

Patricia Baines, PhD

After many years of being taught to listen by Aboriginal elders in Australia, Pat Baines, who trained first as a psychologist and then as an anthropologist, brought to art therapy a set of important convictions. She had learned that all human beings are creative, that one must sit and listen to find out how others see the world, and that all life is to be respected. It is those three basic premises that inspire her work today. Pat works for Alzheimer's Australia with individuals living with dementia (all kinds, not just Alzheimer's Disease). She runs art therapy groups in residential aged care homes, and in support groups for those living at home. She also sometimes works one-to-one in home settings. Her work is with individuals in all stages of dementia. Pat has just completed a national paper for Alzheimer's Australia "Nurturing the heart: creativity, art therapy and dementia". It is being launched in World Alzheimer's Day (21st September). She herself is a practicing artist and writer and finds this an essential practice to support her therapeutic activities.