

Professional Volunteering program

Project's code: **PVH03**

Place: **General Hospital Mental Unit**

Position: Art Therapist

Introduction:

This hospital is located in Miraflores, together with all the health specialties there is the Mental Unit, where this program is held. In this area the Medical, nursery and Veterinary Universities are located, therefore there are a lot of students, doctors and facilities around the area.

This hospital lacks of personal especially in the rehabilitation areas and recreational areas, therefore the patients in this institution spend most of the day going around the yard.

Art therapy is based on a belief that the creative process is healing and life affirming.

It help mental patients to get to know themselves better and also to express what they may be feeling.

Reach Bolivia has seen the importance of contributing to this project that has already been done since a long time ago.

The role of the volunteer

1. Assist the art teacher with new techniques and some theory behind art therapy because she doesn't have any formation in Therapy or Psychology.
2. Evaluate some patients (if requested by the doctors).
3. Create a program for the evaluated patients. Make a report that will stay for the next volunteer to review and follow the program or better it.

Characteristics of the Volunteer

This is a medium program, you will have the help of The Mental Unit personnel and the person in charge of the volunteer in the institution, but you have to know that nobody will supervise your job directly. Therefore this program is open to people who consider **themselves**, creative, proactive, challenge loving, independent worker and with a high doses of tolerance to frustration.

Sometimes material may lack so we encourage our volunteers to be able to work with what is given and to use things that can be found in the nature.

Requirements

The volunteer must have :

- At least 2 years of studies in fields related with psychology, art therapy, therapy, etc.
- Degree in areas mentioned above.
- 3 years of experience if no degree is held.
- At least a high basic command of Spanish.
- Ability to **recycle material**

What do you obtain after volunteer?

You will learn how other places are working in the art therapy field.

You will have helped patients that are in real need of this type of therapy.

You will receive a letter explaining the type of work that you have done and the hours as well a letter of recommendation.

For a complete description please look to the following document.

Art Therapy Mental Unit. (PVH03)					
Description	To support the art teacher in her everyday tasks with the patients , teaching her a bit of theory and implementing more and new techniques.				
Location	Miraflores Mental Health Unit	Arrival	By any public transportation or walking depending on the distance to the house	Cost	0.35 cents
Socio economical characteristics of the neighborhood	Residential area	Problems in the area	Any	Development challenges of the area	No
Challenges that the project looks forward to change	No	How does the project help the area	Only inside the Project	How do members of the area perceive volunteers help?	Well

Volunteer Information					
Volunteer profile	A professional or student with solid knowledge of the benefit of art for Mental Health.	Skills needed	Major or studies in psychology, Art therapy, pedagogy.	Is this activity for everyone?	No, just people who suits the skills requirements
Length of the project	Open all year long	Minium length of stay	4 weeks	Working Schedule	Mon to Fri Mornings and Afternoons
Work with locals	Yes	Mingling with locals	Depends on the volunteer	Challenges that the volunteer face?	Lack of supervision.
Expected problems	To have to put up activities for themselves. Having to work very independently.				
Project supervision					
Project supervision	Yes	Name	Lily	Experience	Yes.
English spoken	A little				
After Volunteering.					
What has been the impact of the project in the community?	The Unit works with low resources patients that suffer from mental conditions such as, Bipolar disorder, Paranoia, Esquizofrenia,etc.	What does the volunteer gain after this experience?	Experience and independence in the working field. Valuable experience for their resumes. Knowing that they have done a truly valuable work for the benefit of the Patients. Learning how to work with little resources and still get some results.	Don'ts in the project	Volunteers cant leave the Unit with a patient.