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Hailey's Hearing Aids

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Hailey's Hearing Aids

Hailey Marie Garcia

WSP 499: Senior Project

Sponsor: Joseph Donnelly



Hailey's Hearing Aids



is a culmination of all the core memories I've gained through my hearing loss. Expressing myself through art has always been my antidote for depression + anxiety. Art is my one element of control which allows me to immortalize my fleeting happiness. I hope your experience looking through my metamorphosis helps raise awareness about the blurred line between mental + physical disabilities. My goal is to spread vulnerability through creativity. I learned that you have to give yourself time to express your feelings + teach others how to communicate with you.

I can't wait for the day I don't have to advocate for myself & people educate themselves enough to provide equitable accommodations. Until then, I will continue to use art as my voice to demand change & respect.

Hearing is important at any age

May is Better Hearing and Speech Month
 Call for Appointments & Reservations
 May 7, 14, 21, 28 Free Hearing Screenings

See me May 20th I'm modeling

May 20th Annual Spring Luncheon & Fashion Show
 Guest Speaker - **Kathy Buckley**
 Award Winning Comedienne

Mara Ladines, Awarding Winning Pianist
 HEAR Center Graduate

Call by **May 15** for reservations

20 Month Old **Halley**

Fashions by The Children's Place & Coldwater Creek

The First Hearing Aid that Understands People...
 Oticon's adapto™ provides a more natural sound quality.

HEAR Center 626.796.2016 a non-profit organization
 1001 West Del Mar Blvd., Pasadena, CA 91101 www.hearcenter.org

Forever
 [Handwritten signatures]

Hailey's Hearing Aids

Abstract

Individuals from the deaf and hard-of-hearing community are likely to experience more anxiety and depression due to defective cognitive, social, communicational, and emotional skills (Azizi et al., 2019). The word “disability” is embedded with historical negative connotations with phrases such as “deaf and dumb” because if they were deaf or mute then they were automatically labeled as inferior (Horovitz, 2007). Since the 18th century, the DHH community has been seen as incapable, even inhuman, hence the development of emotional deficiencies that bleed into one’s perception of society and their self esteem (Gallaudet, 1886).

How do you navigate a hearing world with hearing loss? When there are few accessible guidelines on how to interact with people, yet one has to learn how to speak effectively enough to communicate in order to be heard.

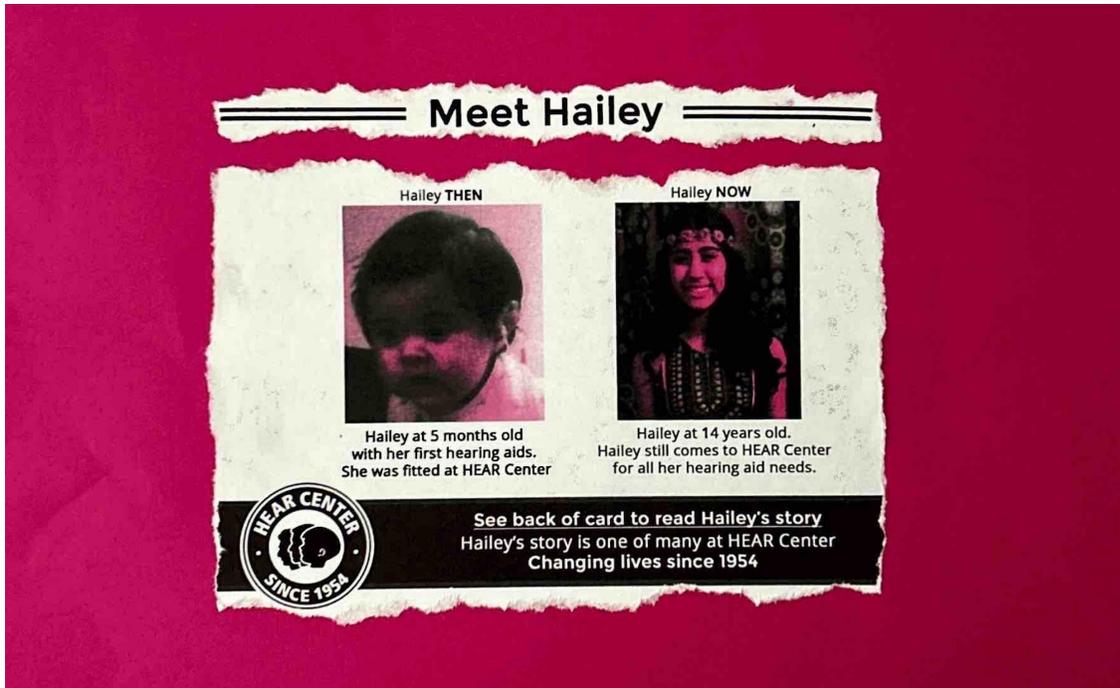
The Expressive Therapy Continuum (ETC) shows how being creative provides an opportunity to decrease anxiety, as it promotes cognitive and emotional development (Boyle & Snow, 2019). It also provides a psychological perspective of how the person is feeling based on their decision making. I often find myself reflecting and releasing emotions while I am making art because I think visually. The final project is just the shattered glass used to create a beautiful mosaic piece.

