



SUPPORTING RECOVERY VIA CREATIVITY

AN ART THERAPEUTIC GROUP FOR PROBLEM GAMBLERS IN INFORMATION AND
SUPPORT POINT TILTTI

An art therapeutic group

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- Art therapy = using different art/creative methods to structure emotions and make visible what cannot be put into words. Making art and the process itself is important, not the artistic outcome. Art therapy is for everyone.
- Aim of the group: to support recovery - the sense of agency, to become aware of one's own feelings and structure them, to see one's strengths and good in oneself, support change (=identity work)



What kind of group?

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- 31.1.2023- 28.3.2023 + 23.5.2023 (last year pilot group)
- Closed group
- 8 times/2 hours + follow up appointment after two months
- 7 participants
- Participants were interviewed before the group
- In Tiltti space
- Structure:
 1. 30 min together: ground rules, day's feelings, theme, warm-up
 2. 60 min making art
 3. 30 min together talking about what the doing awakened in and the artworks
- The most important principles:
 1. You are accepted as you are
 2. Everyone's artwork is appreciated, not judged



Harms of gambling problem

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Harms what gambling problem had caused at the beginning of the group:

- Depression
- Stress
- Fear
- Money worries
- Anxiety
- Self esteem problems
- Relationship problems
- Sleeping problems
- Fatigue
- Frustration
- Self loathing
- Irritation
- Takes time from other things
- Self-accusations
- Shame
- Gambling thoughts
- Homelessness (not anymore)



Second session: childhood/youth

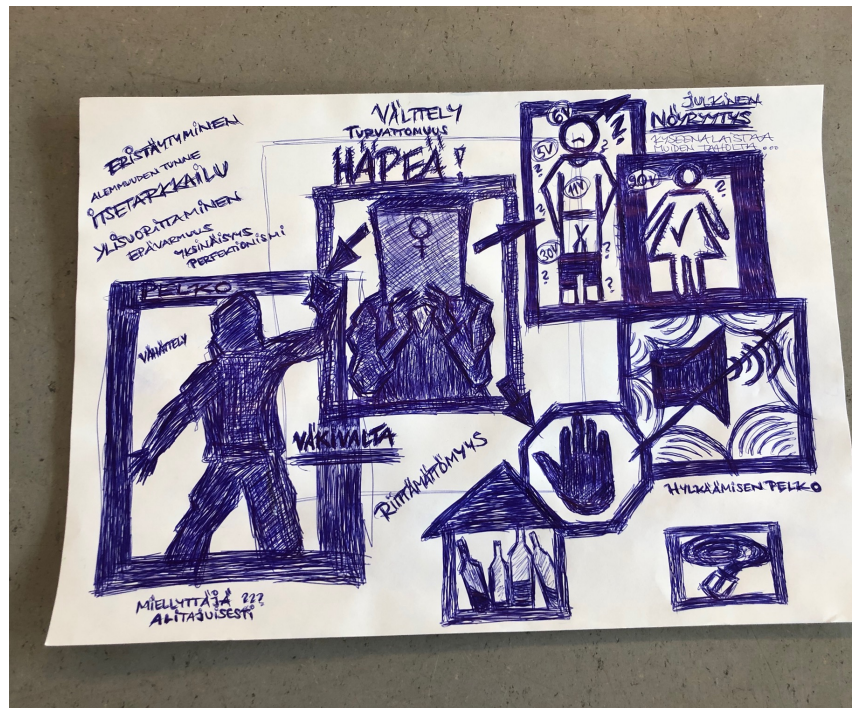
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Colleague with own picture: a look at the past – good things and strengths

- “I had a happy and warm childhood, when I heard the stories of my peers, I started to appreciate my own childhood more.”
- “Although my childhood has been difficult, I have survived and there have been good things too.”
- “I remembered that I have been a serious child, but now I notice that I have been happy and there have been many warm things in my childhood.”

