

Implementing Therapeutic Filmmaking sessions within a Recovery College setting using Wilcock's 'doing-being-becoming-belonging' model.

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History:

- **Filmmaking as Therapeutic activity** – since 1940's by Jacob L. Moreno (USA).
- **Core idea** – from Psychotherapeutic perspective - trauma focused.
- **Recording on film** - rather than 'making' films - so the narrative was still led by the Clinician.
- **Various forms of use of film/video in therapeutic settings:** Cinema therapy, Video modelling, video promoting etc...

Why Mental Health?

- Very high suicide rates (post- inpatient hospital discharge).
- Social isolation
- Lack of self-esteem and motivation.
- Co-delivery
- Expert by Experience
- Professionals
- Discovery

Aim:

- **Filmmaking for Goals** – approach from a goal-focused and OT perspective.
- **Trauma-informed** – not trauma focused.
- **Teaching Filmmaking** - rather than 'recording' the individual - first step is to teach filmmaking.

The project:

- **Recovery College** – 4 individuals in the community
- **4-day filmmaking course** – pre-production, production and post-productions.
- **Previous experience** - Author's past research and experience of delivering Therapeutic Filmmaking within LD settings.

The Frameworks:

Doing, Being, Becoming, Belonging (Wilcock, 1998)

- **Doing** is the participation and acquisition of skills needed for the role.
- **Being** helps the individual to reflect and discover who they are.
- **Becoming** is a process which allows the individual to move towards their ideal role, all of which are intertwined with a contextual element of **Belonging**.

Life review & Preview (Mick Collins, 2022)

- Why wait till end of life to review?
- Why don't you preview your life?

The Miracle Question

Solution-Focused Therapy (de Shazer., 1985)

If a miracle occurred overnight and your problem was solved, what would be the first signs that things have changed?

Methods:

Pre-production:

Initial one day filmmaking workshop

Writing the goals

Turning it into narrative

Assigning roles.

Production:

Making the film or Working indoors (using AI).

Post-Production:

Music

Editing

View & Review

Therapeutic Filmmaking
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DOING





BEING



BECOMING



BELONGING



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Based on:
Wilcock (1998)
Collins (2022)
de Shazer (1985)

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DOING

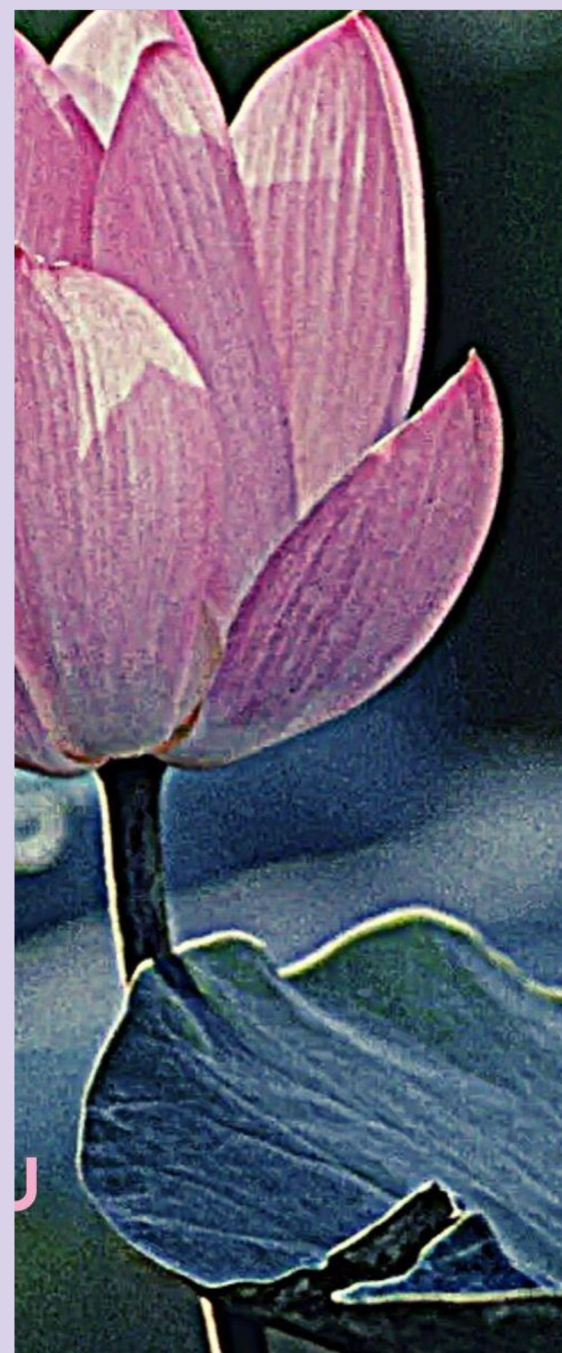
BEING

BECOMING

BELONGING

Results:

- **Goal and solution focused** sessions
- **4** films were created.
- **Themes:** peer support, film as engagement, learning filmmaking, and confidence building.
- **Student 1** went onto to take on a Volunteer role within a mental health setting – which was part of the goals identified during the therapeutic filmmaking project.
- **Student 2** was able to apply and secure a full-time role within another local community organization and was able to fulfil one of their goals, which also was identified through the project.



