



Complements Integrative Medicine Quarterly News



ART for Healing

Greetings!

You often hear people say that the appreciation of art is very subjective. What one person thoroughly enjoys gives another person the willies! In this issue of *Complements* be prepared to learn a different way in which to look at and experience art and the creative process. Diana Boehnert, our Artist-in-Residence shares her experiences in using expressive art with patients. Diana is also pleased to announce the opening of the Patient Art Gallery in the Hospital's Dialysis Unit. We've included some pictures from the Grand Opening on May 17th.

Also in this issue, Karen Miller, a local doll maker and artist in her own right, shares her experiences using creativity to express feelings of love that help in the healing process. Learn how creativity can help you reach someone special in your life in a unique and powerful way.

I hope this issue will give you a whole new perspective on art and its role in the healing process. Enjoy and have a great summer!

Kelly

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Keeping Your Eye on Your heART

by Diana S.
Boehnert, BFA,
MFA



I walked into the room and introduced myself to the patient who was doing a round of her chemotherapy. I told her about the **ART for Healing Program**, which utilizes Expressive Art as a healing modality, and is a part Hartford Hospital's Integrative Medicine Department. I explained the benefits of making art — how we use the imagination and creativity as a process of expression, not as a product called "art" to be hung on the wall. I asked her if she would be interested in doing a session with me. She said a brisk "not really" and explained that she was almost through with her session and didn't have enough time. Sensing that she was a bit agitated and impatient to be through with her chemo, I didn't press it any further. I did ask her if she

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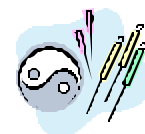
Upcoming Issues

Tai Chi and Yoga

Pet Therapy

Acupuncture & Acupressure—September 2005

- In the September issue of *Complements* we will feature the history and philosophy of Acupuncture and Acupressure.
- Learn how this ancient medicine serves as a useful adjuvant therapy for numerous medical complaints.
- Facial rejuvenation with Acupuncture will also be highlighted.



had time to 'breathe' and offered to teach her a little relaxation technique she could do at home to help reduce stress. She agreed to this more non-threatening exercise, so I proceeded to teach her a deep breathing technique that helps to reduce blood pressure and slow down the heart rate.

As I saw her shoulders drop and her body language start to sink into a relaxed state, I decided to continue with a short visualization to bring her to a deeper state of relaxation and closer to what might be in her heart. When she opened her eyes at the end I was ready with my paper and crayons. I asked her how that felt hoping she might change her mind about having a session. She said she felt relaxed and a little calmer. I asked her if any shapes or colors came to mind.

She said "Yes, but it was a black blob."

I suggested she show me the shape and color on a piece of paper. She picked up a black crayon and started to scribble a black, heavy, non-descript shape on the paper. I asked her about the shape.

She said, "I don't like it. It's dark. It's ugly. I don't like it there!"

"What could you do to the shape to change it?" I asked.

She said, "I could make it lighter", and she picked a white crayon to lighten it.

"How does that feel?" I asked.

"Better", she said, "but I still don't like it. It's still there."

"Well, what could you do to it now?" I asked.

"I'd like to cut it out."

So I handed her a pair of scissors and she proceeded to cut it out.

"What would you like to do now?"

"I want to glue it down, cover it up."



I gave her a clean piece of paper and a glue stick and she applied glue to the paper and took the unwanted blob of messy black, gray, white and put it face down on the paper. "Oh, look! You've turned it over!!" flew out of my mouth. As both our eyes met - astonished - we immediately understood the metaphor and meaning of the *action* and the *phrase*.



By turning *it* over, rather than covering *it* up, she had opened the door to releasing the emotion tied to her disease and relinquished control to something greater than herself. A measure of acceptance had moved into the place of resentment in her heart.

Little was said after that as her chemo session was over and the nurse had entered the room to tend to the final details. I thanked her for working with me and I wished her the best outcomes with her treatments.

ART for Healing—continued

I never saw this woman again, but I will never forget the sense of awe in the power of the process that took place in a matter of minutes. I had nothing but a few words of guidance to contribute. It was the process of accessing an inner source of strength and courage, completely in the hands of this woman and her own “Creative Spirit” that initiated what I hoped would be a journey of self-discovery that could change her perspective on her disease and her life.

Non-threatening, hm-m-m! It is amazing to think that there are so many individuals who place creativity, and in particular “art” in the category of the impossible. When we are children creating for the joy of it, without judgment and without preconceived notions of meaning and circumstance, we truly express the autonomous nature of our heart. Ideally, that would be a place from which all our thoughts, feelings, and actions would be generated. Why do we leave that part of ourselves behind in childhood? Why do we turn away (as this woman almost did) from the opportunity to explore something about ourselves? Think of the possibilities if we could say YES to experiences that come along. There is value in these experiences. To shut ourselves off from even one might deny us the opportunity to learn, grow and gain perspective on the greater whole of our lives.

