

Thank you for joining us today!

Please Note: All attendees are muted for the presentation portion of today's session.

Today's presentation will be recorded.



Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

April 15, 2024

Creativity 1



Disclaimer and Funding Statement

This presentation was prepared for the Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the Mountain Plains MHTTC. For more information on obtaining copies of this presentation please email gberry@wiche.edu.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Christina Ruggiero, CCP, RP, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Stay Connected

Sign-up for our listserv and follow us on your favorite social media platform!



SCAN ME



(formerly Twitter)



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

April 15, 2024

Creativity 1





Mindful Monday

Create 1

Christina Ruggiero
Masters Counselling Psychology
Registered Psychotherapist

3 month agenda

REST

~~March 11, 25~~

CREATE

April 15, 22

(SELF) CARE

May 6, 20



Mindful Warm-up

Breathing colors

How is Creativity Mindful?

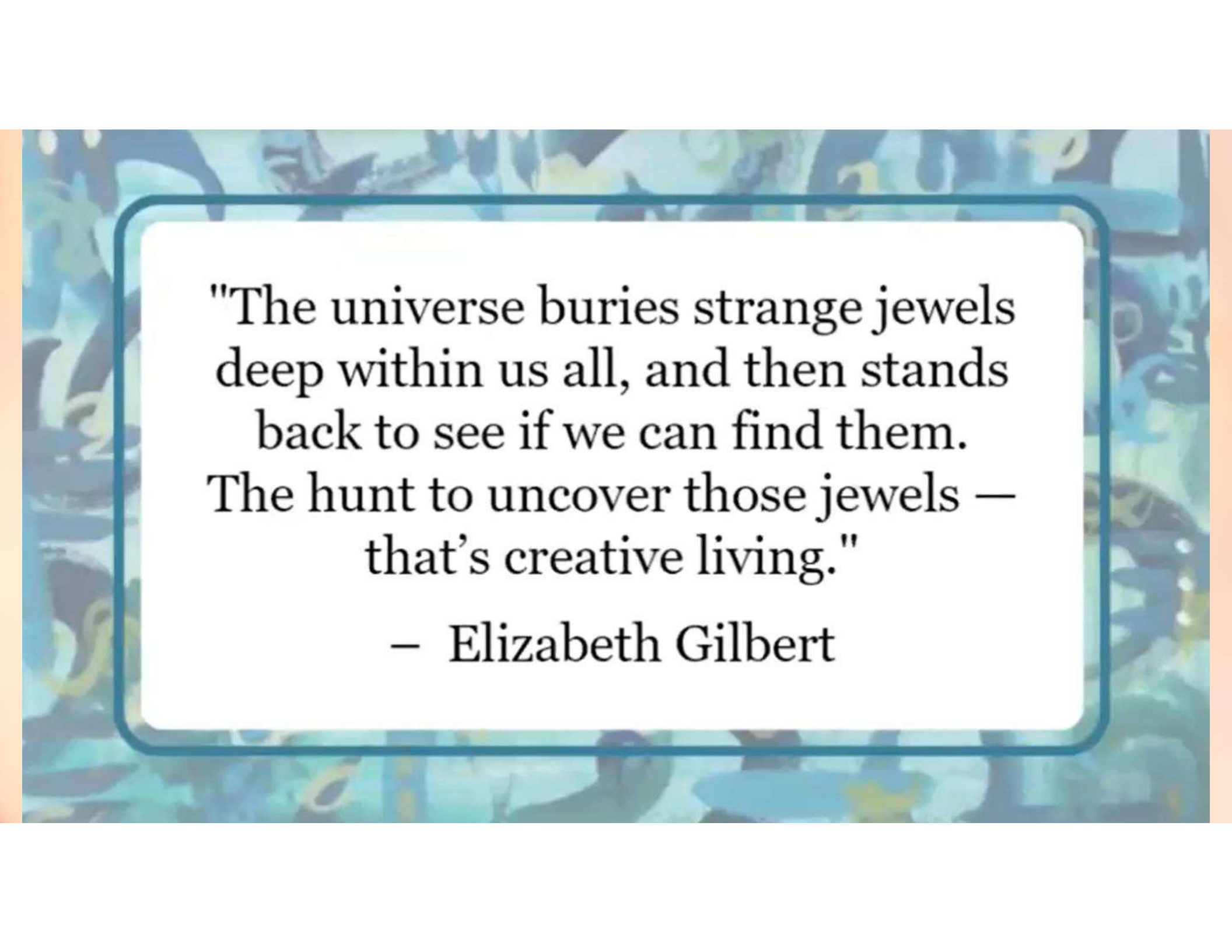
- Focus on the process of creating rather than the final outcome. Keeps us in the present moment.
- Taken from childlike wonder and play to enhance right brain activation.
- Allow us to build trust in ourselves by trying out whatever comes to mind in the present moment, no consequences, no judgement.

CREATE 1 Activity

- Things that will happen...
 - Mind wandering! This is normal! When you notice, try redirecting back to your breath and the questions, creative activity. We are building on the skill of redirection.
- Things that might happen...
 - You find the journaling or imagery activity difficult.
 - Journaling – Try not to think before you write, just write, let the pen do the work, don't think about it too hard, write whatever comes to mind and let it flow.
 - Imagery and drawing – No pressure! Draw whatever comes to mind!
 - My voice is a guide, but not something you have to follow, if you want to spend the activity time just creating your own thing, or at any point want to just free create, go for it!

Accessing our internal gifts activity

Using journal question and imagery – 20 mins



"The universe buries strange jewels deep within us all, and then stands back to see if we can find them. The hunt to uncover those jewels — that's creative living."

— Elizabeth Gilbert

Resources

Artist Elizabeth Foley (creative practice)

<https://radiantearthstudios.com>

What to know about creative therapy

<https://www.medicalnewstoday.com/articles/creative-therapy#types>

Thank You for Joining Us!

Mindful Monday

Experiential Mental Health Practice

Christina Ruggiero, RP

April 22, 2024

Creativity 2



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration