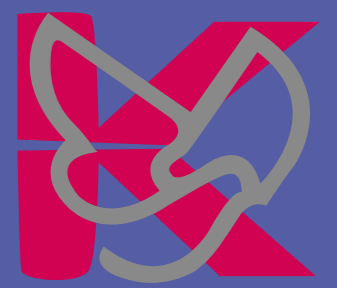


Creative Spiritual Reminiscence Program in meaning making approach for investigating spirituality of Chinese Older Adults with Mild Cognitive Impairment

Venus YW HO¹ and Joshua KM NAN, PhD²

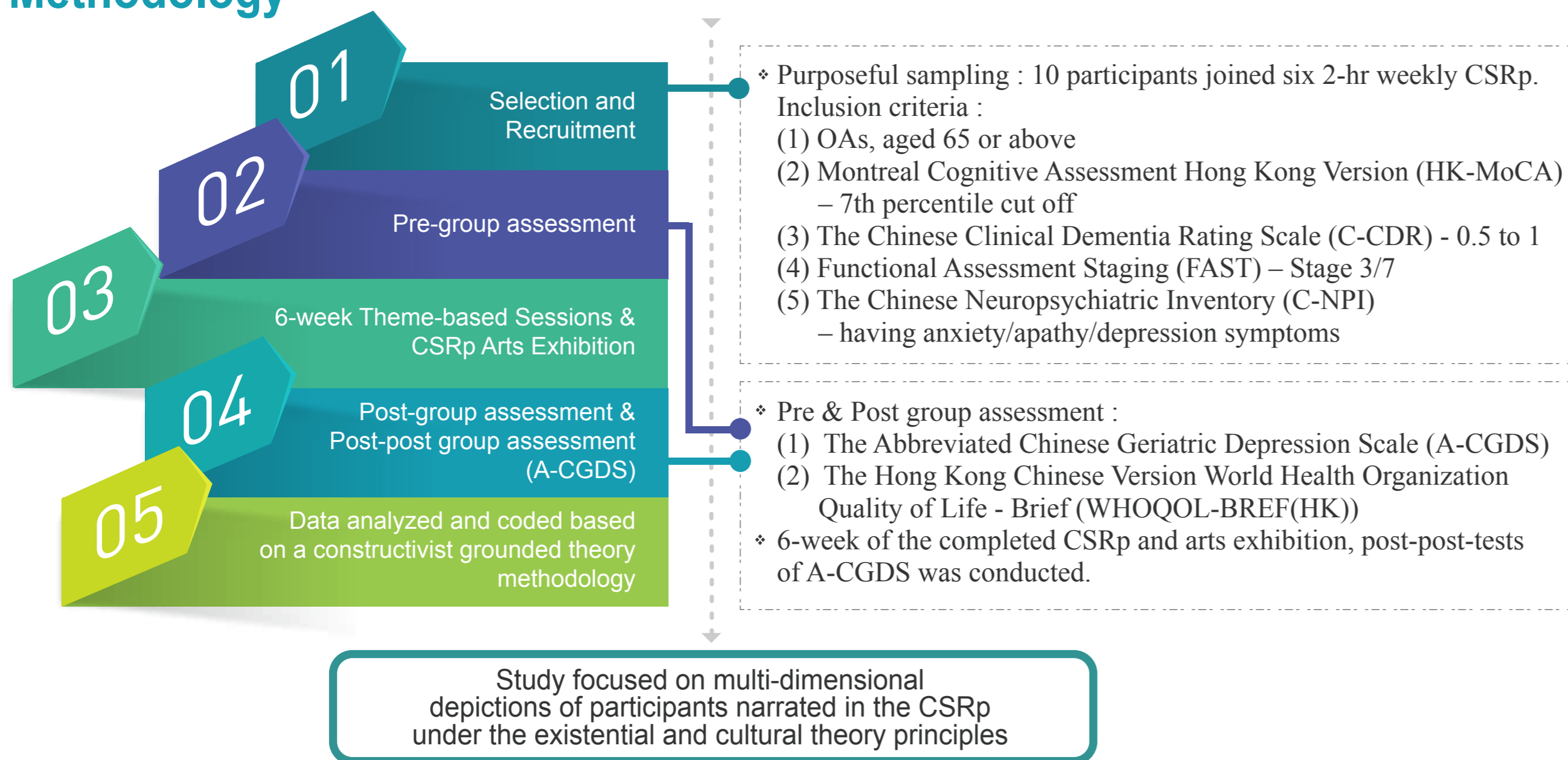
The Hong Kong Chinese Christian Churches Union Kwong Yum Care Home¹
Hong Kong Baptist University²



