

Creativity & Well-being Session
Behavior Change: Integrating Mind, Body and Spirit Conference June 18, 2014
Resource Listing

"You can't use up creativity. The more you use, the more you have."
- Maya Angelou

If you are interested in learning more about how creativity and the arts are impacting well-being in our community, I am happy to share these wonderful resources and examples to explore. These are a few of many.

Global Alliance for Arts & Health (formerly Society for the Arts in Healthcare)
<http://www.thesah.org>

State of the field report: Arts in healthcare 2009. Washington, DC:
<http://www.thesah.org/doc/reports/ArtsInHealthcare.pdf>

Arts for Health Florida
<https://artsforhealthflorida.wildapricot.org/page-1785326>
Florida's resource for those who are interested in the ability of the arts to enhance health and well-being.

Arts for Health Sarasota
<http://artsforhealthsarasotamanatee.org/>

The Center for Arts in Medicine University of Florida, Gainesville, FL
<http://www.arts.ufl.edu/cam/> and **UF Health Shands Hospital ~ Arts in Medicine, Gainesville, FL** <http://artsinmedicine.ufhealth.org/>

Moffitt Cancer Center Arts in Medicine Program, Tampa, Florida
<http://moffitt.org/cancer-types--treatment/services/well-being/arts-in-medicine-program/arts-in-medicine-program>

Creative Care Arts in Healthcare Programs, St. Petersburg, FL
Providing the arts at All Children's Hospital and St. Anthony's Hospital
<http://www.creativeclay.org/program/creative-care>



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Creative Clay Community Arts Programs, St. Petersburg, FL
<http://www.creativeclay.org/program/the-community-arts-program>

Tampa General
<https://www.tgh.org/integrative-techniques>

St. Joseph's Children's Hospital
http://www.sjbhealth.org/body_childrens.cfm?id=595

St. Joseph's Hospital
<http://www.sjbhealth.org/body.cfm?id=501>
Restorative Yoga, Arts, Healing Touch, Enable Exercise

MacDonald Training Center – Studio and Fine Arts Gallery
<http://www.macdonaldcenter.org/studio.html>

Morton Plant Cancer Patient Support Services (CaPSS)
<http://www.mpmhealth.org/workfiles/CaPSS%20Newsletter%20May-Aug.pdf>
(Mindfulness Meditation, Qi Gong, Guided Imagery, Power Exercise, Yoga, Arts)

Books:

A Whole New Mind, Daniel Pink
<http://www.danpink.com/books/whole-new-mind/>

Unthink: Rediscover Your Creative Genius, Erik Wahl
<https://theartofvision.com/unthink>

The Creative Connection: Expressive Arts as Healing; By Natalie Rogers

Spirit Body Healing: Using Your Mind's Eye to Unlock the Medicine Within;
By Michael Samuels, M.D. and Mary Rockwood Lane, R.N., M.S.N.

The Art of Healing: Using expressive art to heal your body, mind, and spirit;
By Barbara Ganim



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