

"We stayed on top of the house for two days after the flood.

The water got very high and I thought we would die...

I lost my bear – he is in the picture.

This made me very upset."

– Sapna, Seven



Beyond Trauma

Art Therapy for Post-Disaster Recovery



Krishna Chaitanya
Louis Go

Kieran Denton
Antoni Harbuz

Nofri Rahmadika
Shawn Moodie



Disasters cause
Trauma.

The effects are
greater felt by
society's
vulnerable.



The Basic Idea

- We will attempt to heal trauma through community-driven art therapy programmes
- A Pilot, “Test Case”, project will be initiated to test the model’s viability
- The pilot project is aimed at Primary School children from a small Christchurch Area
 - e.g. Aranui and New Brighton



What We Propose

We plan to initiate a pilot programme in Christchurch Primary Schools to:

- Test the effectiveness of an Art Therapy Disaster Relief Model
- Create a transferrable model worldwide
- The emphasis is on expressing images that come from inside the person



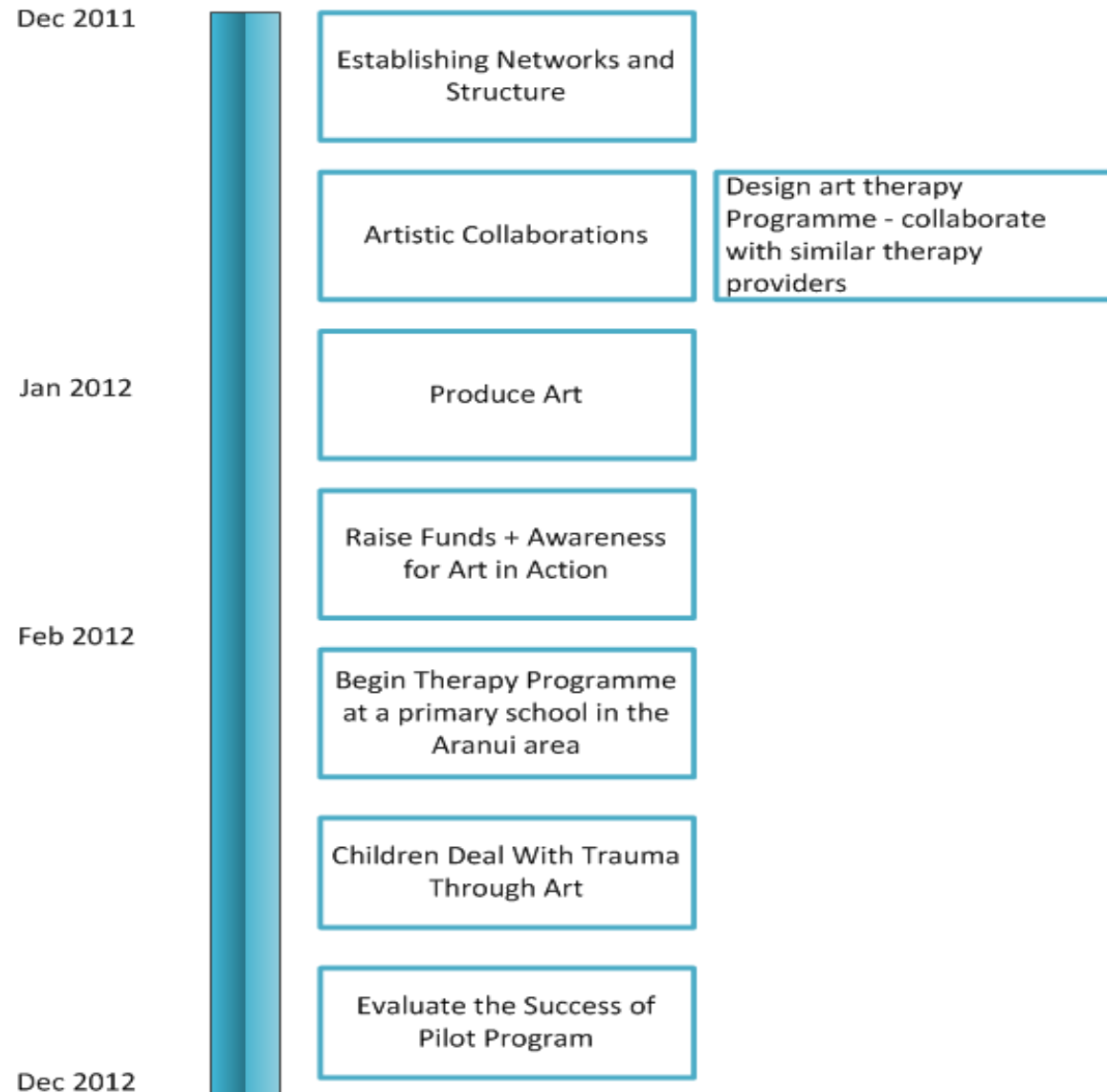
Why Art Therapy?

The purpose of art therapy is essentially one of healing:

- Art transcends barriers
- Art is expressed with a variety of mediums
- The benefits of Art Therapy are proven
- Art builds social capital



Pilot Programme Breakdown



Raising the Organisational Profile:

Engaging with the Arts

- Engage prominent artists - music, visual performance
- They will work with local artists and the affected community to create collaborative art
- Production, sale and dissemination of this work will generate revenue and interest



Secondary Partnerships for Success

- UNESCO
- JCI New Zealand
- P3 Foundation
- South Brighton Primary School
- The Porcelain Institute
- A Teaspoon of Light

- Children's Commission
- Ministry of Youth Development
- Ministry of Health
- Nga Hoa E Wha Marae
- Starship Hospital



Measuring Success

Project success is to be measured by:

- The funds and profiled raised by the project
- Personal evaluation forms by treated children, their families and teachers
- Increase in social capital
- External evaluations of healing outputs by psychiatric researchers at NZ Universities
- The Porcelain Institute to provide an analysis of therapy methods



Beyond the Pilot:

Global Applications

- Context-specific programmes
- Targeted and holistic community involvement
- Self-driven community programmes to reduce aid dependency
- Creating skill development and employment opportunities



Beyond the Pilot:

Beyond Disaster

Applications beyond natural disasters:

- Victims of
 - Abuse
 - Violent Crimes
 - Conflict
 - Broken homes
 - Post traumatic stress disorder (PTSD)
- Relaxation skills workshops
- Integrating the disabled into communities
- establishing and maintaining social support networks
- increasing a sense of security and stability



"Art transcends all human boundaries.

It is a gift of almost inexplicable, magical energy.

When our hearts, through our senses, are touched by art,

our lives are enhanced."

– Richard MacDonald, Artist



Contact

Nofri rahmadika

Email :rahmadika.nofri@gmail.com

