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Interactions Between Art-Based Interventions and Motivations of Interpersonal Forgiveness

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Artistic Expressions: Interactions Between Art-Based Interventions and Motivations of Interpersonal Forgiveness

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Introduction
Art-making and Interpersonal Forgiveness

Art Making Benefits:
Lowered blood Pressure
Reduced stress
Overall well being

Introduction

Art-making and Interpersonal Forgiveness

Benefits of Forgiveness:

- Lowered blood pressure
- Reduced Stress
- Overall well-being

Karremans, & Van Lange (2008)


Witvlet C. V. O. et al, (2001)
Introduction

Definitions

Artistic Empathy:
Research suggests that artists acquire empathy for their subject matter with these 3 rules
- relying on senses
- using metaphors
- fantasy

(Peloquin, 1995)

Empathy in Art Therapy:
Mirror neurons which are produced during the therapeutic process and allow empathic attunement between the client and art therapist

(Franklin, 2010)
Introduction

Definitions

Interpersonal Forgiveness:
Prosocial motivations towards a transgressor

Prosocial Motivations:
Motivational change towards benevolence for a transgressor

Unforgiveness:
Motivations of vengefulness and avoidance

(McCullough et al.’s, 1998)
Introduction

*Literature Review*

- Franklin, Michael (2010)
- Fehr, Ryan (2008)
Our Research

The Influence of art making on Interpersonal Forgiveness

Independent Variable (art making)
- 3 conditions
  - Metaphor art making
  - Free Drawing art making
  - Digit Symbol Coding Task (control)

Dependent Variable
- Interpersonal Forgiveness (TRIM-12)
Hypothesis

**Hypothesis 1: Forgiven**

No significant differences in Interpersonal Forgiveness

**Hypothesis 2: Not forgiven**

2 Art-making conditions (i.e., metaphor & free drawing) will have significantly higher levels of interpersonal forgiveness than the control condition

**Hypothesis 3: Not Forgiven**

The metaphor will have significantly higher levels of interpersonal forgiveness compared to the other two conditions

**Conditions:**
1 - Metaphor Art-Making
2 - Free Drawing
3 - Digit Symbol Coding
Methods

- 62 participants (50 female and 12 male)
- Age range 18-26
- Mean = 19

- European American 69%
- European American and American Indian 17%
- American Indian 7%
- Asian American/Asian Pacific 7%
- Mixed 4%
- Latino 2%
Methods
Forgiven v.s. Not forgiven

Answer: "I have forgiven my offender"

- 47% Not Forgiven
- 53% Forgiven
Methods

Recruitment

Type:
Email, In class recruitment, Fliers etc.

Cover Story:
Interpersonal Conflict Recall

Interpersonal Conflict Recall Research Study

- Who may participate in the study?
  Any 18+ University of Minnesota Student

- What you will be asked to do?
  1) Recall a past interpersonal conflict
  2) Complete various questionnaires and activities related to past experiences and perceptions.
  Information about past conflicts will be kept confidential.

- How long will the study take?
  Participation in the study should take no longer than 45min.
  Ask your professor if you are eligible to receive extra credit from your participation in this study.

Interested? Please contact the researchers at monette@umn.edu.
The researcher will try to set up a time that is convenient for you.
Methods

1) Consent Process

2) Unforgiveness Prime
   - Recall Writing Task
   
   (Karremans et al., 2005)

3) Situational Questionnaire
   - Example: I have forgiven my offender?
   - How long have you known the offender?
Methods

4) Randomly assigned Conditions

Metaphor art-making
Draw offender holding the participant's burdens

Free drawing art-making
Draw freely whatever comes to mind

Digit symbol coding
Match the symbol with number
Methods

5) Transgression Related Interpersonal Motivations Inventory (TRIM-12) (McCullough et. al., 1998)

-TRIM Avoidance Motivations

Example: I keep as much distance between us as possible.

- TRIM Revenge Motivations

Example: I’ll make him/her pay.

