



Head Injury
Rehabilitation
Ontario

Cocooning Time Capsule Project

REFLECTION – CREATION - TRANSFORMATION

Presented by: Beth Astles, CTRS

"Untitled"

- Howard Soar

INTRODUCTIONS



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Head Injury
Rehabilitation
Ontario

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CALL TO ACTION



During COVID-19, we were asked to isolate, which changed the way TR could be offered



Social Isolation led to many new concerns felt by our client population.



This project was created to assist and aid in the opportunity to reflect on feelings, thoughts and emotions.



Using art as a creative outlet helped to increase self-awareness and expression from individuals.

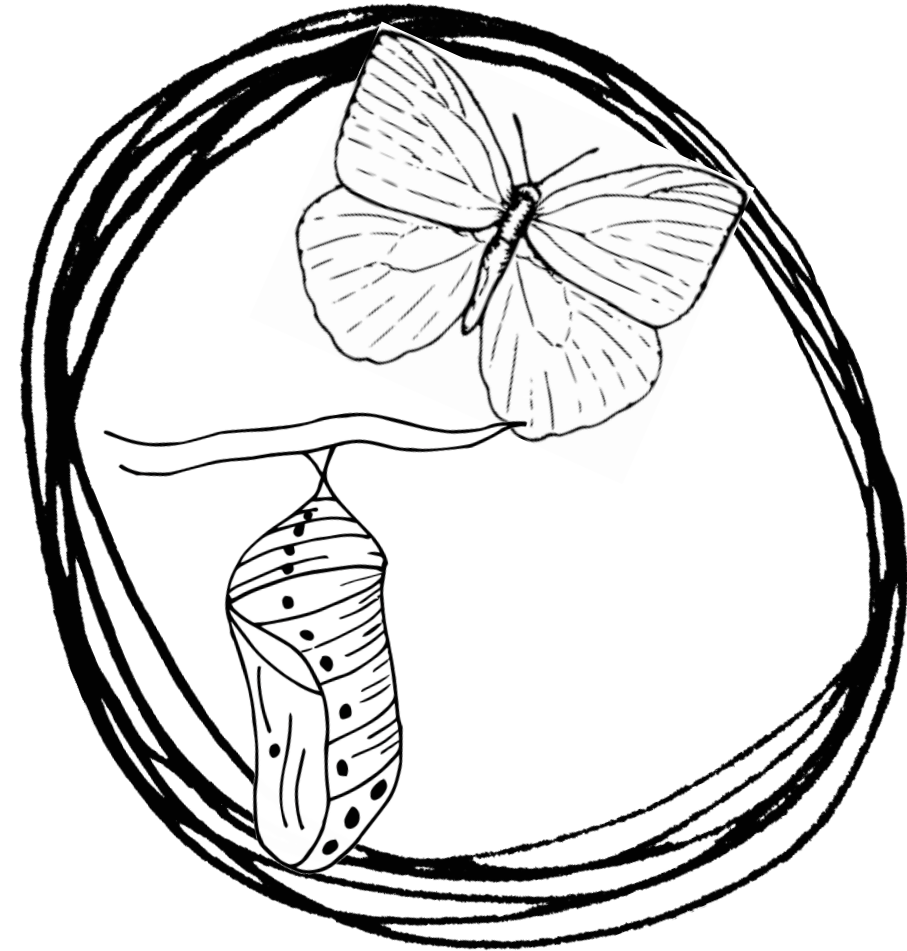


Ultimately the goal was to build resiliency and an opportunity to reflect and discuss during a time of change and unknown.



AGENDA

- Session Objectives
- Cocooning Defined – *Why Language Matters*
- Interdisciplinary Approach – *How everything connects*
- Program Benefits & Application
- Program Details – *What are we doing?*
- Practical Application – *Let's Try it*
- Group Sharing – *How to apply this to your population*
- Barriers & Limitations
- Wrap up and Questions

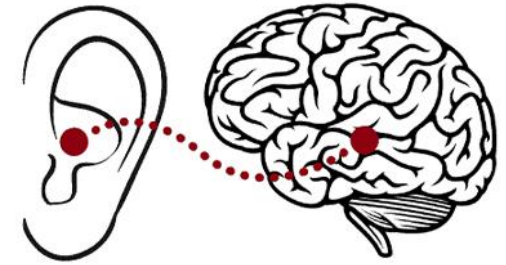


SESSION OBJECTIVES

1. For all participants to understand and articulate 3-5 benefits of a transformative program for their individual populations, by the end of the session.
2. For each participant to create a Cocoon Example based on their own personal transformation journey working during COVID-19.
3. For all those attending the session to be able to identify 2-3 techniques or processes that could be applied to their own service using the reflect – create and transform approach.