I find that working with adults to tap into their creative selves is a great challenge. Not a challenge in the sense of abilities, but a challenge in the way we let all the mess of the our world experiences get in the way of touching “home plate”. Our judgments of ourselves and others, our expectations, wants and needs color our perspective and distract us from keeping our eye on the heart of the matter—reaching “home”. The benefits of having an ART for Healing program includes allowing me, and our Program’s Patient Creativity Coaches, to have the opportunity to help patients find their course towards home. If we can do that, then we have started them on the path towards healing and finding that “heART is where their home is”.

Diana Boehnert is Hartford Hospital’s Artist-in Residence and coordinator of the Art for Healing Program.

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Ruthie’s Hearts

I am a big turquoise heart with hot pink and purple in it
I have bled into a smaller heart of blue and hot pink
I am a small heart of hot pink and orchid
I am a larger heart of blue and turquoise and hot pink
I am a background of hot pink rear the big turquoise heart
I am a background of turquoise above the small pink heart
I am lavender to the side of the small pink heart
I am a fuchsia to the side of the blue turquoise heart
with hot pink in the center

I represent peace, cooling and refreshment

I am like a cool bubbling brook running over rocks



Healing Isn't Only for the Patient—Dolls and Healing by Karen Miller

- ★ After learning that a friend who lives several states away was diagnosed with breast cancer, Pam felt helpless and worried.
- ★ Robin had an unsettling miscommunication with her sister, and felt terrible about the silence between them.
- ★ When Cindy found out that her lifelong best friend had cancer, she did not know what to say to her, or how to talk about her illness, so she distanced herself.
- ★ A group of women watched helplessly as a dear friend suffered through depression after enduring many losses in her life.
- ★ Tina was heartsick when she discovered her artist friend had developed MS



When something as “big” as cancer invades the life of a loved one, or when we find ourselves separated from people we love for any reason, the patient isn't alone in needing healing. Suddenly the world has shifted, often in unfamiliar ways. Everyone who loves the person who is hurting can be thrown off balance. What should we do? Go for a visit? Take dinner? Send flowers? Make phone calls? Stay away?



It is common in our culture to turn to problem-solving when confronting another's pain, but this approach can lead to unsatisfactory and uninspired solutions. “Figuring things out” doesn't always work very well when facing something outside of our usual experience. However, if we can tap into creativity and intuition, amazing answers can appear to deep and searching questions.

Many people fear that they are not creative, and that “art” is a gift reserved for a select few. But what if creativity is natural to every one, and that it shows up fairly easily when we have a strong desire to reach out to someone. What if a person's feelings give birth to creative skills? We are never more inspired to make something

happen than when someone we love is hurting. The truth is that everyone can tap into a deep well of creativity and inspiration, and that is something that Pam, Robin, Cindy, Tina and many others have discovered through the experience of dollmaking.

In each case, the woman either made a doll herself, or inspired the making of a doll. The dollmaking materials came together to express the essential beauty of the person to receive the doll, and grew out of loving feelings and intentions. The dollmaking process began with focus on the beautiful qualities and happy memories and intimate connections with each person, then led to meditative reflection on these marvelous attributes, followed by the doll emerging almost magically. Each doll found unique expression, and came into being as a reflection of someone's glorious spirit.

The dollmaking isn't about curing illness or lifting depression. It is about connecting loved ones in a way that illustrates how 1 + 1 can be immensely more than 2. First the friend finds her loving feelings, then expresses them creatively, then presents the expression to the other and touches something deep and eternal there.

Dolls and Healing—continued

The person who receives the doll suddenly knows how much she is loved in a way that a greeting card or plant or phone call can't quite convey. She is deeply moved, the giver feels tremendous for being able to express her feelings so eloquently, and for a moment something healing happens. Healing isn't just for the patient. The friend has found a way to transform her sense of helplessness and compassion into something meaningful and profound.

★ Pam brought a circle of friends together to inspire a healing doll for their friend across the country. Love poured out of them and into the doll through the dollmaker. The friend with breast cancer was overwhelmed and amazed – she had no idea how much she was loved and how deeply she had impacted so many people.

★ Robin made a doll for her sister and when she presented it, they cried and hugged, and realized how their love for each other transcended any disappointment.

★ With great courage, Cindy brought her handmade doll to the friend with breast cancer and they held each other and talked about their fears and overcame the great distance that had hurt them more than any illness.

★ The large circle of women who wanted to help their heartsick friend had a special doll created to represent their love and appreciation, and expressed their love in pages and pages of words to her. One month later, the dear friend died unexpectedly, and her friends felt grateful that they had been able to express their love for her before she died.



