

ART THERAPY

In Brunei Darussalam

21 Sept, 2024

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Art Therapist

MENTAL HEALTH IN BRUNEI

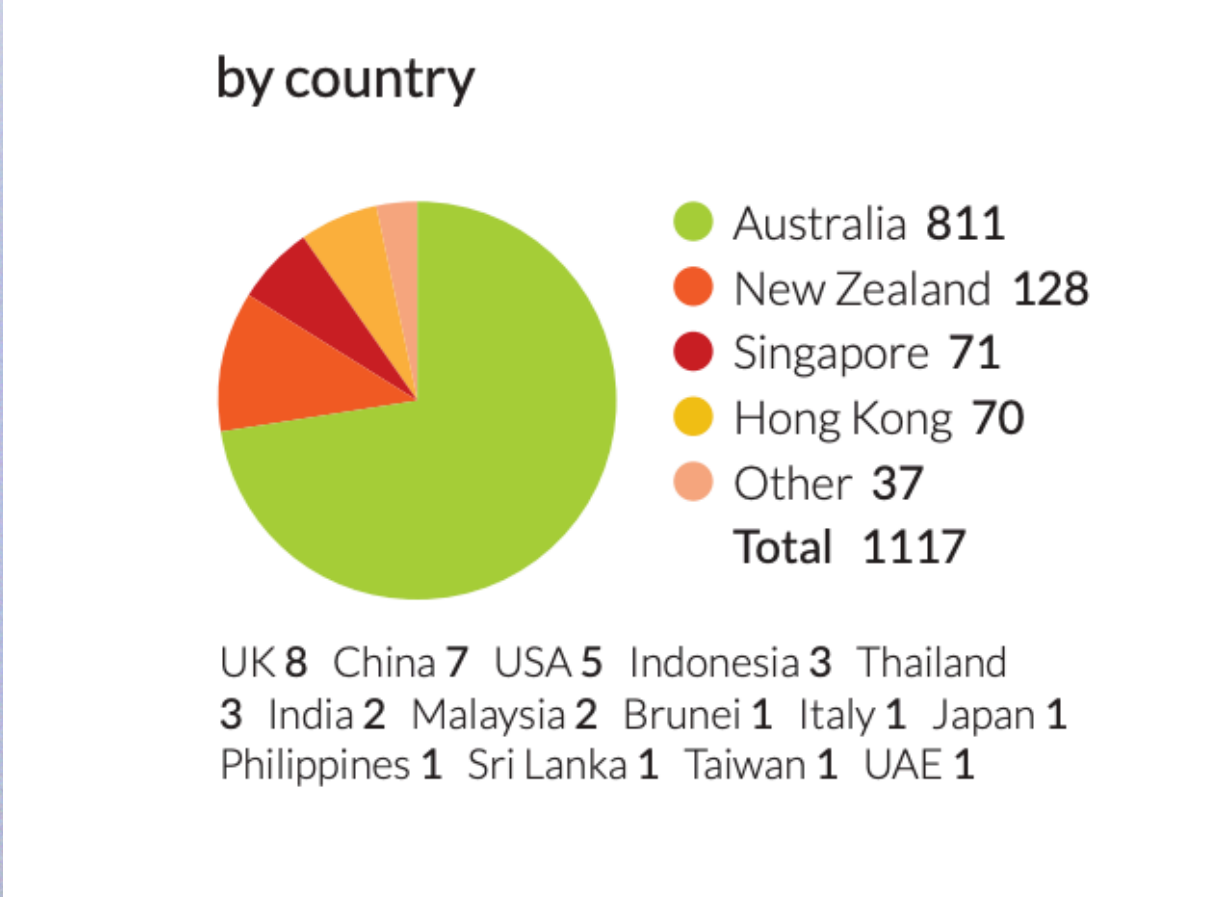


In 2015, the suicide rate in Brunei was 1.9 per 100,000 people, which increased to 2.9 per 100,000 people in 2018.

