



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 of 2015 to help those dealing with trauma from human trafficking. The program is expanding in 2019 to broadly include those who have experienced past trauma from any circumstance.



Lesson Plans and Methods

Each lesson plan focuses on providing tools to build confidence and to face life's challenges.

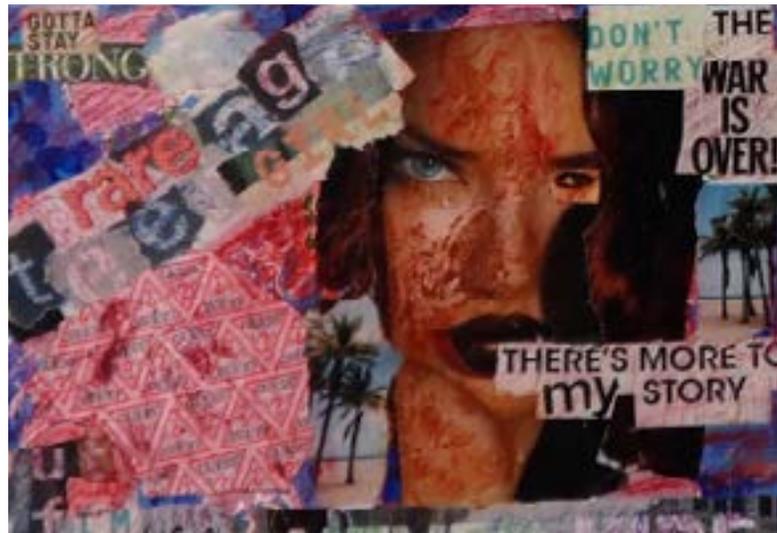
Classes are conducted by a professional artist/teacher and an art therapist or licensed mental health therapist. Class times and locations are confidential, creating a safe space for the students. A new art medium is introduced for each class term.

Healing elements of the lesson plans include:

- Surrendering resentments
- Dealing with anger
- Building self esteem
- Forgiving others
- Loving self

Mission Statement

The Armory's goal is to provide art and counseling techniques that allow students who have experienced past trauma to be able to face their feelings and challenges in healthy ways.



Ceramics

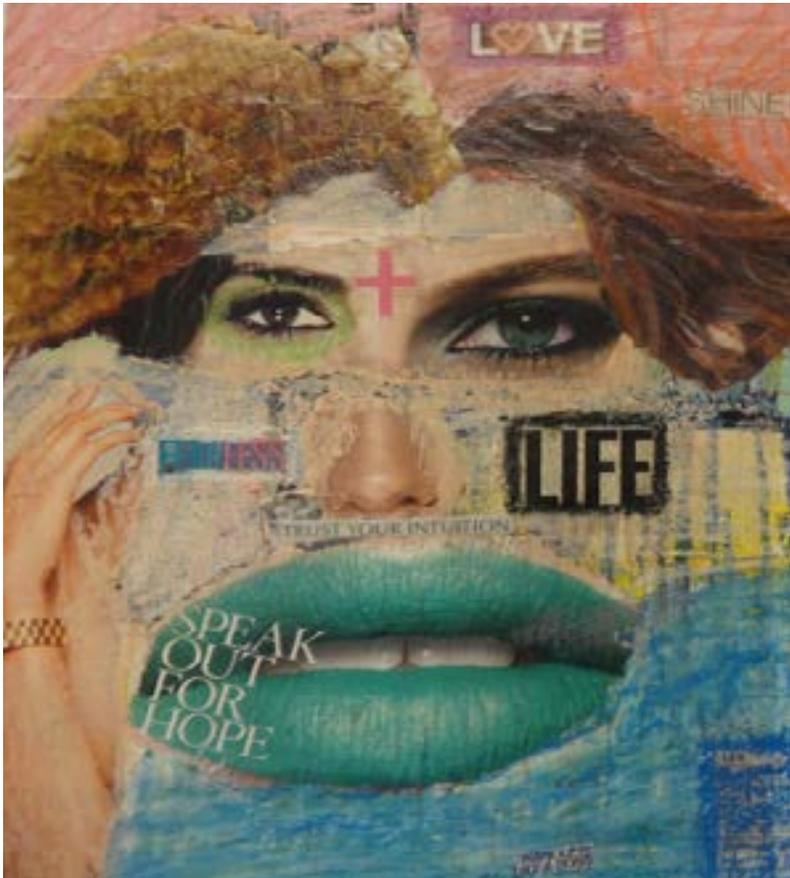
The ceramic projects are created in two 8-week sessions. These classes focus on hand-building and using the clay wheel to create vessels and reliquaries. Along with each ceramic exercise, counseling is provided to aid the students in identifying character defects, learning to let go of resentments, and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