Introduction

- Spirituality and current clinical practice in dementia care capture the global concern. Some studies suggest that engaging Older Adults (OAs) with dementia in creative arts process is in a way of enhancing their spiritual well-being and quality of life. However, it remains unexplored for the Chinese OAs with Mild Cognitive Impairment (MCI) who experience immense psychosocial and spiritual distress.
- Therefore, our pilot creative care intervention based on expressive arts therapy (EXA), namely Creative Spiritual Reminiscence Program (CSRp), was implemented for 10 OAs with MCI living in a nursing home of Hong Kong.
- This pilot study adopted mixed qualitative-quantitative research methods aimed to explore their spiritual phenomena in life meaning exploration process and investigate the effectiveness of CSRp in enhancing their quality of life.

Methodology



Creative Spiritual Reminiscence Program

- CSRp is grounded in spiritual reminiscence and Expressive Therapies Continuum (ETC) which comprises seven components of Cognitive / Symbolic, Perceptual / Affective, Kinesthetic / Sensory and Creative level of information.
- ETC is used to assess participants preferred and blocked levels of information process and to prescribe desired therapeutic experience (Hinz, 2009). Therefore, CSRp guides participants to effectively use any component in the creative experience to enhance holistic well-being.
- CSRp creates a platform for participants to increase the engagement of meaning-making for the present and future life by stimulating the personal memories and honouring the life struggles in the ageing process.
- CSRp adopts multi-modalities of arts as a tool of inquiring about their lived experience, meaning of life, intrapersonal, interpersonal and transpersonal relationship, the perception of health and cognitive decline and how they respond to the present and future life.