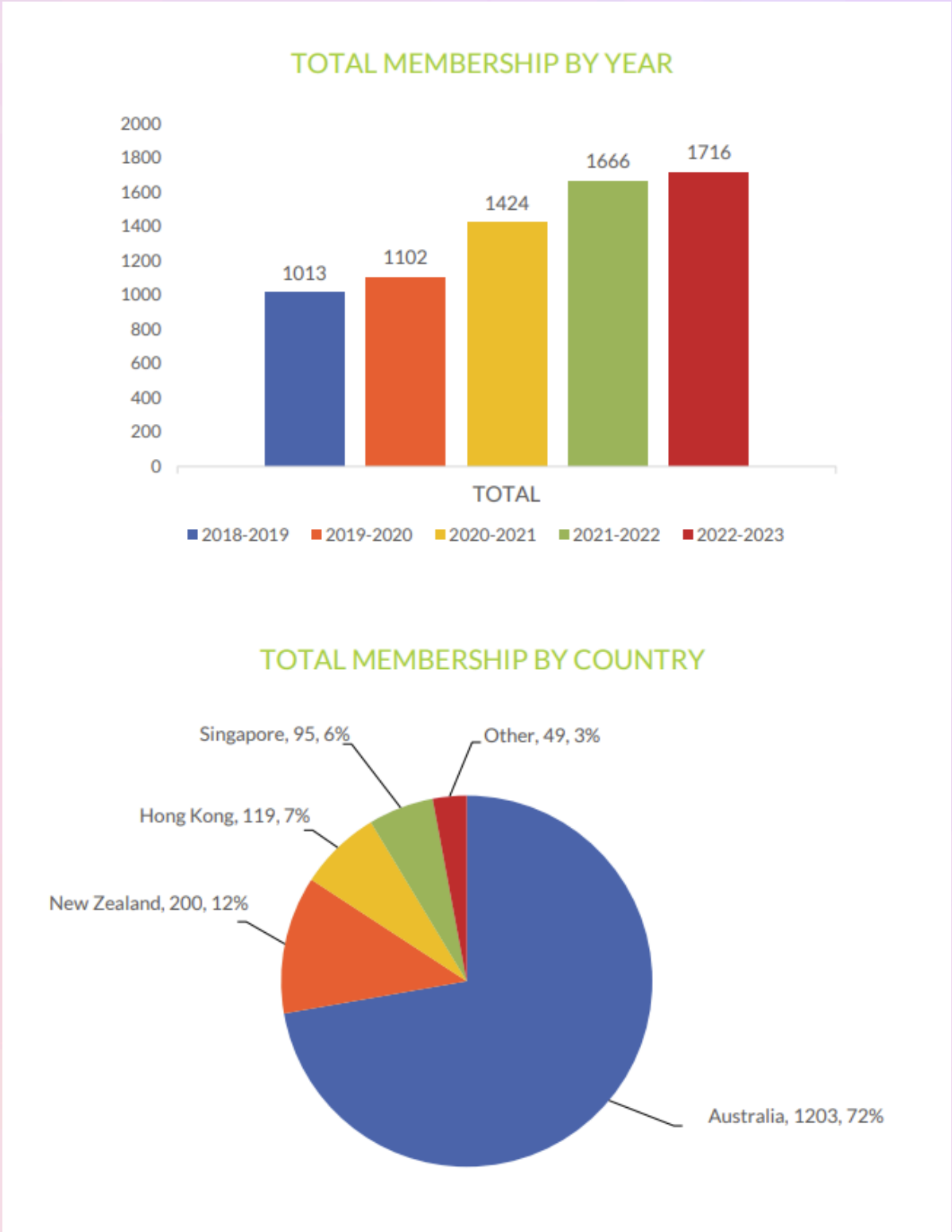


The number of people with anxiety disorders has increased from 1,515 in 2021 to 1,637 in 2022. Currently there is no data on the prevalence of depression and bipolar disorder.