The use of recreating a vinyl album is to demonstrate how all forms of art, especially music, is transformative. My project of recreating a vinyl album provides a safe space where one can visually speak without the pressure to confine to the “normal” verbal standards. This medium allows for multimedia art because as an artist, expressing how I feel is going to look differently. The sleeves open the floodgates with collages of the different hearing aids and

experiences I've had growing up with little to no research and the beginning of advanced technology.

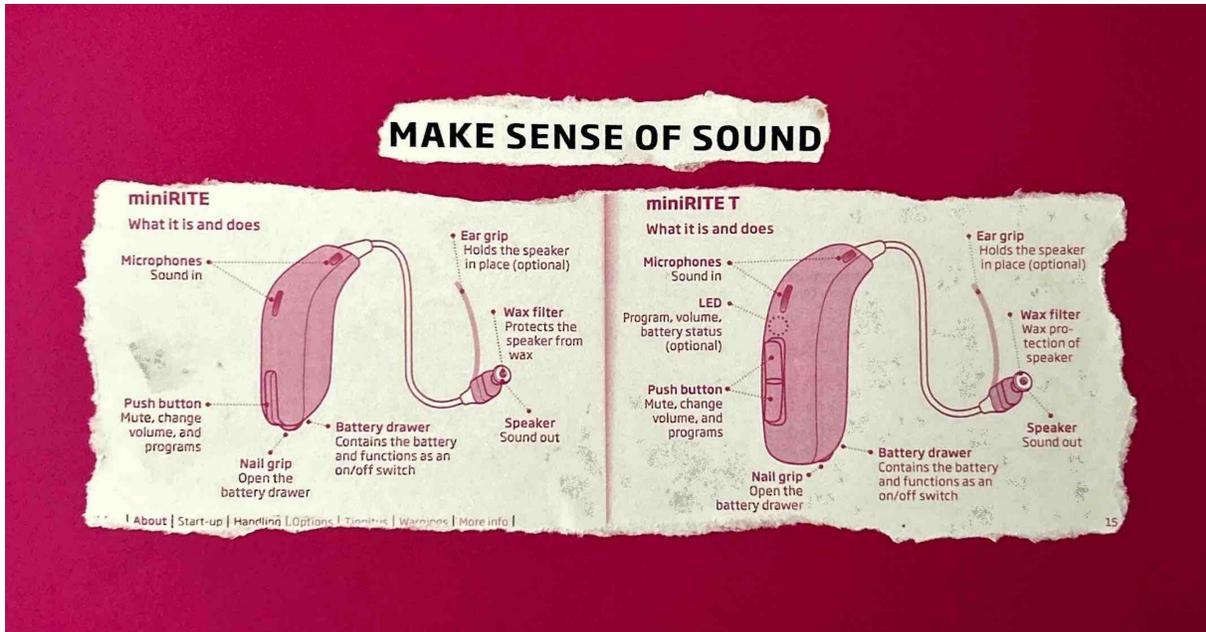
A majority of the pictures are torn as an artistic choice, but I also found it to be symbolic as I reflected on the pressures that come with being a poster child of the DHH community. As a perfectionist, I was trained to get approval from other people's judgment. Hot pink was my most consistent color for hearing aids because I loved to show off my hearing aids and it made me feel proud because of how its boldness reflected my personality. This personal passion project allows me to control my own narrative, advocate for accommodations through vulnerability, and educate others about the blurred line between mental and physical disabilities. I hope to spread healthy conversation through creativity and compassion for others.

My final project is a physical version of the soundtrack to my life. It reveals what's behind the experience of being the face of marginalized groups. It feels like everything I've bottled up has been released and immortalized in hopes of providing validation for others experiencing similar challenges. I created this piece of art for myself. I feel like I am at a pivotal point in my life where I am more aware of recognizing trauma through my past and present art.



As a member of the deaf and hard of hearing community, art has been my means of expressing myself. Being proud of my diverse identities is evident within my art. The initial goal was to share my testimony and illustrate how art and speech therapy compliment each other by providing other verbal and non-verbal alternatives. As my project progressed, I didn't want it to be a pity party, but more of an educational experience that people feel inclined to learn more or resonate with. This project reminded me that everyone has problems but we do have control on how we respond to them.

Even if there is an uncontrolled response, then one can learn from it. My main goal is to show how important and accessible art is, especially when there are communication barriers. There are infinite sub categories that branch out with the art or disabilities which is why it is exciting to collaborate with others. I hope that I can raise awareness for mental health by promoting creativity to heal one's inner child. I constantly feel judged because people tend to stare at my hearing aids rather than ask questions.



