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COLOUR THERAPY TECHNIQUES AND APPLICATIONS FOR ADULTS

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**TREAT POST-TRAUMATIC
DISORDER THROUGH ART**

**103_ THERAPIST MANUAL FOR PTSD GROUP TREATMENT
SESSIONS**

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Introduction on the project Treat post-traumatic disorder through art- Online Colour Therapy

Online Colour Therapy project involved at least 360 persons:

160 Health support staff and health VET trainers in the online Training courses, Virtual Reality scenarios, Psychotherapy working groups on how to treat post-traumatic disorder through colour therapy, and in C1& C2 trainings (40 persons-ES, 40-RO, 40-TR, 40-CY)

200 (at least) Decision makers, health experts, specialists, professionals- as results of the dissemination activities (50 persons-ES, 50-RO, 50-TR, 50-CY)

Objectives:

Obj.1 design, test and publish an innovative training package for health VET trainers, which will be their tool to train health support staff to acquire sufficient knowledge and understanding about PTSD and develop the skills and competences necessary to recognise, interact, and treat appropriately individuals with PTSD

Obj.2 deliver training courses to directly train health support staff in a set of skills and, also, to deliver these courses to a target group of health VET trainers and health support staff, in order to amplify and perpetuate the ripple effect of those courses

Obj.3 help families/social group of individuals with PTSD connect with health support staff and develop mutual trust in coping with the process and emergency situations.

The project achieved as main tangible results:

- A curriculum box training in post-traumatic disorder through art therapy
- A specific art Psychotherapy working groups' methodology
- A Colour therapist manual for PTSD group treatment sessions.
- 2 LTTAs with participants/each partner country (C1- in ES, for health VET trainers, and C2- CY, for health support staff)
- A Virtual Reality environment, with scenarios for treating PTSD.
- National Camps (MEs), in each partner's country

Scope of the Manual

This therapist manual is designed to provide guidance and structure for conducting group treatment sessions focused on Post-Traumatic Stress Disorder (PTSD) using colour therapy techniques. Colour therapy, also known as chromotherapy, utilizes the healing properties of colours to promote emotional well-being and support individuals in their healing journey. This manual is intended for mental health professionals familiar with trauma-informed care and experienced in facilitating group therapy.

Session Structure

Session Introduction:

Begin each session by welcoming the group and establishing a safe and supportive environment.

Set the intention for the session and encourage participants to focus on their healing process.

Review the agenda for the session.

Psychoeducation on PTSD and colour therapy:

Educate group members about PTSD, its symptoms, and its impact on daily functioning.

Introduce the concept of colour therapy and its potential benefits in supporting emotional healing.

Explain how different colours are believed to have specific effects on emotions, mood, and energy.

Assessment and Goal setting

Conduct individual assessments to gather information about each participant's trauma history, symptom severity, and personal goals for therapy.

Collaboratively develop a shared understanding of each participant's unique experiences and treatment goals.

Discuss how colour therapy can be incorporated to support their healing process.

Colour Visualization and Meditation:

Guide participants in colour visualization exercises to help them connect with their emotions and promote relaxation.

Use guided imagery to encourage participants to imagine specific colours that represent healing, safety, and peace.

Facilitate colour-focused meditation sessions to enhance mindfulness and reduce anxiety.

Colour Exploration and Expression:

Provide a range of materials (e.g., art supplies, coloured fabrics) for participants to explore and experiment with different colours.

Encourage participants to express their emotions through colour by creating artwork, collages, or personal symbols that reflect their experiences.

Facilitate group discussions to explore the emotions and meanings associated with the chosen colours.

Colour and Sensory Regulation:

Teach participants techniques for using specific colours to regulate their emotions and manage distressing symptoms.

Introduce sensory-based activities involving colour, such as using coloured light therapy devices, colour-filtered glasses, or coloured aromatherapy.

Practice grounding exercises that incorporate colour, such as visualizing a calming colour and focusing on its qualities to promote stability.

Group Sharing and Support:

Create a safe and supportive space for participants to share their colour-related experiences, artwork, or insights.

Encourage active listening, empathy, and validation among group members.

Facilitate group discussions on the therapeutic value of colour and how it may have influenced participants' healing process.

Integration and Reflection:

Guide participants in reflecting on their experiences with colour therapy and its impact on their healing journey.

Help individuals integrate the insights gained through colour therapy into their daily lives and coping strategies.

Explore ways to incorporate colour therapy techniques into their self-care routines beyond the group sessions.

Termination and Closure:

Facilitate a gradual termination process, allowing participants to reflect on their progress and acknowledge their achievements.

Provide opportunities for participants to share their final thoughts, express gratitude, and say goodbye to the group.

Offer information on post-treatment resources and follow-up options, including ways they can continue incorporating colour therapy into their lives.

Note: This manual is a general outline and should be tailored to the specific needs of the group and individual participants. It is essential to stay updated with the latest research and adapt the treatment approach accordingly.

Scope of the Online Psychotherapy working groups on how to treat post-traumatic disorder through colour therapy

This project Output was targeting **at least 20 health staff/ country (VET learners) and VET Trainers**, and providing them online psychotherapy working sessions on how to treat post-traumatic disorder through art (**5 sessions of 2 hours each over 3 months**).

In the beginning they filled in a **self-assessment questionnaire** tool and then filled in **another one at the end of the working groups**. The working groups were moderated by a **certified psychotherapist, an art therapist or a psychologist**.

