



Edge Hill
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Research Centre for
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University of
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Lessons from the Arts for the Blues training

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What we did



- Opened invitation to both artists and therapists
- Two-day training, two in-person and two online
- Topics:
 - Arts for the Blues: theoretical framing and key ingredients
 - Arts for the Blues: group facilitation
- Reflective practice
- Supervision for organisations adopting it

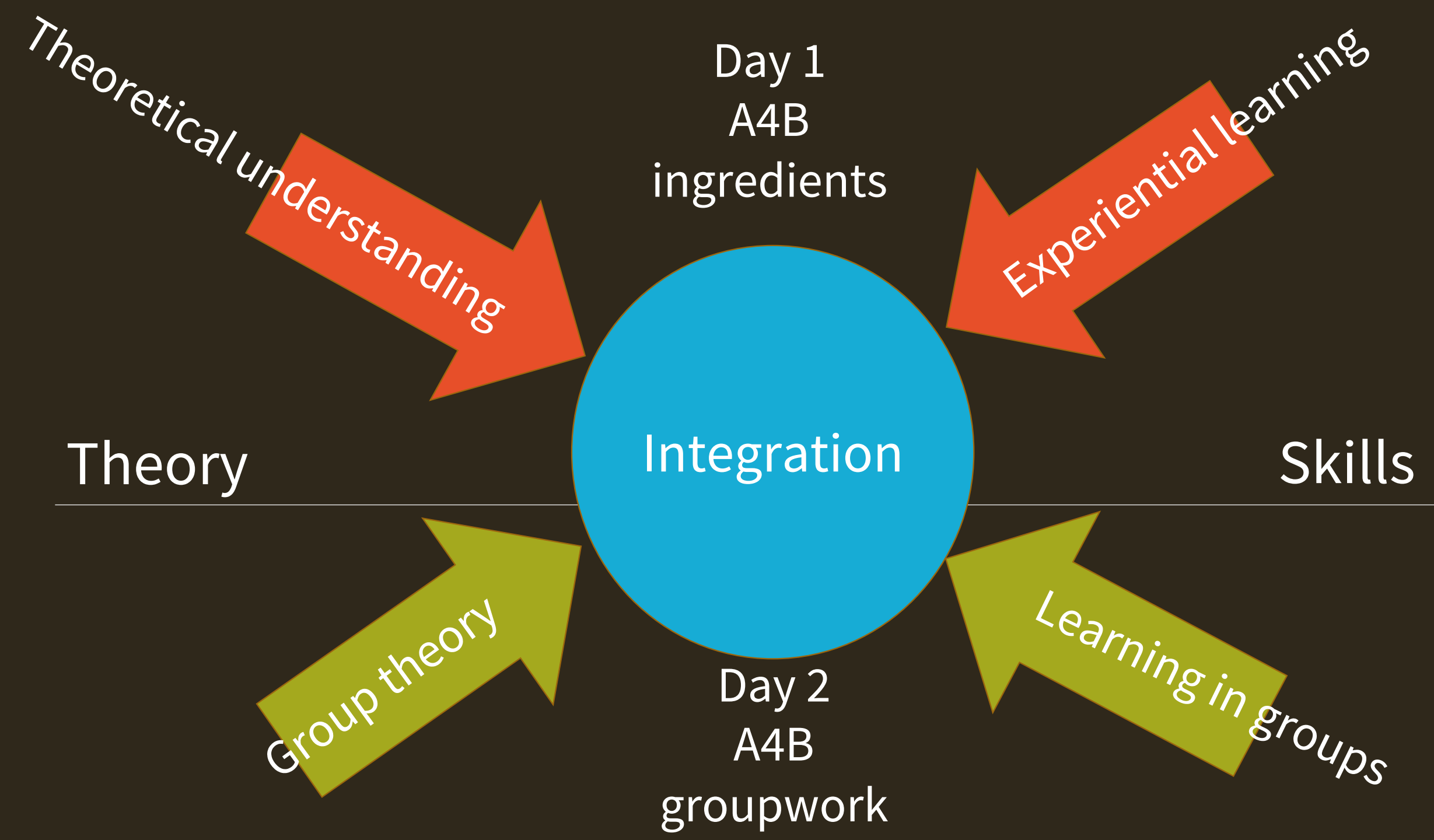
Participants

Type of profession	Managers	Researchers	Practitioners		Total
			qualified	students	
Therapists	3	4	50	14	71
Artists	6	1	30	6	43
Arts therapists	0	0	56	3	59
Other professions	2	0	7	0	9
Total	11	5	143	23	182



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Developing understanding



Day 1
A4B
ingredients

Experiential learning

Integration

Theory

Skills

Group theory

Day 2
A4B
groupwork

Learning in groups

Theoretical understanding



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Capacity building

Developing understanding



Building confidence



Applications in own work and organisation

Capacity building





*Collaboration
across
disciplines*

Experience from training

- "It was very interesting and useful. I have spread my professional experience." (Trainee, day 2, online)
- "Really inspiring and expanding; gives confidence in what you have to give and how to share and develop in other directions." (Trainee, day 2, in-person)

Plans for future work

- "Arts practitioners and therapists complement each other's practices – support each other." (Trainee, day 2, in-person)
- "We can partner with the cultural /arts sector to improve patient experience." (Trainee, day 2, in-person)



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"Left hungry for more!
Great experience!"

(Trainee, day 2, in-person)