Homework on holiday week: shame

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- “This work was a turning point for me. I have dealt with shame in therapy, through music and writing. I think, I also had to visually see it. Now is the time to let go of shame.”
- “Shame is like a black lump that you can't catch.”
- “Shame is caused by stupid things I have done, but shame has also driven me to do more stupid things.”

Fifth session: Power songs

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- “I was surprised that I could actually relax and even dared to move a little.”
- “It was wonderful when you could just do without caring what the artwork would become, you didn't have to control, just go with the music.”
- “It was important to hear your own power songs, but also interesting which songs were important to others.”

Sixth session: Whole self portrait/body

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- “This task went completely out of my comfort zone, but a peer helped me and after the task I was very proud that I dared to do it.”
- “The picture of me shows a lot of good things, like a warm heart, I'm a really good person, even though a lot of bad things have happened to me.”

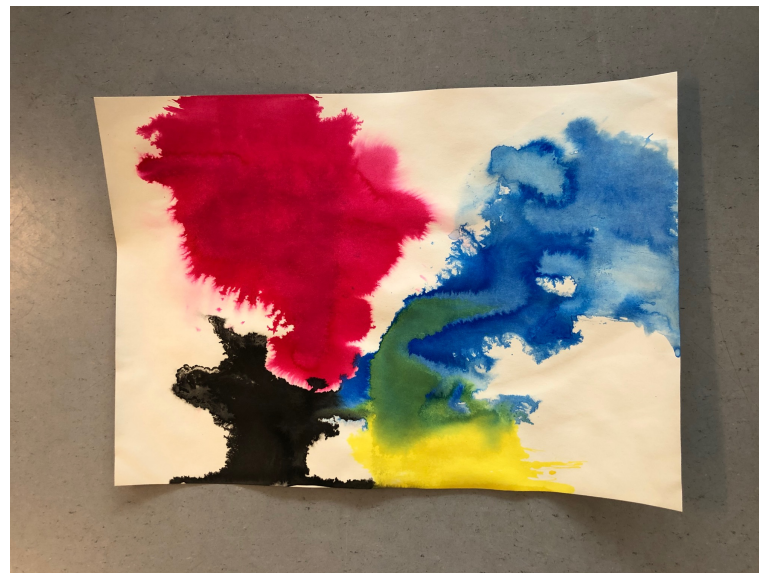
Seventh session: lifemap and change

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“I realized that I always live fully in one area of my life and then I forget the others. When I gamble, I just do that, when I work, I just work, etc.”



“The change I want is for the different areas of life to come together a little and my resources to be more even in all of them. Gambling goes away.”



Last session: Exhibition

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What was important in this group?

The logo for Tiltti, featuring the word "tiltti" in a bold, red, lowercase sans-serif font. It is positioned inside a white cloud-like shape with a red outline. Below the logo, the Finnish text "Tietoa & tukea pelaamisen hallintaan" is written in a smaller, black, sans-serif font.

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- Commitment to the group was good, at least 5 of 7 participants were in every session
- Making art ,”doing”:
”Making art made me feel good, I usually left happy, even though we had talked about difficult things.”
”As an introvert, the artwork helped me structure my thoughts and talk to others. I could have paid of this group.”
”I could concentrate better when there was no talking all the time.”
”The art making has healing power.”
- How the group was directed - therapeutic approach:
”There was a positive and encouraging atmosphere.”
”You could be yourself all the time.”
”The group felt safe.”
- Group dynamics, peer support:
”We were different and yet the group worked.”
”We didn’t have to talk about the gambling problem because we all knew.”

The Group gave:

The logo for 'tiltti' is located in the top right corner. It features the word 'tiltti' in a bold, red, lowercase sans-serif font. Below it, the tagline 'Tietoa & tukea pelaamisen hallintaan' is written in a smaller, black, lowercase sans-serif font. The logo is partially enclosed by a white cloud-like shape that overlaps the red header bar.

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- New tools for recovery and making art
- Self-understanding increased
- Peer support
- Comprehensive care
- Gambling thoughts decreased
- Tolerance
- Empathy
- Help with the expression of feelings and self-reflection



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Thank You!

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