Conclusion:

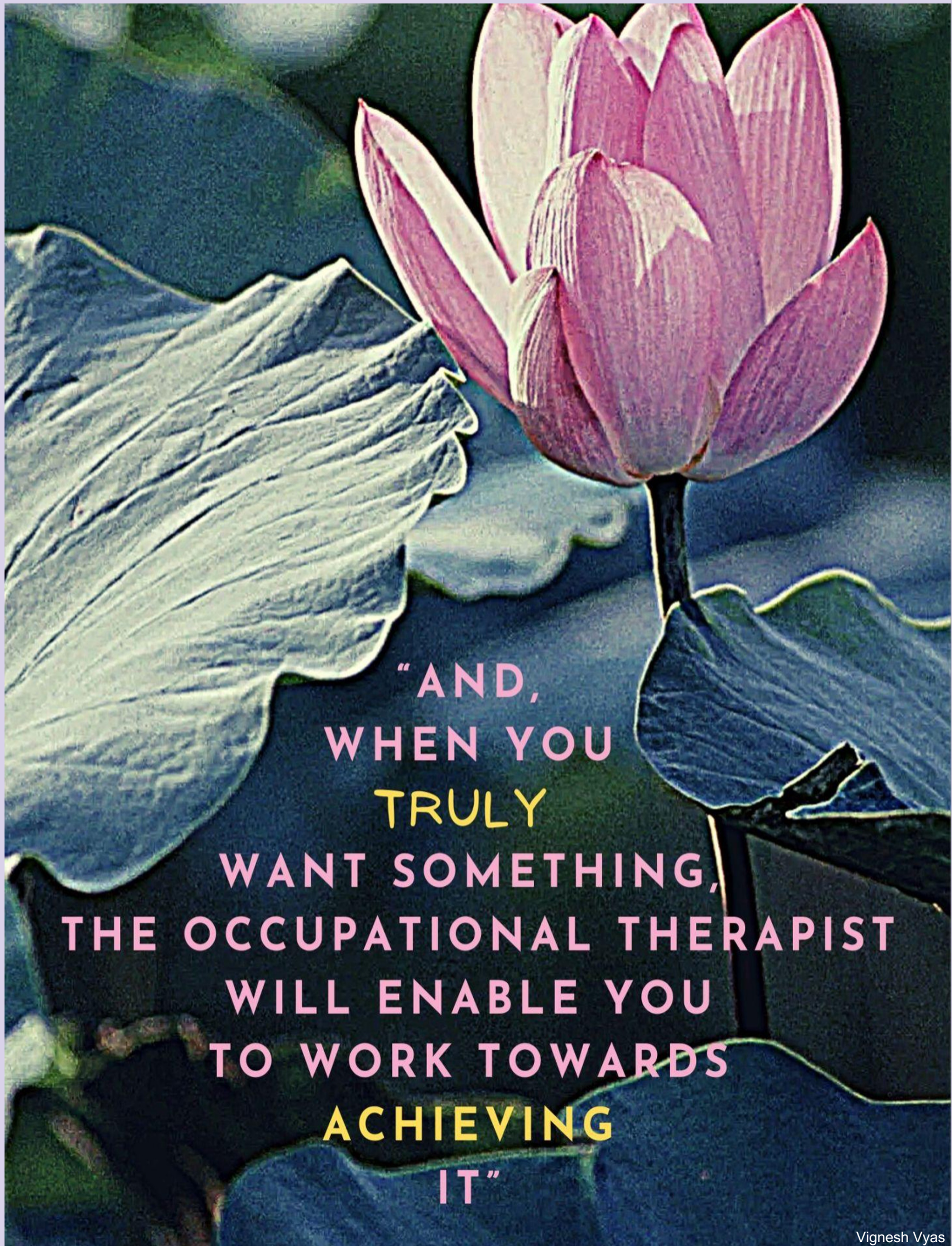
Therapeutic Filmmaking could support individuals during their convalescence and contribute to their healing.

Filmmaking could be used as an activity, which could help individuals with mental health difficulties learn specific activities of daily living skills and support with goal setting.

Taking part in the project could also improve an individual's self-confidence and wellbeing.

Further evidence is required to evidence the long-term benefits of Therapeutic Filmmaking projects.





Thank you!

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