Group therapy is a form of psychotherapy that involves one or more therapists working with several people at the same time. It can be used as a stand-alone treatment for certain issues or problems.

For therapeutic work, group therapy is almost always needed and have as main advantages:

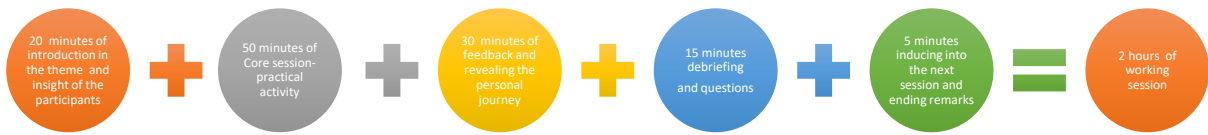
- It allows participants to receive support and encouragement from other members of the group, helping them to feel less alone or isolated.
- Provides an opportunity for group members to act as role models for other members, especially when the group is composed of participants at different stages of treatment. Even if all participants are at the same stage, some participants will naturally be more successful at managing certain types of problems than others, and group members can share their experiences and learn from each other.
- It is affordable, since the costs are covered by the project and moderator therapist's time is shared with other trainees
- Provides a safe environment for group members to practice new behaviours without fear of judgment.

Structure and number of the working sessions on how to treat post-traumatic disorder through colour therapy held within the project

Each working session was delivered as an online dynamic seminar (eg. Zoom, Google meets, Facebook classroom), where a professional (**certified psychotherapist, an art therapist or a psychologist**) was moderating the session.

There were **5 working sessions/country**.

Each working session was of about 2 hours. Inside this, time was divided in approximately the following structure:



Activity	Time	Materials, resources, tools
<p>Before the working session</p> <ul style="list-style-type: none"> - The moderator (certified psychotherapist, an art therapist or a psychologist) will select an art therapy exercise that will want to use, from the materials developed in the Colour Therapy VET trainer curriculum box (IO1) from the project Colour Therapy- Treat post-traumatic disorder through art, 2020-1-ES01-KA226-VET-094746 <p>Module 3_Colour therapy techniques and applications for adults</p> <p>or</p> <p>Module 4 _Working with children</p> <ul style="list-style-type: none"> - The moderator will inform the participants about the materials they need to have with them for the next working session. 	40 minutes	<p>https://colour-therapy.net/wp-content/uploads/2022/02/IO1_VET-trainer-curriculum-Modules-1_4.pdf</p>
<p>20 minutes of introduction in the theme and insight of the participants</p> <p>The moderator (certified psychotherapist, an art therapist or a psychologist) will introduce the theme selected and ask the participants to present themselves and say what are their goals for attending these sessions.</p> <p>(For the sessions number 2-5, the participants will be asked about their thoughts on the theme from the last session to the present moment, if they have thought about changing something on the exercise for tailoring it to their target group, if they have different feelings about a certain topic that arised as result of the previous session, what they hope to achive in this one, etc.)</p>	20 minutes	<p>Laptop/Tablet/Phone with internet connection and camera</p> <p>Acces to Zoom/Google meets/Facebook classroom</p> <p>Discussion tools as posters and images</p>

50 minutes of Core session- practical activity The moderator presents and implement the practical exercise selected previously from the the Colour Therapy VET trainer curriculum box	50 minutes	Materials mentioned in the table of the practical exercise selected (could be: Paper; Pencils / markers/ pens / crayons, etc.).
30 minutes of feedback and revealing the personal journey This is extra time where the participant can reveal their personal journey with the exercise in front of the rest of the group. Some participants will speak more, some less. The moderator will have to make sure everyone is involved and has the time to express him(her)self.	50 minutes	Laptop/Tablet/Phone with internet connection and camera Acces to Zoom/Google meets/Facebook classroom
15 minutes debriefing and questions	15 minutes	Prepared chart/ vizual summarization of key points from the session
5 minutes inducing into the next session and ending remarks	5 minutes	Just a few points about the next session, the materials needed and remind everybody the will receive all the information by email.

🕒 40 minutes preparing the session

🕒 2 hours – each working session

Profile and number of participants

In all the sessions participated at least **20 health support staff/ country (this includes therapists, psychologists, other health support staff, trainers in health, specialists in personal development, life coaches, etc.)**

Short self-assessment Questionnaires for the participants

✓ **At the beginning of the sessions:**

- Have you used colour therapy techniques in your work so far? (*Possible answers: Yes, No*)

If yes:

- What techniques have you used? (*Open question*)
- What was your target group/ Who were the beneficiaries? (*Open question*)
- **I authorize the taking and publication of images and videos taken in the scope of the project mentioned above and the legislation of Data Protection, within the project online working groups I participate to.**

These can be published on the project Facebook page (<https://www.facebook.com/ColourTherapyProject/>) in the appropriate section, and also published in the main social channels of the project partners for promotional purposes.

Other personal data such as email address, telephone number, email, name, ID card, etc. can be used only for reporting to the National Agency purposes. *(Only persons that selected Yes will be part of the working groups)*

✓ **At the end of the 5 sessions:**

- How comfortable are you in using colour therapy techniques in your work now? *(Possible answers: Very comfortable, Not quite comfortable- I need more exercises, I will not use the techniques)*
- How probable is for you to use the techniques learned in Colour Therapy in your work in the next year to help treating post-traumatic disorder? *(Possible answers: Very likely, Average probability- I am not sure, Low probability)*

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