THE POWER OF LANGUAGE

Psychology and other fields of knowledge have suggested that the power of language goes beyond emotions and can impact how people perceive the world. In certain cases, changing just one word can even affect whether people favour one decision or another.



Cocooning involves staying at home and reducing face-to-face interaction with other people and is an important part of the response to the COVID-19 pandemic, with an overall aim to prevent transmission to vulnerable older people

<https://www.icaa.cc/industrynews/2021-02/The-stark-health-and-well-being-impacts-of-cocooning-on-older-people.htm>

<https://www.bonn-institute.org/en/news/psychology-injournalism2#:~:text=Psychology%20and%20other%20fields%20of,favour%20one%20decision%20or%20another.>

<https://www.irishtimes.com/news/ireland/irish-news/cocooning-dublin-residents-celebrate-independence-on-fourth-of-july-1.4296587>

TERMINOLOGY DEFINED

Definition of *cocooning*

: the practice of spending leisure time at home in preference to going out

Definition of *cocoon*

2a: something suggesting a cocoon especially in providing protection or in producing isolation

Definition of *isolate*

:an individual, population, strain or culture obtained by or resulting from selection or separation; an individual socially withdrawn or removed from society



As Defined in the Websters Dictionary: <https://www.merriam-webster.com/dictionary/cocooning>



"Bumble bee"
- Gary Lee

INTERDISCIPLINARY APPROACH

INTERDISCIPLINARY APPROACH

“Research has shown that engagement in functional programming can decrease challenging or interfering behaviours.”

HIRO, Behaviour Therapist

BENEFITS FROM A BEHAVIOUR THERAPIST APPROACH:

- opportunity for staff to provide clients with positive attention (and 1:1 with social distancing)
- opportunity to access sensory needs through the art project.
- errorless teaching method used to support this project encourages task participation
- opportunity to provide increased positive social praise for desired behaviours of socialization

AN INTERDISCIPLINARY APPROACH

“Evidence based research has shown that every time a person tells their story and someone else who cares bears witness to it, our mental health improves.”

HIRO, Social Worker

BENEFITS FROM A SOCIAL WORKER APPROACH:

- “Cocooning” is self-nurturing, which may look different to each person and change frequently.
- Builds on the notion of resiliency and inner-strength
- Allows for self-learning to adjust to a new normal and reflect on what might bring meaning and gratefulness that can help us in turn practice self-care during the process of this project.

AN INTERDISCIPLINARY APPROACH

“While the arts offers a way to showcase creative talents of an individual, it can also be used as a therapeutic endeavour allowing for sharing, reflection and transformation.”

HIRO, Recreation Therapist

BENEFITS FROM A RECREATION THERAPIST APPROACH:

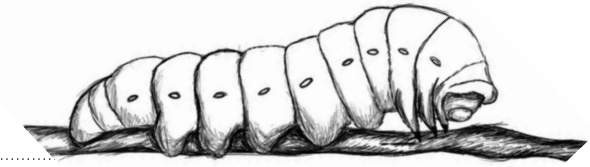
- Strength based programming offers more opportunity for sharing
- Offers a fun, creative outlet for reflection
- Safe Space to create and engage with peers



"Untitled"
- Corry Willekes

THE PROGRAM

GOALS OF THE PROJECT



1. To have each client create a cocoon time capsule to allow for expression during this historical time of COVID 19.
2. To have the agency come together for a shared project which will showcase the value of our client's voice during this experience.
3. To offer an opportunity for staff and clients to share their experiences with each other through artistic expression.
4. To utilize all disciplines to ensure a positive and beneficial experience which fosters a client centered care approach and interdisciplinary collaboration.