★ Tina made a doll for her friend with MS and went to all their mutual friends to have each person write a special message in a little book. The friend was overwhelmed and felt special and loved.

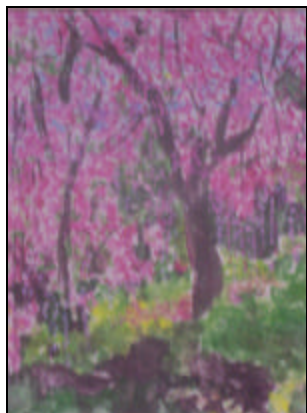
Is there someone in your life with a physical ailment? Emotional trauma? Spiritual crisis? It is possible to create a very special expression of your love in the form of a doll. Your feelings can inspire your internal artist. Write about your love for the person, pick up some bits and pieces of ribbon and bark and whatnot, pull it together playfully and watch as the doll comes to life.

The love is what heals. The doll simply expresses the love in a unique and powerful way.

Karen Miller combined a lifelong love of spiritual exploration with the art of dollmaking to create Original Presents, LLC, a business enterprise that celebrates the beautiful spirit originally present in each of us. Learn more about dollmaking and healing at www.originalpresents.us, or call 860.659.8900.

Stories of My Father

by Jewelanne (Julianne)



Light hair, tall and slim
A blue-eyed twin

Couldn't tell one from the
other

Who was my uncle, who
was my father

Love looking at those
family pictures

Seeing the old-fashioned ways
Handsome man, handsome family
Posed and happy in the good old days

Boyhood earnings went to his family
Never a dime to his name
Never a nickel for a deposit
But dancing was his claim to fame

Rode his bike everywhere
To the river, fishing and the packy
Loved playing tricks to make people laugh
Even though some of the jokes were tacky

Over the river and through the woods
Hunting for that perfect Christmas tree
Digging the dandelions, tastes so good
Oil, vinegar, bit of sugar – Oh so sweet!

Family gathering around the radio
To hear stories like 'The Shadow Knows'
'Inner Sanctum' scaring the most
Made us sisters snuggle up real close

Sunday walks to Grandma's house
Telling us to pick up our feet
We'd reach down and pick them up
Tripping and walking, all giggly

Still on his bike at eighty-five
He'd sneak into the orchards and hide
Picking fallen apples from some of the trees
Bringing them to my kids as little treats

Not very affectionate, but kind and tenderhearted
He tended to us like flowers in his garden
He'd occasionally cry – not an ordinary thing
But I remember most – that he was caring!

Upcoming Educational Events—Lunch and Learn Series Summer, 2005

**Thursday, 6/16, HH-ERC,
Room 218, 12—1 pm**

**Energy Medicine with Alice
Moore, RN, Reiki Master**

- Better understand the body's energy system and how it affects our degree of health or illness as well as how touch therapy can reduce stress and pain, enhance the healing process and improve one's sense of well-being. Come to this introductory talk on Reiki, a Japanese hands-on relaxation technique that can be used for self-care.

**Thursday, 7/14, HH-ERC,
Room 218, 12—1 pm**

**Understanding Aromatherapy and
How It Can Be Used in a Clinical
Setting with Donna Denert, RN,
Certified Clinical Aromatherapist**

- Learn about the clinical application of essential oils and aromatherapy. Donna will present information on the many benefits of specific oils, how aromatherapy is applied and the safety of the oils. At the end of the program, we will draw a person's name to receive a book on aromatherapy.

**Thursday, 8/18, HH-ERC,
Room 218, 12—1pm**

**Yin Yang and Beyond with Laura
Mignosa from the Connecticut
Institute for Herbal Studies**

-This lecture will introduce you to terms in Chinese Medicine often spoken and rarely understood. We will touch on many women's issues including Western diagnosis of PMS, Menstrual Irregularities and Menopausal Disharmonies. Learn how this 5000 year old tradition of wellness utilized foods and teas to maintain health.

**For a listing of all our programs and how to register go to:
www.harthosp.org/IntMed Click on "Classes and Special Events"**

Grand Opening Reception for Patient Art Gallery

The Hartford Hospital Dialysis Unit (Jefferson Building, 8th floor) is the location of a newly installed permanent gallery of art created



by patients through Integrative Medicine's ART for Healing Program. The gallery, funded by Hartford Hospital through the Art Committee, has over 30 pieces on exhibit and is a culmination of the work patients have created over the past three years. The recent expansion of the program to include art therapy interns, has allowed more patients to participate in the creative process, and encouraged them to

exhibit their work. Friends and families, as well as staff and administration, attended the reception, held on May 17th, to honor the creative efforts of the patients. Some of the pieces were part of a legacy left by patients for their families, who also attended the reception as a tribute to the memory of their loved ones.



