

An abstract artwork featuring a dark, textured background. The composition is dominated by dynamic splatters and drips of paint. In the upper left, there are splatters of white and yellow. The center and lower left are filled with intricate, chaotic patterns of white paint. On the right side, there are large, bold splatters of red paint. The overall effect is one of intense energy and emotional expression.

Twist Out Cancer Presents: **TwistShops**

Art therapy focused
workshops that center
on storytelling and
healing for individuals
touched by cancer.

What is it?

TwistShops are art therapy focused workshops that promote healing, relaxation and emotional recovery through art therapy based interventions that are designed to reduce symptoms of depression, anxiety and stress related to cancer.

TwistShops welcome individuals who have been touched by cancer to engage in art therapy based workshops that focus on utilizing the arts as a mechanism for healing. Survivors, caregivers and previvors are invited to participate.

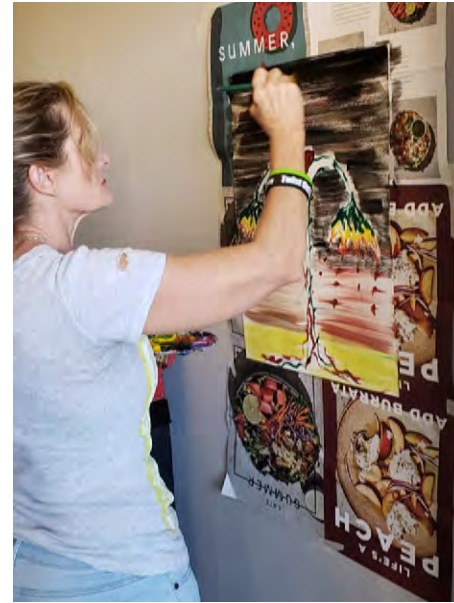
Participants will be guided by a licensed art therapist through a variety of art-making activities that will allow participants to process their past and current experiences as a patient, caregiver or supporter of someone with a cancer. Through storytelling and mindful art-making, the intention is to help participants explore different emotions, and in turn revive self, heal and find ways to move forward.

TwistShops are intended to meet a growing need for psychological support and wellness in the cancer community. The program is open to individuals touched by cancer who are interested in engaging in a unique art experience that aims to support and ease feelings of isolation and anxiety by using the artwork as a tool for communication. For people dealing with cancer, these emotions may be about the illness, hospitalization, relationships, or other concerns. The meaning and the power of these emotions often are not easily articulated using verbal communication. It is the art itself that provides a vehicle for expression, aided by the actual physical movement of artistic materials.

With a focus on introspection and reflection, the time spent in the workshops allows participants to let go of stress and be present with the time they spend with others and the artwork. **TwistShops** are distinct from Brushes with Cancer programming in that they provide an opportunity for the individual touched by cancer to directly engage in creative therapy with instruction led by a licensed professional.



Cover image: Paddy O'Connell



“A body of growing research indicates that, ‘creative art therapies significantly reduce anxiety, depression, and pain.’”

—JAMA Network, June 2013

“Some people struggling with cancer explore the meanings of past, present, and future during art therapy, thereby integrating cancer into their life story and giving it meaning.”

—Borgman, E., *Arts Psychotherapy* 2002

“Art washes from the soul the dust of everyday life.”
— Pablo Picasso

With the guidance of a licensed art therapist, participants learn to express themselves through art.

Implementation



The Open Studio group will focus on using art-making as a creative outlet to set an intention and gain self-awareness into one's personal experience. This group will promote the flow of healthy conversation and positive feedback related to the art-making. Participants will have access to a variety of art-making materials and the opportunity to reflect in a comfortable, safe and supportive environment.

Starting in 2019, Twist Out Cancer will launch the **TwistShop** series in Chicago. Over the course of the year we will offer 5 separate **TwistShops** run by Jacqueline Carmody, LCPC, ATR-BC for current Twist Out Cancer community members, prospective members, partner organizations and supporters. **TwistShops** will be limited to no more than 15 participants per session with the intention of creating intimacy and a sense of community.

Brushes With Cancer®



Twist Out Cancer's signature program is Brushes with Cancer®, a six-month program that matches those touched by cancer with artists to create a unique piece of artwork that reflects on their journey with cancer.

This unique celebration of survivorship and hope pairs previvors, survivors, and caregivers with talented artists working in a variety of mediums. Those touched by cancer share their “twist on cancer”—stories, feelings and experiences—with the artist, which serves as the inspiration for the art. The program culminates with a celebratory annual event and fundraiser in which the artwork is revealed for the first time.

In 2018, Twist Out Cancer hosted the sixth annual Brushes With Cancer Exhibition and Gala in Chicago and held inaugural events in Tel Aviv and Montreal. More than 1,300 people attended these events, which featured over 90 unique pieces of artwork that were created to reflect on someone's personal journey with cancer. In 2019, Twist Out Cancer will again host Brushes With Cancer in its hometown of Chicago, return to Montreal, and hold inaugural events in Detroit, Philadelphia and Austin.

“I never knew how much I needed this piece of artwork in my life until I actually saw it.”
—Raquel Lopez, Survivor and Inspiration

More About Twist Out Cancer

Twist Out Cancer is an international non-profit charitable organization that provides psychosocial support to individuals touched by cancer through creative arts programming. The organization was founded on the principle that when you share, the world opens up.

Jenna Benn Shersher is the Founder and Executive Director of Twist Out Cancer. After surviving Grey Zone Lymphoma in 2011, Jenna saw firsthand how young adults with cancer have a unique set of needs that are not being addressed or talked about. She found that one way of fulfilling this need is through creative arts, which could be used as a mechanism for coping and healing.

Twist Out Cancer offers the platform, tools and community—both online and offline—for anyone touched by cancer to feel connected to a community, and for many to take action. A labor of love, Twist Out Cancer is a volunteer-led organization boasting a network of volunteers serving as ambassadors in Chicago, Detroit, Philadelphia, Ann Arbor, Tel Aviv, Montreal, and Toronto. What started as a small art exhibition in Chicago for 20 artists and inspirations has now become an international program that has touched thousands of people around the world.