BENEFITS

SOCIAL

- Sharing experiences with staff and peers
- Being with peers for an art experience (while social distancing)

PHYSICAL

- Increase in fine motor skills

EMOTIONAL

- Expression of emotion, thoughts and experiences

COGNITIVE

- Learning about COVID 19
- Understand effects on community, self and others
- Learning and trying new art techniques

COMMUNITY ENGAGEMENT

- Awareness of ABI challenges and experiences
- Connecting to the community over historical events
- Making connects from home life to community

APPLICATION & CONNECTION TO HIRO



CHOICE



INDEPENDENCE



LEARNING



"Untitled"
- Judy

CLIENTS' PERSPECTIVE

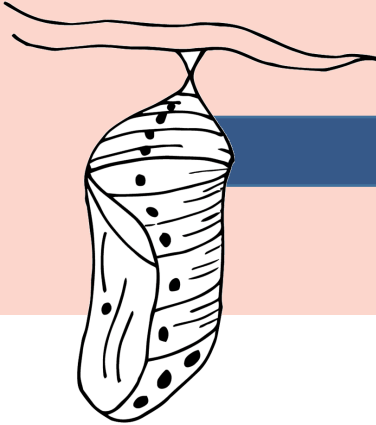


"Sail Away"
- Nicole Karschti

PROGRAM DELIVERY

PROGRAM DELIVERY

REFLECTION



CREATION

TRANSFORMATION



COCOONING PROJECT – PART 1

PRE-REFLECTION

When you think of *cocooning* what do you think of?

During this time of *cocooning*, what emotions are you feeling?

What do you miss most about your “Normal” life?

What are some words & colours that come to mind during this COVID-19 experience?

What do you want people to know about your experience?

COCOONING PROJECT – PART 2

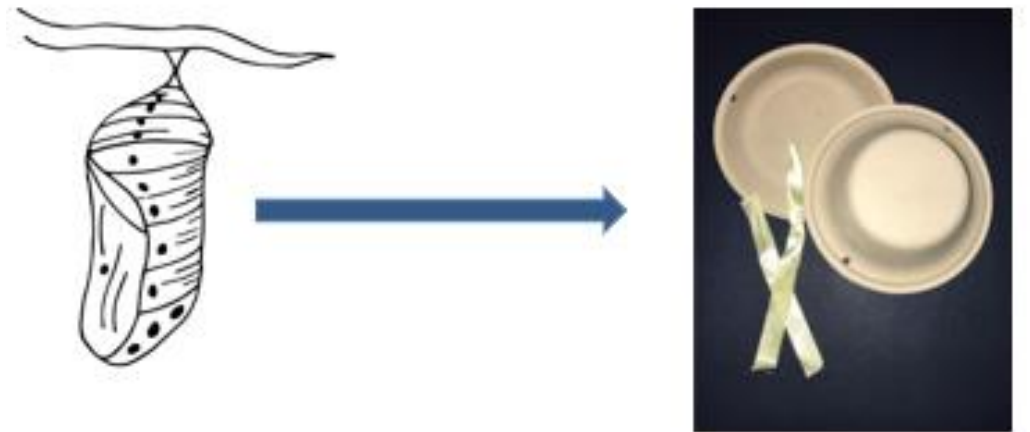
CREATION

Each person will creatively design their cocoon using the supplies provided, as well as any additional supplies that are stored at their homes. Get creative and innovative with the supplies on hand. Allow for creativity from all.

Clients and staff should reflect back on **Part 1 Pre Reflection** to help engage in the creative process.

TIPS:

- Remember that there is no right or wrong way to create art.
- Think of the colours and words that were used to describe this time.
- Use emotion, thoughts and feelings to help create your cocoon.
- Take breaks when needed, the cocoon can be a work in progress.



COCOONING PROJECT – PART 3

POST REFLECTION

When you think of a butterfly what do you think of?

As our cocooning is coming to an end, what emotions are you feeling?

What are you most excited about while moving back to your "normal"?

What did you enjoy most about cocooning?

What are some words and Colours that come to mind as you transform through this COVID 19 Pandemic?

COCOONING PROJECT – PART 4

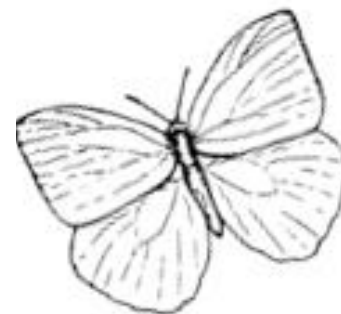
TRANSFORMATION

Each person will creatively design their butterfly using the supplies provided, as well as any additional supplies that are stored at their homes. Get creative and innovative with the supplies on hand. Allow for creativity from all.

Clients and staff should reflect back on [Part 3 Post Reflection](#) to help engage in the creative process.