This innovative program has not only offered patients a diversion from the long hours and repeated treatments of Dialysis, but has also



assisted them in learning new skills. By discovering their hidden talents and personal style, the ART for Healing sessions give them an opportunity for personal growth while reducing the stress and anxiety of this chronic condition. The gallery acts as a reminder of their status as creative individuals and an inspiration for other patients faced with the same challenges.

The gallery is open during Dialysis Unit hours of operation – Monday through Saturday. Visit us and be inspired!

Integrative Medicine Services

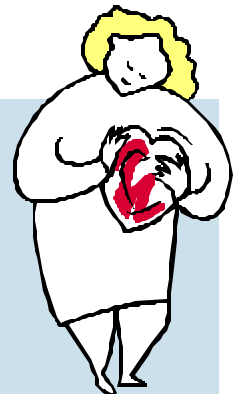


The Betar Chair is now available! This chair helps with stress reduction by using the medium of music vibration both at a conscious and subconscious level. Call 545-4444 to learn more.

Gift Certificates are available for a variety of complementary therapies offered by the Integrative Medicine Department.

Certificates can be purchased for hospitalized patients, as well as by hospital employees and by the general public. Instead of flowers, consider a gift certificate for a relaxing and stress reducing

massage or other available therapy. See the chart below for gift certificate availability. Call 860-545-4444 for more information.



GIFT CERTIFICATES ARE AVAILABLE FOR:

	<u>Inpatients</u>	<u>General Public</u>	<u>Employees</u>
Acupuncture	----	\$70/session	Ask about our employee discounts!
Massage	\$35/session	\$60/session	
Energy Medicine (Reiki, Touch Therapy, Reflexology)	----	\$60/session	

Complements

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Comments, questions
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Staff Profile - Diana Boehnert



Coordinator of Integrative Medicine's ART for Healing Program, Diana has taught at Southern Connecticut State University and facilitated art experiences for the past 30 years. Curator of numerous exhibits, Diana has also had her own work shown regionally and nationally and her pieces are in both public and private collections.

On a personal note, Diana is energized by and frequently surrounds herself with the color red, with a special affinity for red shoes and a short crop of red hair (red-head to toe, so to speak). Much of Diana's creative output also

employs the use of red, such as the heart series she is currently working to complete. The Mandala, the Chakras and journaling are also other areas of interest that dominate her artwork. Diana's grandkids and garden are the pride and joy of her life and she continues to cultivate both. She resides with her husband Ron and Diamond, (baby girl) a loveable smoky gray cat that teaches her to slow down and take a breather once in a while. She also loves movies, jazz and classical music, jewelry that sparkles, the fall season, surprises, meeting new people and going new places.

Diana has been an advocate/activist most of her life – working to support artists, educators and now, individuals facing illness. Inspired by the courage and fortitude of others, her mission is to create an environment for patients that allows them to connect with their feelings, process their experiences and express their untapped potential. Her most recent accomplishment was the opening of the Patient Art Gallery in the Dialysis Unit. Plans to expand the ART for Healing Program include the training of volunteers and art therapy students. This will allow more patients to experience the power of art to heal the spirit while their body is on the mend. She invites anyone who may be interested in joining her on this journey to contact her at 545-4310.

What's Cooking? All Natural Recipes



Honey-Mustard Chicken Salad

4 oz. cooked white meat chicken
1/4 tsp. grated fresh lemon peel
2 Tbsp. fat-free honey-mustard
salad dressing
1/2 cup chopped water chestnuts
1 cup sliced, seedless red grapes
1 cup fresh spinach, washed, dried,
and stems removed
1 tsp. pine nuts
Fresh ground pepper to taste

Directions

1. Toss the chicken, lemon peel, salad dressing, water chestnuts, and grapes together in a small bowl until all ingredients are lightly coated.

2. Let the salad stand for 5 minutes to absorb the dressing. Meanwhile, toast the pine nuts for 2 minutes in a nonstick skillet over medium heat, shaking the pan constantly.

3. Arrange the spinach on a plate. Place the salad on top of the spinach. Sprinkle the pine nuts on top, add pepper to taste, and serve.

Nutrition Facts: Servings 1
Preparation Time 10 minutes
Carbohydrate Exchanges 2, Very
Lean Meat Exchanges 4, Fat
Exchanges 0.5, Calories 274, Calories
From Fat 47, Total Fat 5 g,
Saturated Fat 1 g, Cholesterol 60
mg, Sodium 359 mg,
Carbohydrate 32 g, Dietary Fiber 3
g, Sugars 23 g, Protein 29 g

Overheard !

Every child is
an artist.
The problem
is how to
remain an
artist once
we grow up.

~Pablo
Picasso