The creative process was the longest part because I wasn't sure what I wanted to say or how I was going to execute it. My ideas changed from a zine, to CDs, then a double sided vinyl record. I am able to create once I have most of the pieces together and in front of me then I can visualize how I want it to look. In order to present all the elements, I collected photo albums, my museum of art, hearing aid pamphlets, audiology reports, IEPs (Individualized Educational Plan), etc in order to be intentional about what I should include. Then I went to the library to make copies and change the colors between black, hot pink, and inversion of the two. I chose hot pink because those were my most consistent hearing aid colors. I loved how bold they were and I appreciate wearing colorful molds because it is expressive of my personality and stands out which allows people to ask me questions. I was influenced by rock vinyl albums with a punk aesthetic. I used references from the Clash and Fleetwood Mac collages and tours. I am also inspired by Chella Man's "The Beauty of Being Deaf" which was the first deaf content that made me feel recognized and a part of a community bigger than myself.

The major challenge in executing this project was my mental health. I've been thinking about this topic since art has been a part of my life. However, I realized that there is a blurred line between mental and physical disabilities. My whole life I was focused on the pressure to be perfect and sought validation from everyone that was "normal." It was challenging explaining how my hearing loss has affected my life when it isn't something I try to hide. Simply tearing the images and seeing different versions of myself in different hearing aids felt surreal because I never acknowledged my resilience. I started taking tests, speech therapy and lip reading classes before I was one which had to be the start of my anxiety.

It wasn't until last semester that I was diagnosed with major depression and generalized anxiety disorder. I often cried when I was gluing down the covers and sleeves of the album because I recognized how those were familiar feelings of sadness and questioning without acknowledging them. This is why I use creativity because I didn't know anyone else like me so even if I explain they were hearing. Art allows me to communicate not only with myself but makes it easier to share with others. I value vulnerability but sometimes confrontation and speaking gives me anxiety because I experienced bullying growing up.



One of my breakthroughs consists of giving myself credit for existing and learning how to self-regulate in this overstimulating world. I appreciate all the support from my family and friends, however, a lot of people fuel themselves over my success. This project and being able to graduate college as a first generation student is because I put in the extra work, receive accommodations, and go to therapy.



From the moment I wake up, I am honored to be a disabled Latinx woman which means I have to constantly advocate for myself. This project provided me with the opportunity to self reflect and evaluate how I want to educate others. I also have to use myself as my own muse, especially since my experience and passion for art is the reason for my major “Art and Educational Development”.

The future of this work will continue with my mortality and the opportunities I use to reach more people through art. Speech pathologists, psychologists, teachers, students, the general public, and especially parents regardless if they have a disability or not will benefit in using art practices. I would like to make a zine or organization for the disabilities community to showcase their art in all of its forms. I believe representation is important for pride and community. I want to be the gentle and understanding energy that I always needed throughout my life.



Annotated Bibliography

Azizi, M., Saeidmanesh, M., Kazemi, F., & Radaie, V. (2019). The effectiveness of group counseling based on problem-solving on aggression and social adjustment in hearing-impaired students. *Auditory and Vestibular Research*.

This article shows how deaf children experience more anxiety, depression, aggression, due to defective cognitive, social, communicational, and emotional skills. Group-based problem solving is shown to help reduce aggression and enhance problem solving skills. With this information, I can describe how art therapy also allows for critical thinking and problem solving. Problem-solving skills enhance self-concept/awareness but are better when performed in a therapeutic setting. I can use this to relate with the community mural for my OCE.

Boyle, H., & Snow, P. D. (2019). The Value of Art Therapy: An Intervention to Enhance Emotional Health of Children with Hearing Loss. *JADARA*, 39(1), 6.

I will use this article to dive into how visual stimulation is a strong suit for a DHH individual who struggles with communication skills. The article discusses how art therapy in relation to Expressive Therapies Continuum (ETC) shows the psychological component of the child based on the process and materials chosen. The process would promote cognitive and emotional development which can decrease anxiety and depression. Self-portrait example (which I can show in my zine as well as my own).

Gallaudet, Edward (1886). History of the Education of the Deaf in the United States. *American Annals of the Deaf and Dumb*, 31(2), 130–147.

This will allow me to address the stigma and negative connotations embedded within history and how it crosses over to the present day. The DHH community was seen

as incapable and inhuman hence the birth of emotional deficiencies that may carry on to one's self esteem today.

Horovitz, E. G. (2005). *Art therapy as witness: A sacred guide*. Charles C Thomas Publisher.

This article contains various art activities for speech language pathologists which I can use for my zine. Horovitz emphasizes nonverbal communication which is feasible with art projects. Art makes communicating with people easier especially when one is expressing how they feel.

Horovitz, E. G. (Ed.). (2007). *Visually speaking: Art therapy and the deaf*. Charles C Thomas Publisher.

This article addresses false accusations of deaf individuals being non imaginative and how language/sign language serve as a form of art. I am able to dissect what the word carries and labels negatively affect the disabilities community.

Man, C. [Chella Man] (2021, March 15). *The beauty of being deaf* [Video]. YouTube.

<https://www.youtube.com/watch?v=to5NIFwR01s>

This Youtube video is the first deaf artist I discovered and I immediately felt seen. It's a silent video and there's captions which are so accessible for me with a hearing loss. I will use this as an example to showcase how representation and how my art is important to connect with others.