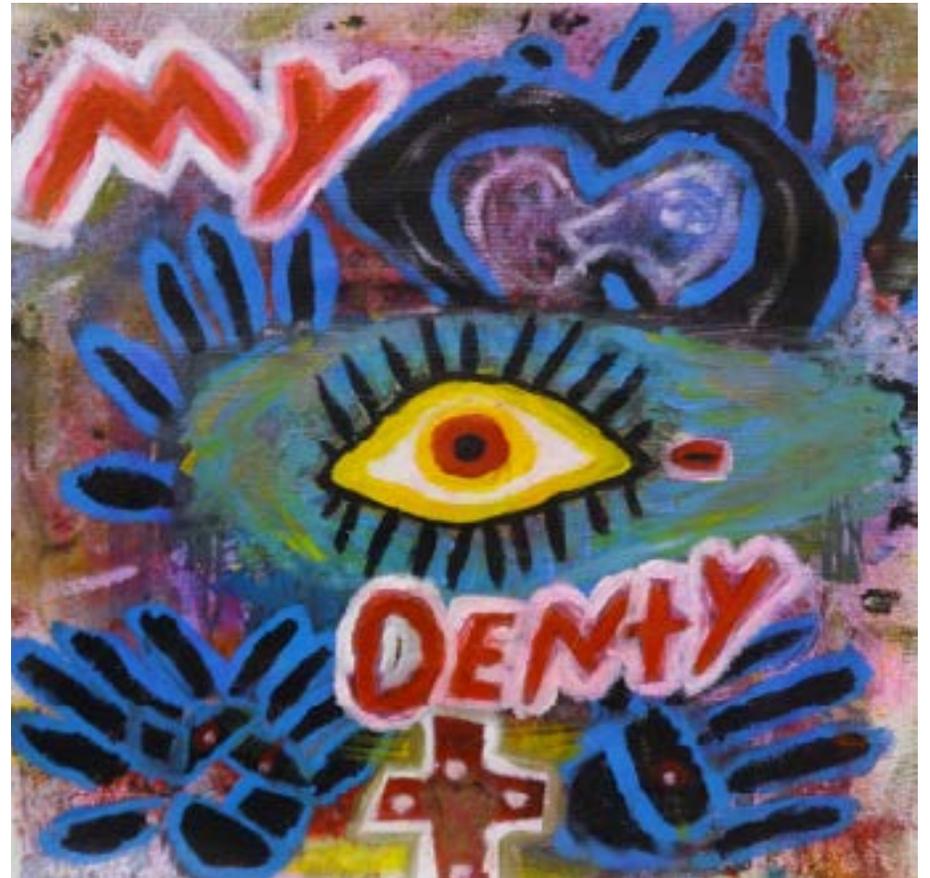
2 Dimensional Work (Collage & Mixed Media)

2D exercises are provided over the course of several weeks. These projects focus on learning mixed media, abstract painting, and creating assemblages. Along with each exercise, students learn the meaning of love, self-acceptance, forgiveness, and rebuilding their lives.