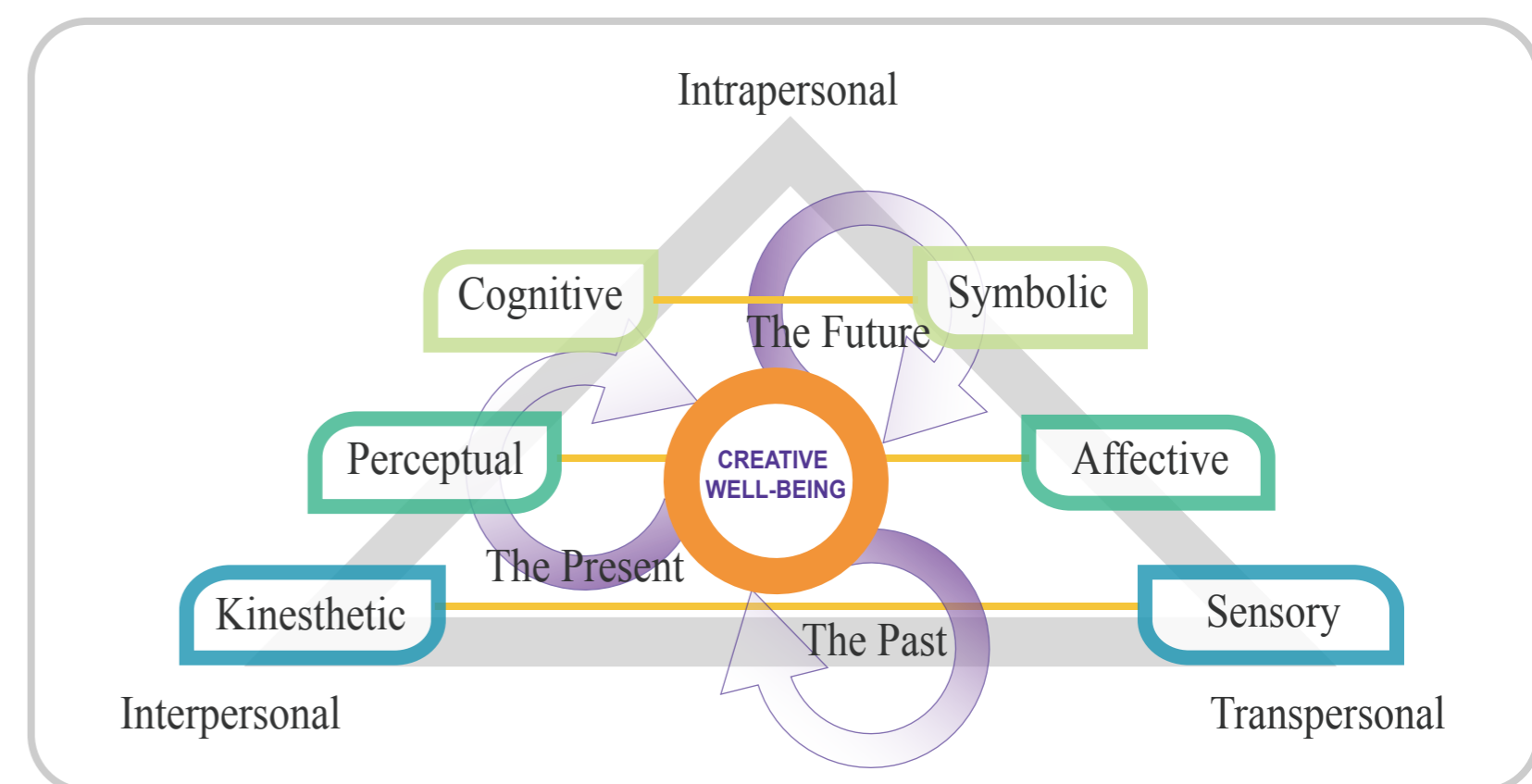


Figure 1. The conceptual framework of CSRp underpinned by ETC (Lusebrink, 2004/2010; Moon, 2009, Hinz, 2009).

