

Expressive Arts Activities for Spiritual Care of Patients in Psychiatric Day Care Wards

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Background

Psychiatric patients (schizophrenia, bipolar disorder) in psychiatric day care wards have less connected with the outside world, slower reactions, poor expression and lack self-confidence. Therefore, in this spiritual care, "expressive art activities" using various media such as creativity, imagination and self-expression help patients to self-awareness, enhance their self-worth and self-affirmation, and guide patients to connect with others and sublimate their relationship with the Most High One, so as to increase the patient's spiritual well-being.

Methods

Spiritual counselors use expressive art activities to guide, assist, stimulate and help patients to express deep emotions, unspeakable conflicts and providing communication opportunity. For example, the patients make unique Thanksgiving cards for medical staff and express gratitude. And the end of the activity, the spiritual counselors will "bless and pray" for them to increase spiritual comfort.

Results

Through expressive art activities once a week for 3 years, and the patients changed from fear and rejection to courageous attempts which improves the ability of self-expression and enhances self-confidence. For example, in the past, they didn't know how to express gratitude on the card, but now they design the card and write down blessings to the medical staff.



Conclusions

Patients in the psychiatric day care ward feel, self-awareness, and reflection through expressive art activities, and they have more opportunities to express their inner voice, enhance their sense of self-worth and acceptance, and find the meaning and motivation of life. In the activities, learn together with other patients, accompany each other, and enhance trust and connection with others. The spiritual counselor assesses the spiritual needs of the patient's "human and heaven, human and human, human and thing, human and self", and gives appropriate care. It is expected that this experience of spiritual care can be a reference for clinical treatment of patients in the future.

Relevance to HPH

From the above results, the spiritual health of patients in psychiatric day care wards is an important issue. In a warm environment, patients grown up gradually and increased self-confidence. We recommend that the planning team continue to implement spiritual health promotion activities to improve the quality of life of patients in psychiatric day care wards.