ABOUT THE PRESENTERS
OBJECTIVES FOR TODAY

- Attendees will gain a basic understanding of the development of “The Bousek Timeline Project” through case examples and experiential activity.

- Attendees will explore connections between substance use and life experiences, and learn a specific art-making directive to use with clients to increase insight.

- Attendees will learn the skills to implement “The Bousek Timeline Project” in a variety of contexts, settings and populations.
ORIGIN OF THE BTP

“What is your biggest concern right now?”
INFLUENCES

- Art Therapy
- Harm Reduction
- Psychoeducation
- Strength-Based
- Person-Centered
- Trauma-Informed
- Relational Cultural Theory
HOW DO YOU VIEW THE CLIENTS YOU WORK WITH?

Before you can form a collaborative partnership, it is important to self-reflect on your own mindset.

_Do you truly respect your client’s interests and goals as they define them?_

- How can we take them seriously if we don’t truly understand their strengths and interests?
- How do you talk about your clients, and what you really think about their choices and interests? (In and outside of session)
- Think about how you feel when they leave a session, are you frustrated with your client ever? Have you caught yourself saying: “They just need to _____,” “You know they should ______”

_Suggestion: for Staff Meetings:_ Start with Strengths! small steps or interactions, but worthy of great victories. Start building strength based mindset in the community where you work!
“Oriented toward working with the whole person, harm reduction programs and policies create environments and develop, side by side with drug users, strategies for behavior change that are practical, human, and effective”

“For many survivors of trauma, our lack of control over a traumatic incident is one of the most terrifying and unnerving things about it. How much anxiety this cause us will vary from person to person, depending on how much control we feel like we have in life generally... one of the hardest things about trauma is this feeling of not being in control”
- (Laura van Dernoot Lipsky and Connie Burk, Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others)

Co-creating safety within the therapeutic relationship and the art-making process

Gives the power to people through how they choose to organize and share about their trauma histories

People have agency to represent their own experiences however they want (ex: symbols, images, and marking)

Creating trauma narratives to help organize experiences that may feel disorganized or chaotic
APPLICATIONS

- Staff
- Individual Clients
- Group Work
- Self

- Short Term
- Long Term

- Different Levels of Care
  - Residential, PHP, IOP, OP
  - Substance Use Programming
  - Schools
  - Community Settings
IMPLEMENTATION

Materials needed:
- Transparency Paper
- Dry Erase Markers
- Computer Paper
- Markers, Pens, or Pencils

Other materials that could be used: Vellum or any semi-transparent paper, any type of white paper, paint, collage, stickers, stamps, ruler, and tape, etc.
Directions:

First Layer: Start with identifying your biggest concern and make a timeline from birth until now
- You can use text, symbols, images, dates, etc.
- Additional Layers: add layers relevant to your life history

Some Questions for Processing:
- What was the substance?
- How old were you when this happened?
- What did it feel like?
- What did you like/not like about the experience?
- When and where did you do it?
- Who were you with?
- What events or experiences happened at that time?
- How did you respond?
- How did this experience impact your life?
POTENTIAL LAYERS

- Location (where you were living)
- Educational History
- Life stressors
- Major Life Experiences
- Overwhelming events
- Trauma Related Experiences
- Financial Changes/Hardships
- Political/Historical Events
- Grief/loss
- Relationships (examples: friendships, partners, etc.)
POTENTIAL LAYERS

- Sex/Intimacy
- Family Dynamics
- Coping Skills
- Treatment History
- Relationship with Body
- Mood (Depression, Anger, Anxiety)
- Self-esteem/self-worth
- Life Successes/Accomplishments
- Work/Career
- Spirituality
YOUR ROLE IN IMPLEMENTING BTP
TIPS FOR IMPLEMENTATION

DOS AND DON’TS

▪ Do:
  ▪ Encourage the person to choose what layers to make
  ▪ Respond without judgment
  ▪ Support the safety and comfort of the individual and/or group
  ▪ Reflect upon the bravery it takes to work on this project
  ▪ Be flexible and mindful of pacing

▪ Don’t:
  ▪ Do this project in the first session, build the therapeutic relationship first
  ▪ Rush through the project, leave ample time for processing
  ▪ Make subjective comments about the quality of the artwork, instead focus on objective observations and make open-ended questions (example: “I am curious about _____, can you tell me more?”)
EXPERIENTIAL!

Layer Suggestions:
- (pick 2 and track them for the last week)
  - Self-Care
  - Work Related Stress
  - Relationship to Harm Reduction Practices

Process with to person next to you
REFLECTIONS & QUESTIONS

Thoughts? Comments? Concerns?
RESOURCES


- Photographs on slides provided from: [www.unsplash.com](http://www.unsplash.com)