Collage



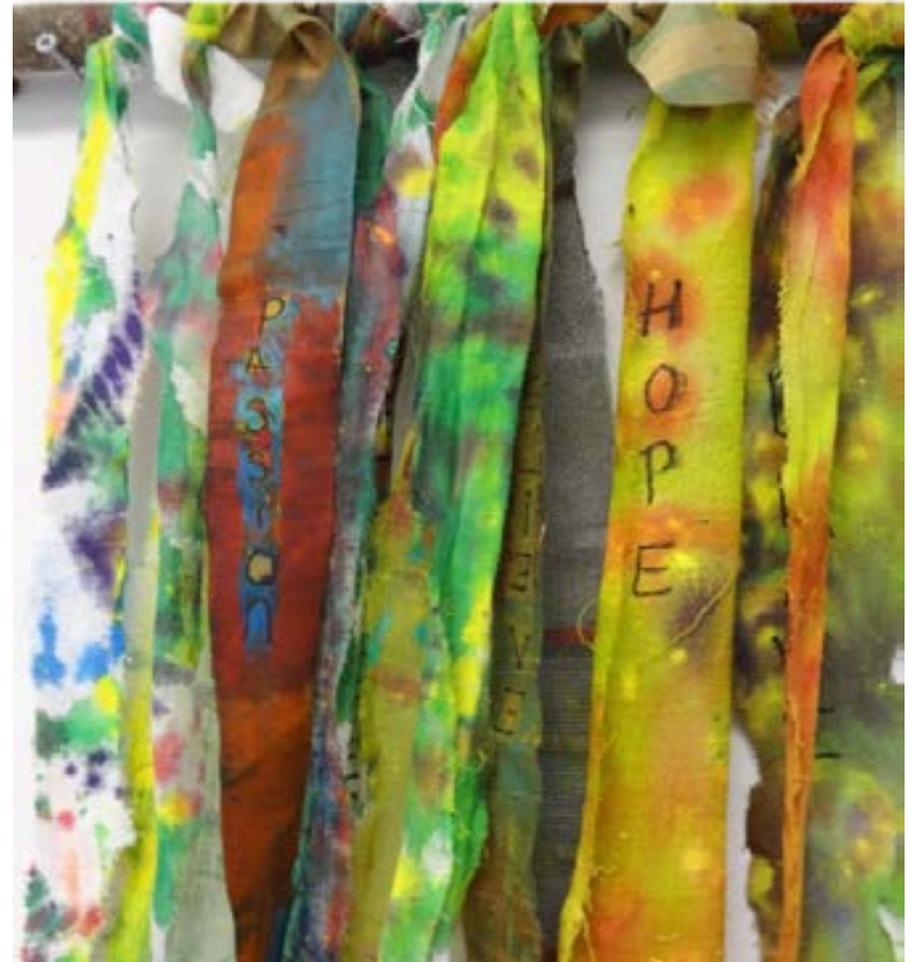
Painting



Mixed Media



Mixed Media



Jewelry Making

Bracelets are created with leather cord and hand-fused glass beads, which are made in class.

Each student selects and writes a quote of encouragement to go with the bracelets they

create. The bracelets are then sent out to teens in similar programs across the state and

the nation to let them know they are not alone.



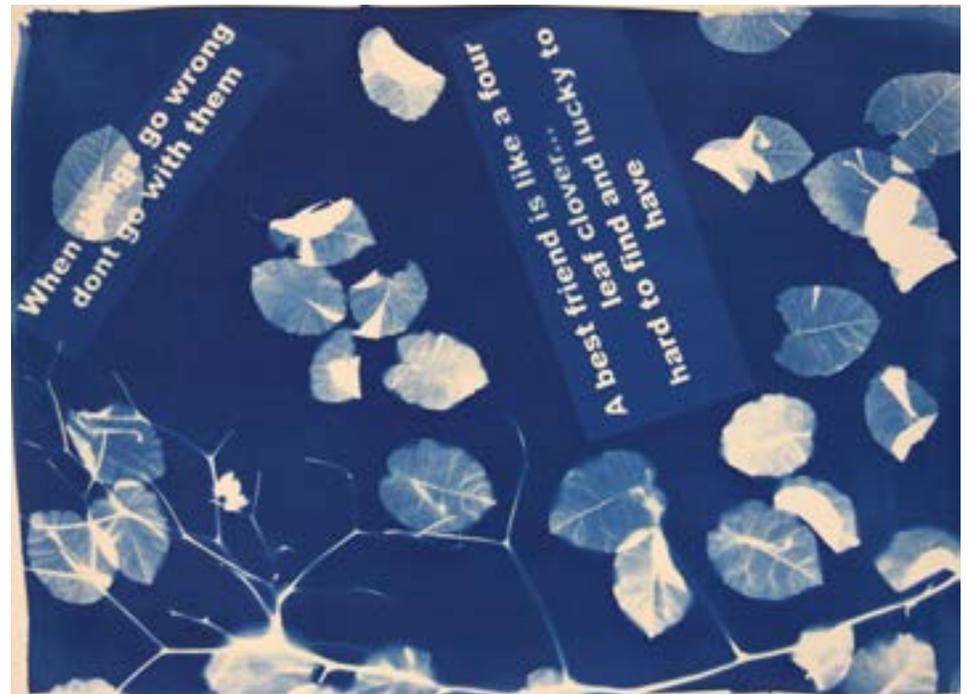
Journals

Journals are made with marbled, painted paper that each student creates to serve as the journal cover. Students learn to bind their own books. Counseling during this exercise encourages students to use a journal to record the days' events, to see progress that has been made, and to learn from past mistakes.



Cyanotypes

Students from two different organizations work together to create photographic prints on posters to be installed in both buildings. Through working as a team, the students learn cooperation, empathy, and listening skills. The posters provide hope to new survivors coming into the program common areas of the each of the organizations.



Glass Dristi Tile

Small glass tiles are designed with bright colors and images chosen by each student as symbols of hope and peace. These tiles are created to promote students' ability to manage anxiety and impulsivity, and to restore calm feelings.



Screen Printing

Screen printing exercises focus on the techniques to design good screen prints.

Lesson plans include how to be more transparent and being open to taking suggestions.

A flag is made as a collective project from fabric where every student creates an image that represents freedom and sharing their story with other survivors.



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.



Upcycle Fashion

Fashion exercises teach students how to create and design clothes and jewelry from materials of plastic, fabric, and cardboard. The counseling lesson plan focuses on themes of stitching the broken pieces of our lives together, and steps towards transformation.



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.