TIPS:

- Remember that there is no right or wrong way to create art.
- Think of the colours and words that were used to describe this time.
- Use emotion, thoughts and feelings to help create your [butterfly](#)
- Take breaks when needed, the butterfly can be a work in progress.
- Feel free to add more than one butterfly if you want to designate a butterfly for different aspects of your life.



FINAL PRODUCT



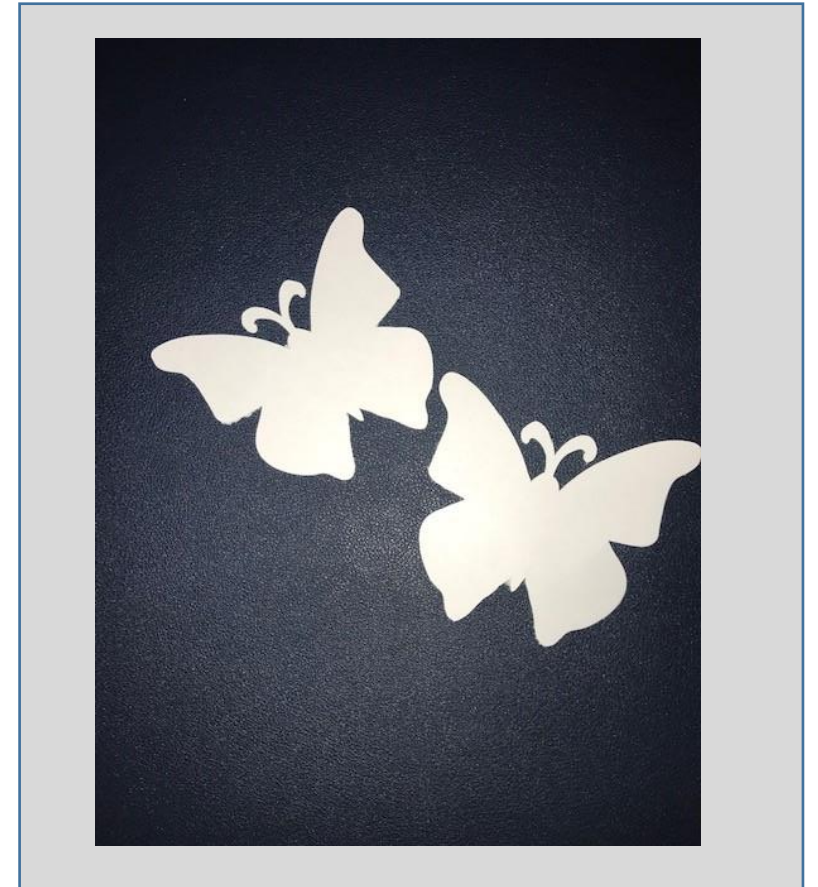
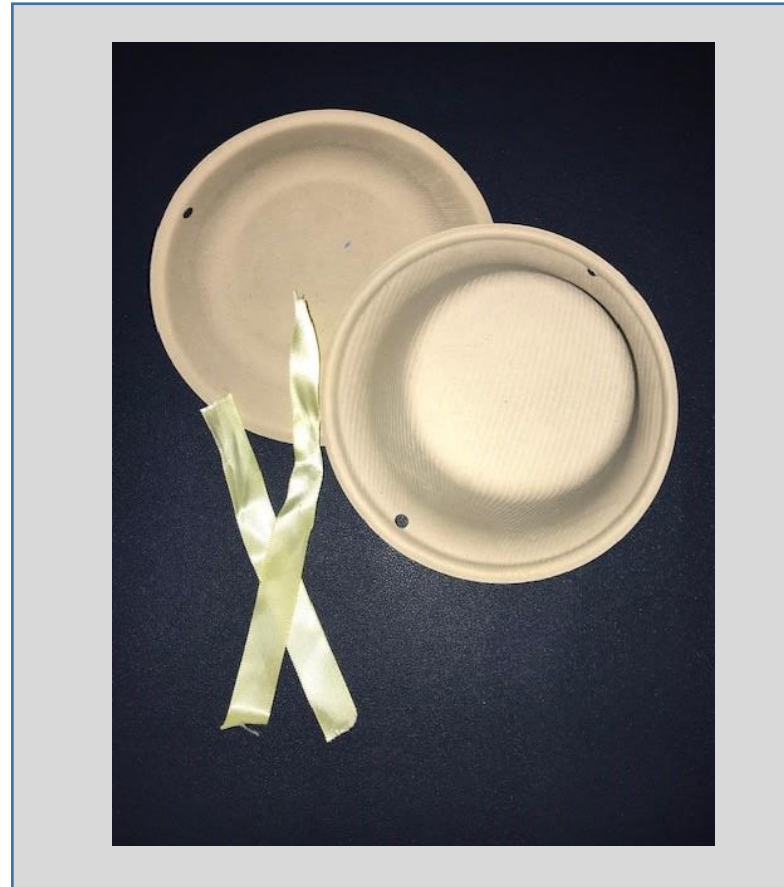
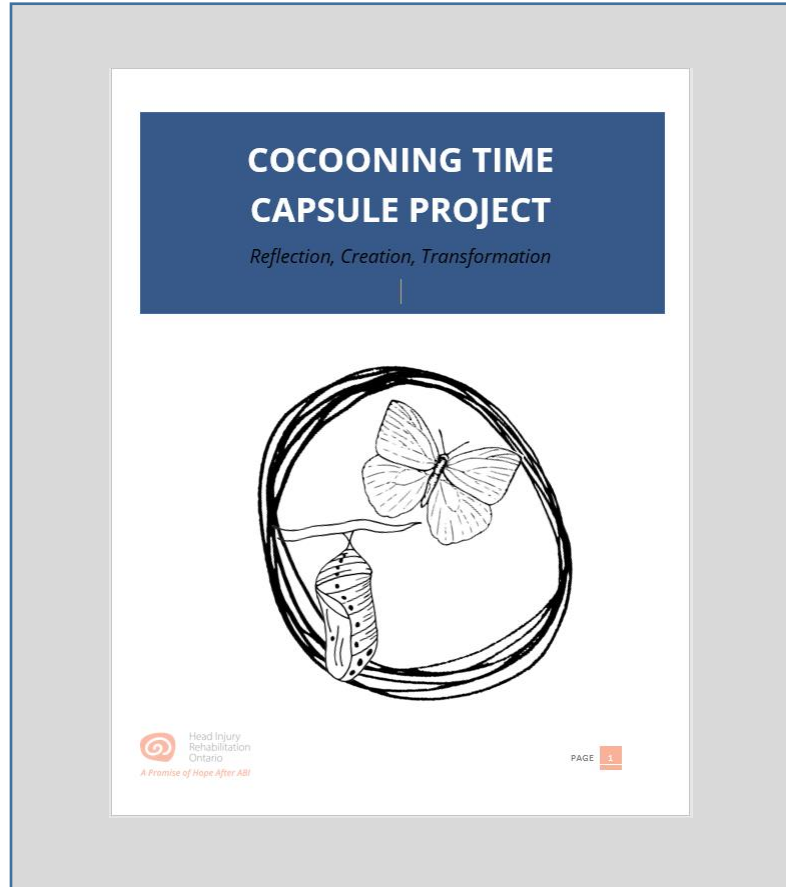
As in the cycle of a caterpillar, we all have room for *growth, change and transformation*. By using art and positive experiences we will be able to offer a life changing reflection as we go through a life changing experience in our history.



