

# 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 22, 2024

Creativity 2



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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

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Mountain Plains (HHS Region 8)

**MHTTC**

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

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Creativity 2





# Mindful Monday

## Create 2

**Christina Ruggiero**  
Masters Counselling Psychology  
Registered Psychotherapist

## 3 month agenda

REST

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~~March 11, 25~~

CREATE

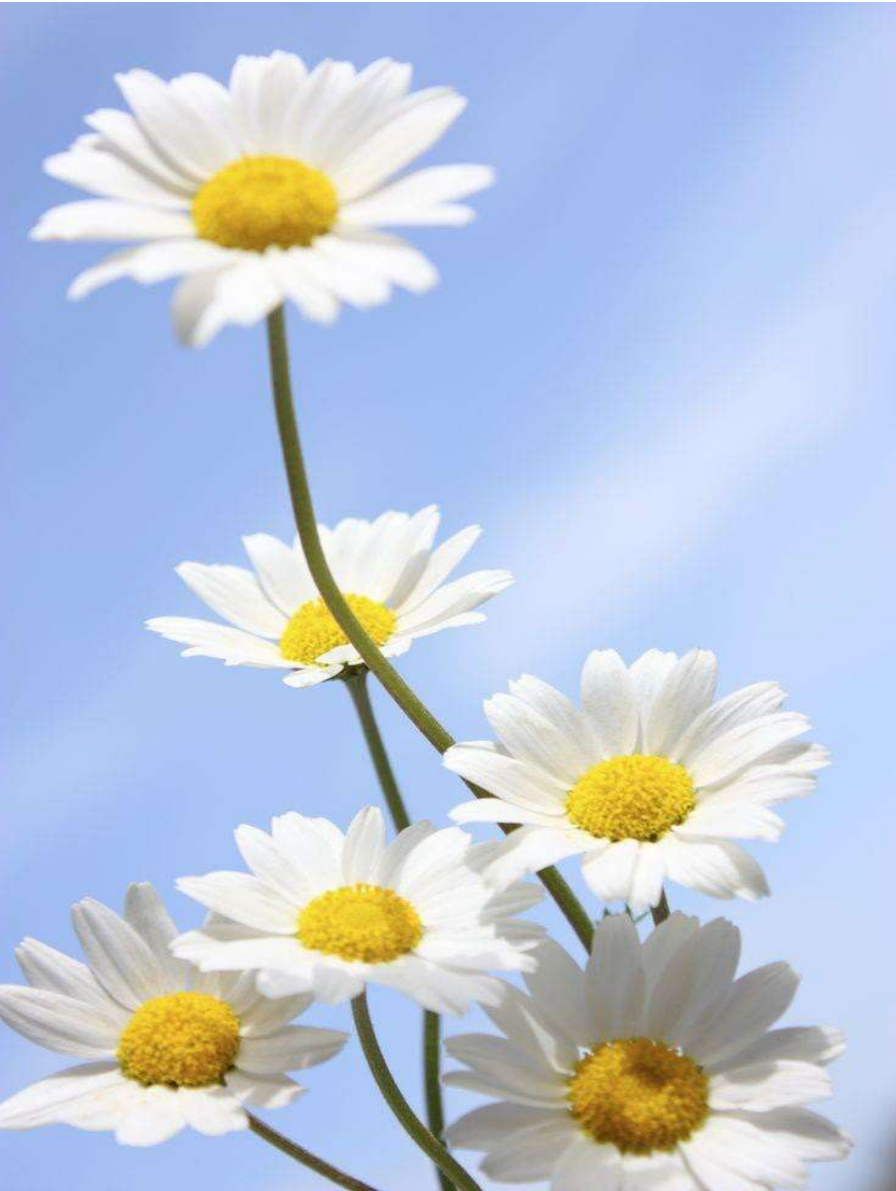
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~~April 15, 22~~

(SELF) CARE

May 6, 20





# Mindful Warm-up

Imperfect Daisies

# Creativity and perfectionism

- Perfectionism stops us in our tracks, it is calculated, planned out, and aims for a certain outcome.
- Redirecting focus on the process of creating (feelings, intuition), rather than the outcome releases some of this perfectionism.
  - We are practicing making in the moment decisions with little to no risk.
  - Allow us to sit with discomfort of in the moment choice vs. planning, (basing off of past and future information).
- Fosters imagination, play, creativity, curiosity.

## CREATE 2 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 may get caught up in the final product, what will it look like? And you might direct your pen to make the picture “look better”.
  - Your need to “control” the outcome
    - Try to bring yourself back to the moment, this exercise is about the process in the moment, not the final result, try to take the pressure off for it to look a certain way and just go with it! There are no consequences.

# Boxed Artists

15 mins



## DISCUSSION

Questions?  
What did you notice?

# Resources

Woman Unleashed Retreat (Jan 2024)

<https://womanunleashed.com/>

What to know about creative therapy

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

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May 6, 2024

Self-Care 1