COUNTRIES WITH PRACTICING ART THERAPISTS



ANZACATA Annual Report, 2019



ANZACATA Annual Report, 2023

PIONEERING ART THERAPY



Clarity

Providing individual therapy to adolescents and adults struggling with depression and anxiety.



Open Hearts

Providing awareness on mental health through social media and workshop.




Pantai Jerudong
Specialist Centre

Providing individual and group therapy to individuals with physical disabilities and cognitive impairment.

IN PJSC



Spreading awareness and taking initiatives



Educating



Implementing



Continuous professional development

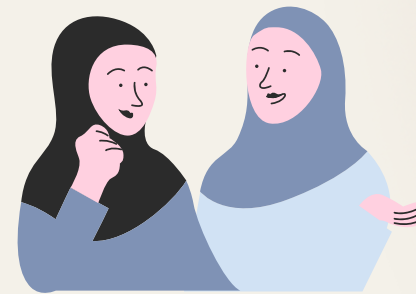
MULTI-DISCIPLINARY TEAM



Physiotherapist



Occupational
Therapist



Speech Therapist



Psychologist

FRAMEWORK

Psychodynamic

Focus: Explores unconscious thoughts and feelings.

Approach: Uses art to uncover underlying emotions and conflicts.

Humanistic

Focus: Emphasizes personal growth and self-actualization.

Approach: Centers on the individual's experience and promotes self-expression.

Cognitive Behavioural

Focus: Connects thoughts, feelings, and behaviors.

Approach: Uses art to identify and challenge negative thought patterns.

Mindfulness Based

Focus: Integrates mindfulness practices with creative expression.

Approach: Encourages being present in the moment while engaging in art-making.

Expressive

Focus: Utilizes multiple art forms (visual art, music, dance, drama) for healing.

Approach: Encourages exploration through various modalities to express complex emotions.

Cognition Training

Focus: To develop cognitive abilities to improve various mental functions, such as memory, attention, problem-solving, and critical thinking.

Approach: Recognition & creation, Problem solving using art activities and Sensory exploration

Physical

Individuals diagnosed with stroke who have weakness and neglect.

Carrying out art activities using affected limbs to help with function and movement.

Communication

Individuals who are unable to verbally communicate

Art is used as a communication tool between therapist and patients. Patients respond well through visual cues and use paint or imagery to express thoughts onto paper.

Cognitive

Individuals with cognitive impairment

Patients who showed little to no response to others started showing interest and engaged with art materials & art activity.

Low motivation/ Anxiety/Depression

Low mood linked to disabilities (stroke, seizures, cancer, spinal cord injuries) or chronic pain

Art is used as a way to relax and express their concerns with their medical conditions.

ART THERAPY OR ART AS THERAPY

CHALLENGES

Cultural

Lack of trained professionals

Limited resources

Measuring effectiveness

MENTAL HEALTH SUPPORT IN BRUNEI

MOH

Talian Harapan 145

Private

Clarity Brunei +673 8637750

Email: info@claritybrunei.com

Relate Counselling +673 8667625

Email: relatecounsellingbrunei@gmail.com

Empowerior +673 8778754

Email: ruslii.b@gmail.com

For emergencies:

991 or nearest accident and emergency department

Talian Kebajikan 141: hotline for those experiencing abuse, exploitation, neglect, etc.

RESOURCE PAGE

Anzacata.org. 2020. Annual Report 2019. [online] Available at:
<<https://www.anzacata.org/resources/Documents/ANZACATA-AR-2019.pdf>>

Anzacata.org. 2023. Annual Report 2023. [online] Available at:
<<https://www.anzacata.org/resources/Documents/ANZACATA-AR-2019.pdf>>

Thescoop. 2023. Mental health struggles rising in Brunei. [online] Available at:
<<https://thescoop.co/2023/03/19/mental-health-struggles-rising-in-brunei-but-more-accurate-data-needed/>>