



Treatment and Healing Through Art



What is the Art of the Phoenix?

The Armory Art Center in partnership with the Human Trafficking Coalition of Palm Beaches started the Art of the Phoenix program September 2015 to help teens and young adults who are dealing with trauma from human trafficking. The program is expanding in 2019 to broadly include those who have experienced past trauma from any circumstance.



Ceramics

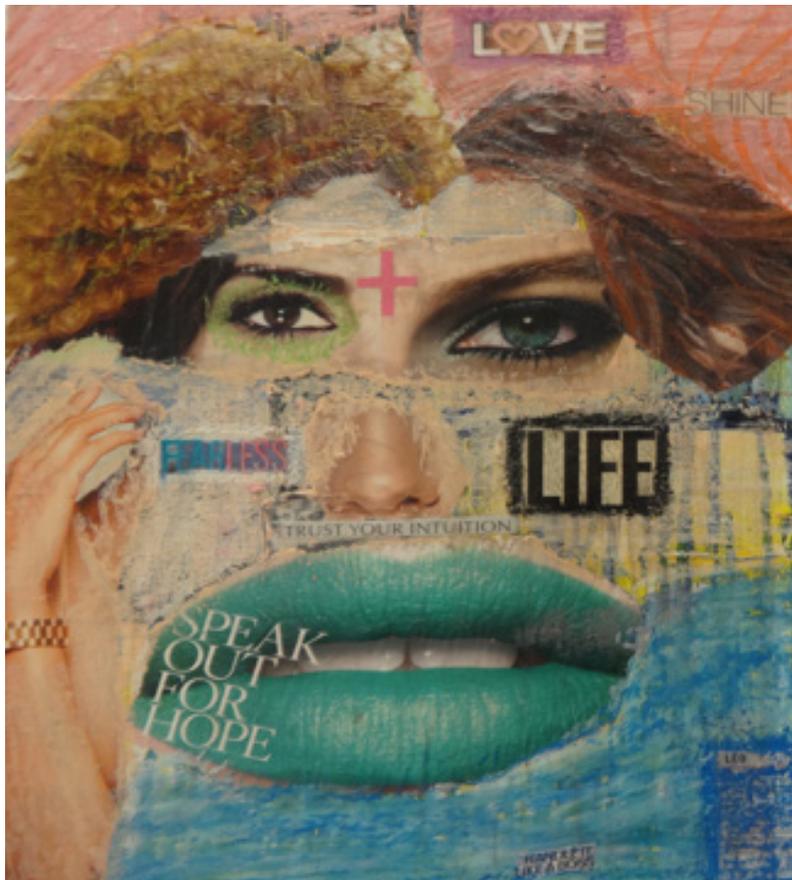
The ceramic projects are created in two 8-week sessions. These classes focus on hand-building and using the clay wheel to create vessels and reliquaries. Along with each ceramic exercise, counseling is provided to aid the students in identifying character defects, learning to let go of resentments, and the meanings of self pity, patience, and humility.



Acrylic and Watercolor Painting

This two-week project began by painting acrylic paint onto leaves and then transferring the image onto white paper. Each student designed their own image predominately using leaves. During the next week, each student was asked to brush liquid water color across the paper filling in all white space. The images were made more vibrant after adding the water color. The changes in the development of the art project facilitated discussion of life changes. The class spoke about the challenges faced when one needs to and decides to change, along with positive and negative coping skills.

Collage



Painting



Graffiti

The graffiti class focused on building self-esteem and individuality by utilizing positive words and specific color. The SMART (Specific, Measurable, Actionable, Relevant, and Time Bound) concept was incorporated into the lesson plan directive to help with cognitive re-framing and to learn to utilize positive words daily to help in building confidence.



Drawing

The drawing class was a 6-week course and it focused on reaching self-actualization (to reach ones fullest potential). It helped students identify career goals in their life and steps needed to reach each goal . It also help identify the barriers that can hinder their growth and the tools needed to overcome these barriers. The use of specific mediums like chalk pastel helped students get connected with their feelings and emotions and this taught of the importance of utilizing healthy tools to face challenges.

The drawings were reproduced and made into books for each student.

