

The Fuzzies of Self-Care: No Room for Sock Monkeyin' Around

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2013 IATA Conference

Therapeutic Benefits of Making Sock Monkeys

- Conceptualizing client relationship
- Processing termination issues
- Personal memorial – working through grief/loss issues
- Connecting to the broader art therapy community
- Personal service learning
- Transitional object

References

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- Moon, B.L. (2006). *Ethical issues in art therapy*, (2nd ed.). Springfield, IL: Charles C. Thomas.
- Reynolds, F. (2002). Symbolic aspects of coping with chronic illness through textile arts. *The Arts in Psychotherapy*, 29(2), 99-106. doi:10.1016/S0197-4556(01)00140-X
- Reynolds, F. (2003). Reclaiming a positive identity in chronic illness through artistic occupation. *OTJR: Occupation, Participation and Health*, 23(3), 118-127. Retrieved from <http://search.ebscohost.com/>

Additional Resources

- Learn how to make handmade sock monkeys here: <http://vimeo.com/28869273> with this video from Art Therapist and OSM Operative Kat Thorsen.
- For more information about Operation Sock Monkey, check out: <http://www.operationsockmonkey.com/>
- Fresh Art Non-Profit in New York uses sock monkeys to reach out to the community and support artists with special needs:
<http://www.freshartnyc.org>
<http://www.freshartnyc.org/smonkey.html>

“...self-care, personally and professionally, may ultimately be the most important thing that we do – not just for ourselves but also for our clients” (Baker, 2003, p. ix).