



Art therapist, Gail Singer, helps a cancer patient express her feelings through a multi-media collage at the GLCI Cancer Center.



Meet the Art Therapist

Gail Singer, MA, LLPC, Art Therapy, comes to the McLaren/FIA Program with a strong background in art therapy. She received masters degrees in both Art Therapy and Counseling at Wayne State University and helped to expand the art therapy program at the Weisberg Cancer Center (Karmanos Cancer Institute) in Farmington Hills, Michigan.

“At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer.”

-Rachel Naomi Remen, MD, author of Kitchen Table Wisdom

Donations

The art therapy program at McLaren is funded through the generous gifts of patrons in the community. The FIA and McLaren are grateful to all of the individuals and organizations that are supporting this collaboration. A special thank you is extended to both the Stella & Frederick Loeb Charitable Trust and the McLaren Auxiliary, without whose support this special program would not be possible.

If you are interested in making a financial gift in support of Healing Through Art, please contact the McLaren Foundation at (810) 342-4087.

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FLINT INSTITUTE OF ARTS



McLAREN REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

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Art Therapy Program

Healing Through Art



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Healing Through Art

Healing Through Art is a collaborative effort between McLaren Regional Medical Center and the Flint Institute of Arts dedicated to the promotion of healing for cancer patients through the creative visual arts process. **This is a free resource to cancer patients.**

- According to a study in the Journal of Pain and Management, art therapy was shown to decrease pain, tiredness, depression, anxiety, drowsiness, lack of appetite, and shortness of breath after sessions in art therapy.
- The creative process serves to help patients and caregivers express thoughts and feelings in a non-verbal way with the support of a trained art therapist.
- The intent of having workshops outside of the medical environment is to develop familiarity with an alternate place for the continuation of the creative process after treatment has concluded.

Opportunities for Patients and Caregivers

Individual Sessions: Patients are able to meet with the art therapist privately in her office by appointment or during a chemotherapy session in the medical oncology suite at GLCI.

Support Group Sessions: On occasion, the art therapist works with members of the breast cancer support group at GLCI-McLaren during their regularly scheduled meetings. Other cancer support groups can arrange for the art therapist to attend a meeting.



Workshops: The Flint Institute of Arts and McLaren Regional Medical Center are offering a one-of-a-kind partnership that provides individuals with cancer and their caregivers an opportunity to incorporate art into their healing process. Workshops are offered with no fee for individuals with cancer and their families. Registration is required.

The art therapist is currently at GLCI-McLaren on a part-time basis. Individual sessions are held on a first come, first serve basis within scheduled times.

Goals:

- To facilitate health and wellness through the use of art therapy
- To add beauty to the healthcare site
- To provide ongoing art experience, even after treatment ends
- To provide art therapy to individuals while undergoing chemotherapy
- To utilize art therapy with the cancer support groups
- To further McLaren Regional Medical Center's commitment to the Greater-Flint Community to provide state-of-the-art treatment services to our patients through evidence-based practices