

AUDIO IMAGE RECORDING **(AIR)**

WHAT IS AN AUDIO IMAGE RECORDING?

An Audio Image Recording is an audio and visual recording put together on one format put onto a DVD disc.



WHY MAKE AN AUDIO IMAGE RECORDING?

Experiences of mind are very hard to put into words, but art can be a helpful way of showing what its like. Art Therapists aim to use art to give a voice to those who struggle to have one because of emotional, social or physical barriers. As someone who has now received art therapy, we think that you would have much to say about this because you are now an 'expert by experience'.

We have started making recordings because we are keen to understand how art therapy was for you. An AIR is also a memento of your art therapy and this can extend therapeutic benefits for you. They also help others: one in four people will experience mental health difficulties. Listening to Art Therapy AIR's helps people who are new to mental health services with the fear and stigma they might encounter.

HOW DO I MAKE AN AUDIO IMAGE RECORDING?

At the end of art therapy sessions we will be inviting you to take part in recording an interview with your art therapist using your own art work.

1 We ask you to choose two pieces of your art work. There is no hard and fast rule for choosing but we suggest you trust your instincts and pick one that stands out for you, that you remember as being significant and stayed with you. We will photograph this work for the AIR

2 You then meet with your art therapist to talk about your artwork and how things have changed for you since you started therapy. We will show you the sort of questions we will ask before hand. We make an audio recording of this conversation.

3 Your art therapist will make different edits from this recording. If you are unhappy in any way with what was said we will not use it.

4 The end AIR will show your image with the conversation played at the same time .

5 We will then discuss with you how an edit of your AIR will be used such as to show new people who may be interested in art therapy, for staff training and research and also professional websites.