.

Now that you have your topic of choice, we recommend finding between **four and six sources** that will help you complete your project. For each source you will want to keep track of the website links and a brief description of the source. Use this template to keep track of your sources.



Upload your Investigation Summary to your Launchpad Profile.

Source (website, link, book, person, etc): <https://www.youtube.com/watch?v=OrFzwpAhijE>

Summary of Resource:

Child life specialist's jobs are to help not only the children in hospitals but the family as well. They work with giving therapy to children and to the children who might not know what's going on they teach them about the sickness. They offer support for families in order to better hospital experiences. They also help prepare kids before they go into surgery or other scary things that they might endure with hospital life. Their job is important due to it helping the environment of the hospital feel better and more welcoming as well as making bad situations better.

Source (website, link, book, person, etc): <https://arttherapy.org/>

Summary of Resource:

The American Art Therapy Association focuses on new and innovative ways to not only change the way people look at therapy but also the way people conduct it. They are essentially changing the stereotype of sitting on a couch pouring your life out to a stranger, to ways that benefit all different people. They use art to conduct therapy such as using music, art, and even film to express

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emotions to better understand how one is feeling. Art therapists can work in many places such as hospitals, schools, crisis centers, and even veterans clinics. Because of this innovative way of therapy these people are able to help a diverse amount of people especially when there is some sort of communication barrier, such as shyness. It also creates new skills for people to learn or increase their knowledge on which distracts them from other problems.

Source (website, link, book, person, etc): <https://www.youtube.com/watch?v=FGXTqIUZwKk>

Summary of Resource:

When you can't put something into words, using art therapy can show frustration, anxiety, and pain to the therapist to better help the person in need. Even the act of throwing paint and yelling at a canvas was proven to be therapeutic and make parents of children in the hospital feel better and more in control. Child life specialists are able to use this technique to enhance the skills of children in the hospital and make them feel more connected.

Source: https://www.youtube.com/watch?v=jqoUfH_arG0

Summary of Resource:

Cinema therapy is looking deeper into movies and how watching them affect people in different ways. But my idea is more in film making rather than watching films. In cinema therapy you study how a patient reacts to certain types of movies or in some cases therapists will have patients watch certain movies that make you feel better and happier. My idea involves making short films by documenting things in the hospital that bring joy to the patients. After documenting something everyday for a few weeks you can watch back and see the people, places, and objects that brought you joy. As a plus nurses and child life specialists can try to increase these things creating an even better environment focused on positive things that are customized to the child in the hospital.

Source: <https://www.youtube.com/watch?v=bPszGBfjuOY>

Summary of Resource:

Ann Lawton does a beautiful job at describing what art therapy is. It is taking the things that cannot be put into words into the arts. By creating paintings or writing poems or creating short films we can express things that we would never be able to without an outlet. As someone who is shy it's hard to get my voice or thoughts into words, I use poetry and writing to show people how I feel in order for them to help me. This therapy technique in many ways is hidden from many, by bringing it to the light more people could be helped especially those who have trouble speaking to others or getting

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their thoughts across, or people who are intimidated by the usual therapy techniques.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4733554/>

Summary of Resource:

“During hospitalization, play either in the form of therapeutic play, or as in the form of play therapy, is proven to be of high therapeutic value for ill children, thus contributing to both their physical and emotional well-being and to their recovery. It helps to investigate issues related to the child’s experiences in the hospital and reduce the intensity of negative feelings accompanying a child’s admission to hospital and hospitalization.” This quote begins to explain what this scientific article was all about. There are hundreds of different ways of therapy and all of those techniques can and should be going into changing the environment of a hospital for children who must live there because their environment shouldn’t require them to suffer around other sick people, it should be fun and positive.

I have sent out some google forms to some hospitals that focus heavily on children's health and I am waiting to hear back and I have an interview with a therapist next week. I will be keeping this up to date with all and any new information that I might acquire over the next few weeks.