"Untitled"
- Eyyad

LET'S TRY IT

COCOON TOOLKITS



FOCUS FOR TODAY

Let's all **reflect** and now **transform** our thoughts and feelings

What changed in your role during the Pandemic?

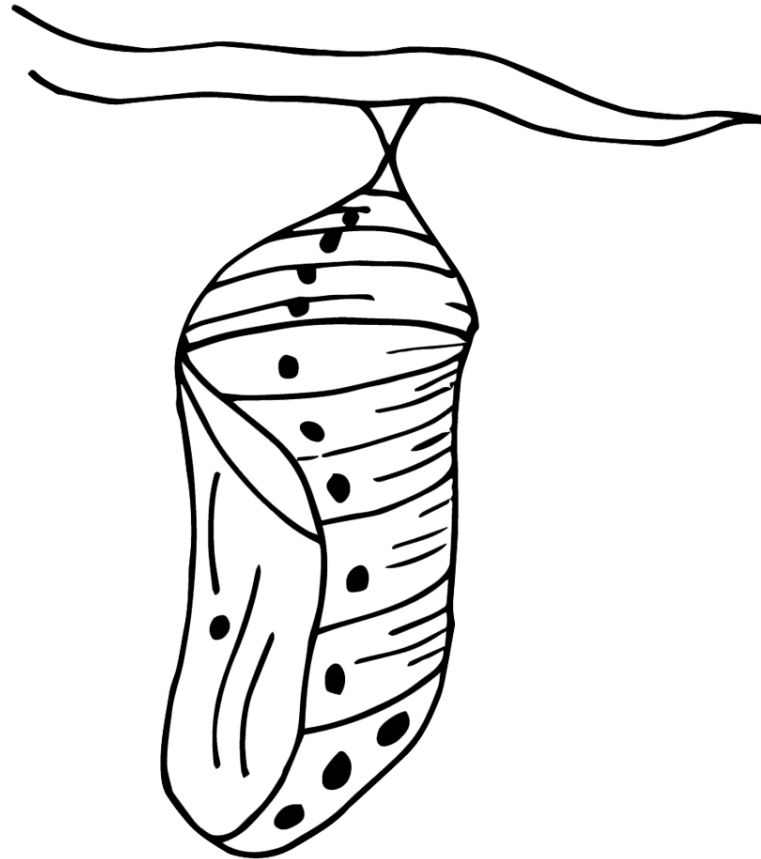
What feelings came along with that?

What did you miss **MOST** about your role?

What words, colours, or images come to mind when you reflect on your experience?

FOCUS FOR TODAY

Let's **create** our cocoon while reflecting on our reflection questions & answers



FOCUS FOR TODAY

Let's all **reflect** on our time during COVID-19, in our professional roles

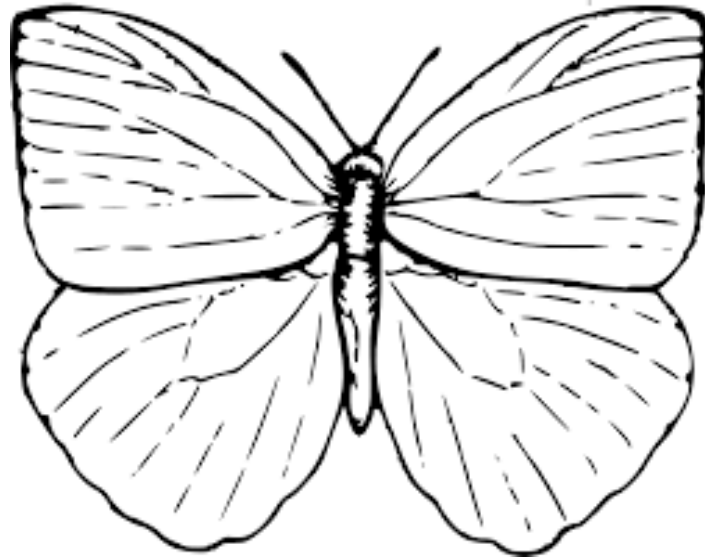
Reflecting, what parts of the changes do you see had value or positive impact?

What feelings do you have now that you are able to be back to your "normal" role

What words, colours, or images come to mind when you transform your current feelings?

FOCUS FOR TODAY

Let's **create** our transformative butterflies while reflecting on new reflections





"Tulip"
- Jim

DISCUSSION

APPLICATION

Youth Programming
(Ex. Transitioning to new school, or other similar situations)

Leisure Education
(Ex. Learning new skills, trying a new activity or sport)

Mental Health Setting
(Ex. Processing Hospital stay or treatment)

What are some other transformative programs ideas?

Palliative Care
(Ex. Process of Reflection with Family)

In a Rehabilitation Setting
(Ex. Changes in Lifestyle)

Overcoming an Illness
(Ex. Cancer Diagnosis)

- Offer lots of choices for creative materials
- Can be done 1:1 or in a group while socially distancing
- Come back to add pieces for the creative side as needed
- Have staff create alongside clients
- Clients can create as many butterflies as needed (extras will be supplied)
- Try not to add timelines so clients do not rush or feel pressured
- Involve family if they are having regular contact
- Take pictures along the process
- When filling out the Questions, ask the questions on different days to see if they add more information to the answers.

FACILITATION TIPS & STRATEGIES

BARRIERS & LIMITATIONS

- Timelines – Knowing when to start, continue and finish
- Client Retention – discharge, death etc.
- Staff and Support Buy-In
- Time to allow for Reflections
- Next Steps – Plan for the Project
- Client Participation/Motivation
- Supplies due to Budget



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DISCUSSION AND QUESTIONS

Thank you



Let's Connect!

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