Positive Art Interventions: Creative Tools Promoting Well-Being

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Creativity
“Creativity is a central source of meaning in our lives” (Csikszentmihalyi (1996, p. 1).

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“Every child is an artist. The problem is how to remain an artist when we grow up.” – Pablo Picasso
Imagination
21st Century - Technology

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Character Strengths
Self-Advertisement – VIA Personal Character Strengths

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Roles/Identities/Strengths
Life Meaning
the web of connections, understandings, and interpretations that help us comprehend our experience and formulate plans directing energies to the achievement of our desired future. Meaning provides us with the sense that our lives matter, that they make sense, and that they are more than the sum of our seconds, days, and years. (Steger, 2012, p. 165)
Choose an image of a person, place or thing which makes your life meaningful experiential
Sources of Life Meaning

- 14-item Sources of Meaning and Meaning in Life (SoMe: Schnell, 2009).
- 10-item Meaning in Life (MLQ: Steger et al., 2006)
- Damon (2009)
Art-Based Pilot Study

N = 86
Method
Auto-photography
Photo-elicitation

Directive: “take photos of the things that make your life feel meaningful” (Steger et al., 2013, p.534).
16 Sources of Life Meaning

nature
- pets

everyday necessities
- education

hobby/leisure

RELIGION

organizations/activities

physical environment
- occupation/work

relationships
- possessions

values
- technology

future aspirations
- SELF
Goals and Future Orientation
BDP Directive: “Draw a bridge from someplace to someplace. The bridge connects to a path. Draw the path and write where it leads you to,” (Darewych, 2013, p. 87).

BDP
Art-Based Assessment

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9 Sources of Life Meaning

- Home
- Nature
- Career
- Spirituality
- Family/friends
- Future
- City/country
- Opportunities
- Education

- Unknown/Somewhere

BDP Study

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“developmental paralysis” (Damon, 2009)
“existential vacuum” (Frankl, 2006)
“Being at impasse is a developmental necessity. It can lead to a new way of understanding and a new type of information” (Butler, 2010, p.2).
Alternative Pathways

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Happiness - KFD

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Spirituality – My Sacred Space
Flow and Gratitude

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Positive Psychology Concepts

- Creativity
- Imagination
- Meaning
- Strengths
- Goals
- Spirituality
- Future
- Hope
- Happiness
- Flow
- Gratitude

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Thank you!

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