6) Demographic Information

7) Debrief
Results

Hypothesis 1 (Forgiven)

One-way ANOVA

TRIM-12 total: (F (2,26) = .083, p = .920)
TRIM Avoidance Motivations: (F(2,26)= .245, p = .784)
TRIM Revenge Motivations: (F (2,26) = .271, p = .765)

Metaphor art-making:  \( M= 29, SD= 10.52 \)

Free Drawing art-making:  \( M=28, SD = 10.12 \)

Digit Symbol Coding:  \( M= 26.90, SD= 10.98 \)

Alpha level of \( p < .05. \)
Results

Hypothesis 2 and 3 (Not Forgiven)

TRIM-12 total  \( (F (2,30) = 6.44, p = .005) \)

TRIM Avoidance Motivations  \( (F (2,30) = 4.85, p = .015) \)

TRIM Revenge Motivations  \( (F (2,30) = 5.56, p = .009) \)

Alpha level of \( p < .05 \).
TRIM-12 Total

Post Hoc comparison: Tukey’s HSD

**Digit Symbol coding**

\[(M = 30.30, SD = 7.51)\]

**Metaphor art-making condition**

\[(M = 38.42, SD = 8.25)\]

**Free Drawing art-making condition**

\[(M = 42.22, SD = 6.04)\]
TRIM Avoidance Motivations

Post Hoc comparison: Tukey’s HSD

Digit Symbol coding

$$(M = 22.9, SD = 6.12).$$

Metaphor art-making condition

$$(M = 29.43, SD = 6.28)$$

Free Drawing art-making condition

$$(M = 29.78, SD = 3.70)$$
TRIM Revenge Motivations

Post Hoc comparison: Tukey’s HSD

Digit Symbol coding

\( (M = 7.40, SD = 2.55) \)

Free Drawing art-making condition

\( (M = 12.44, SD = 3.17) \)
TRIM Mean scores

<table>
<thead>
<tr>
<th>Test Type</th>
<th>Metaphor</th>
<th>Free Drawing</th>
<th>Digit Symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRIM-12 total means</td>
<td>38.42*</td>
<td>42.22*</td>
<td>30.3*</td>
</tr>
<tr>
<td>TRIM Avoidance Means</td>
<td>29.43*</td>
<td>29.78*</td>
<td>22.9*</td>
</tr>
<tr>
<td>TRIM Revenge Motivations</td>
<td>9</td>
<td>12.44*</td>
<td>7.4*</td>
</tr>
</tbody>
</table>
Discussion

- Art making conditions demonstrated lower levels of interpersonal forgiveness
  - Opposite to our hypothesis
Discussion

Venting

Artistic Venting: the expression of the artist’s pain through their art

Dalebroux & Goldstein (2008)
Free Drawing Art-Making
Metaphor Art-Making
Discussion

Distraction

Distraction can be an effective way of coping with negative affect.

- Engaging in a cognitively demanding task (e.g., a digit symbol coding task) may decrease negative affects after a negative mood induction.

Van Dillen & Koole, (2007)
Discussion

Future of art and forgiveness studies

Improvements:

In-depth condition explanations
Free Drawing Art-Making
Discussion

*Implication for Art Therapists*

When working with clients who are working towards forgiving an interpersonal conflict.

- Drawing with minimal instruction may increase unwillingness to forgive
References


References


Fehr, Ryan. "On the (Un)intended Consequences of Forgiveness: Creativity After Conflict." Diss. University of Maryland, 2008. Print


References


McCullough, Root, Cohen. Writing about the benefits of an interpersonal transgression facilitates forgiveness. Journal of Consulting and Clinical Psychology. 2006


References


Drake, Jennifer E., Coleman, Katelyn and Winner, Ellen (2011) 'Short-Term Mood Repair Through Art: Effects of Medium and Strategy', Art Therapy, 28: 1, 26 — 30

Thank you

Questions?
What is Digit Symbol Coding?

neuropsychological test sensitive to brain damage, dementia, age and depression; consists of (e.g. nine) digit-symbol pairs (e.g. 1/-, 2/\, ... 7/\gamma, 8/X, 9/=) followed by a list of digits. Under each digit the subject should write down the corresponding symbol as fast as possible. The number of correct symbols within the allowed time (e.g. 90 or 120 sec) is measure.

http://www.cognitiveatlas.org
Art Examples
Metaphor Art-making condition

[Images of colorful drawings and text annotations related to emotional and metaphoric themes]
Art Examples
Free Drawing Art-making condition
Mirror Neurons:

Neurons that fires both when experiencing an emotion as well as when a person observes another person experiencing an emotion, Franklin indicates mirror neurons are present during the therapeutic process between the art therapist and client.

(Franklin, 2010)