

Creative Pathway Webinar Series

We're advancing arts integration in healthcare and settlement.

Georgia Fullerton – Creative Care video Section 1.3

"It's part of my creative pathway how I got involved in the expressive arts, having been a survivor of intimate partner abuse, which is probably the most prevalent form of gender-based violence. I think it was because of my existing connection with the arts, originally as an artist, that helped save me in this situation. And what ended up happening was really. Starting to change how I looked at art making, and really tried to change my relationship with art making, and realized that it was helping to heal me.

And so I questioned, how can this continue to heal me and heal others?

It so happened that I attended a workshop for women artists who were wanting to ditch their nine-to-five and move into art making full-time. It really sparked my interest, and it turned out to be a very organic, multimodal workshop where we had spoken word artists, comedians, jewelry makers, singers, and one of the individuals had studied the three-year program at the Create Institute, and I got curious about it. I then went into that

And long story short, the outcome that took place after studying expressive arts therapy. And and being involved in that turned out to be a history-making art exhibition for myself and the work that I was doing. Yeah, while I was in isolation, sort of healing from my experience.

So, I look at some of the ways that indicators show up or did show up in my instance. And isolation may not sound like an indicator towards healing, but it actually did work out that way for me. Being surrounded by paints, canvases, brushes, and painting my way back into a new way of looking at my life and the art making.

But as far as therapeutic and and even psychological indicators, there was a lot of self regulation that I learned on my own, but in connecting with the community who's involved in the expressive arts, that helped with everything else like the emotional processing that I, that I experienced. And even behaviorally, I was able to engage with others, who, so of course...

Other indicators are developmental, and one of the main things that happened for me was seeking therapeutic help and always being a lifelong learner and looking to education as a way to help my situation and elevate me. I was determined not to hide away for too long.

And in that regard, I ended up studying at the Create Institute, and my artwork changed. So, as a practicing visual art artist, I typically would paint portraiture or figurative work, and understanding what happens in the in-between stage and the trusting the process stage of expressive arts.

My style changed to abstract expressionist. And so that allowed me to explore all kinds of materials and just the way in which I communicated with myself and others. And of course the outcome is multifaceted because not only was I working in community and primarily working with Black mothers, some who had experienced GBV and some who were just residents of Canada and were going through their own journey. And, and it allowed me to be a lot more thoughtful around how I introduce the arts with others.

