

Audio image recording (AIR)

What is an AIR?

An AIR, or Audio Image Recording, is a short audio and visual recording saved in a secure format or memory stick which focusses on your experience in art therapy.

Why make an AIR?

Experiences of mind are very hard to put into words, but art can be a helpful way of showing what feelings look like. Art Therapists aim to use art to give a voice to those who struggle 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 time in art therapy and can help sum up the benefits and experience you have gained.

AIRs can also help others. Listening to Art Therapy AIR's helps people who are new to mental health services with the fear and stigma they might encounter. Other professionals may gain a greater understanding by watching your AIR

How do I make an AIR?

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. There are 4 stages to this

- 1** You choose two pieces of your art work made in art therapy. We suggest you trust your instincts and pick one that stands out for you, that is significant and stayed with you. These 2 images are then photographed.
- 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 Then your art therapist will make different edits from this recording. You approve the version which you are happy with. If you are unhappy in any way with what was said we will not use it. The end AIR will show your image with the conversation played at the same time.

- 4 With your consent this final 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. It is your choice as to which of these you consent to.

Updated July 2023