Findings of Qualitative Analysis

Main themes of spiritual phenomena

Sub-themes of spiritual phenomena

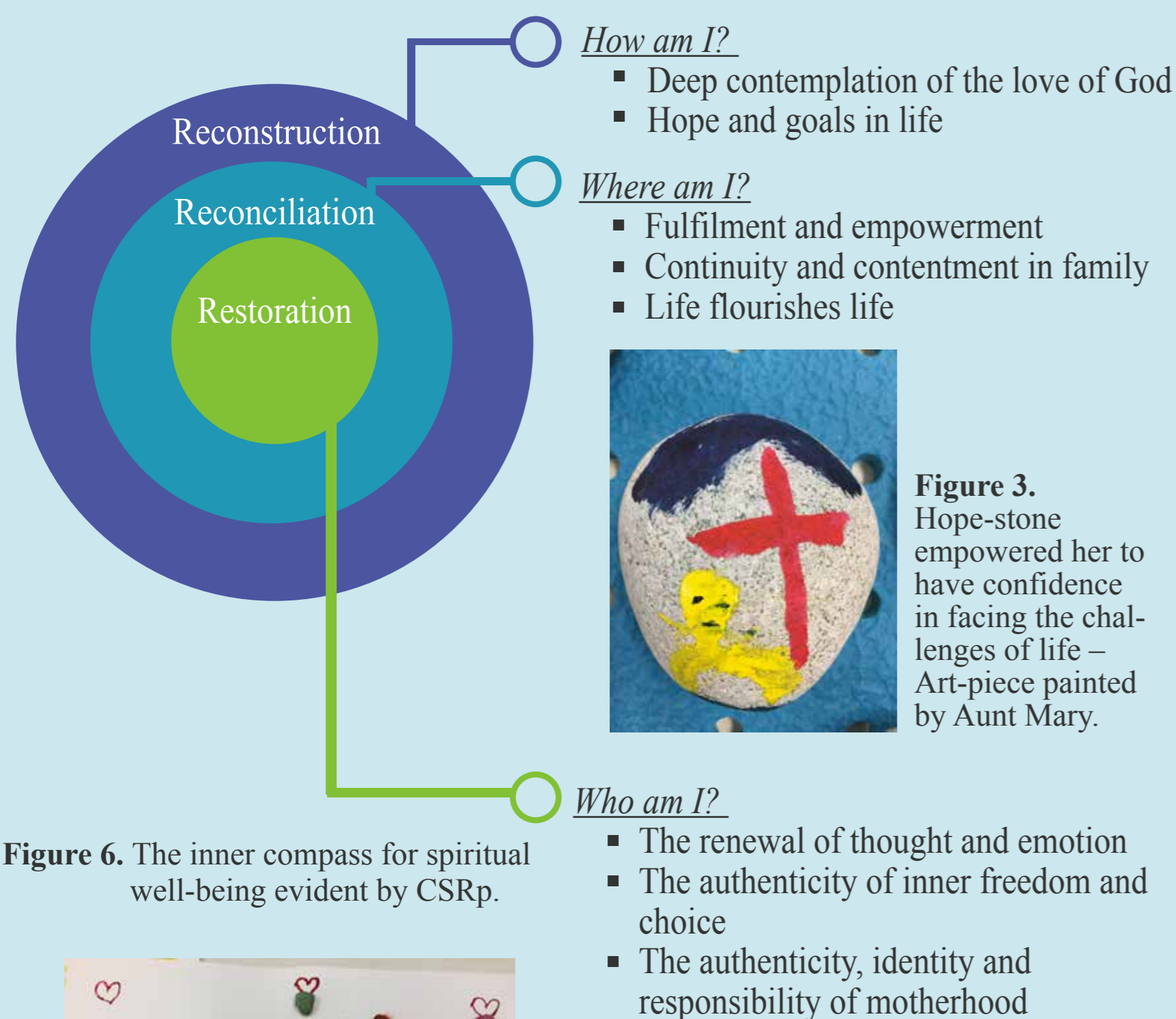


Figure 6. The inner compass for spiritual well-being evident by CSRp.



Figure 2. Healing garden joint-hands painting represented their interpersonal and transpersonal relationship, hopes and goals in life.



Figure 3. Hope-stone empowered her to have confidence in facing the challenges of life – Art-piece painted by Aunt Mary.



Figure 4. Aunt Kate's clay-art, namely "Heaven & earth", shared her pathway to the empowered life with friends and family.



Figure 7. In Chinese culture, palm imprint lines on hands marked the path of distinctiveness, uniqueness and individualism of one's life. The challenges in life showed the identity and love of motherhood – Art-piece made by Aunt Mildred.



Figure 8. Clay-stone-thumb painting shared her renewed heart and mind – Art-piece created by Aunt Holly.



Figure 9. The mixed collage and painting on canvas represented her authenticity of inner freedom and choice – Art-piece made by Aunt Yan.

Findings of Quantitative Analysis

The dependent t-test comparing pre-tests and pro-tests of CSRp showed significantly higher scores on their visuospatial/executive ($p < 0.01$), attention function ($p < 0.05$), psychological well-being ($p < 0.01$) as well as QOL ($p = 0.000$), while it demonstrated to minimize the negative neuropsychiatric symptoms ($p = 0.000$).

Results

CSRp helps map out the direction of understanding spirituality as meaning-making in the creative process. And this study is trialled with promising results in a number of neurocognitive condition, psychological functioning and quality of life.



Figure 5. CSRp Arts Exhibition.

Conclusions

- CSRp serves as an inner compass for promoting spiritual well-being. It is a process of co-construction of positive sense of self in enhancing holistic well-being.
- Arts and spirituality are supplementary. It is a spiritual empowerment and creative practice to facilitate people to deal with grief and loss, physical deterioration and perceived negative sense of self.
- Arts endeavour brain and emotional health, and QOL. Early intervention for OAs with MCI is highly recommended.
- Family-based and staff creative care intervention promote positive culture of Personhood which cares for their souls and strengths are encouraged.
- More studies with larger sample size relating to EXA and spirituality are suggested.

Acknowledgement

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Contact

Venus Yuen Wai Ho
The HKCCCU Kwong Yum Care Home

venusho@hkcccu.kych.org.hk

http://hkcccu.kych.org.hk

https://www.facebook.com/kwongyumcarehome

