

**Certificate in Integrative Palliative Care – 3**  
**Dr. Geeta Joshi**  
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**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-10**  
**Lecture 74: Introductory Dialogue**

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Hello everyone. Namaste. Hello friends. Namaskar. Week number 10, expressive art therapy and congratulations. This is the 10th week, two more weeks to go.

So have patience, more and more patience.

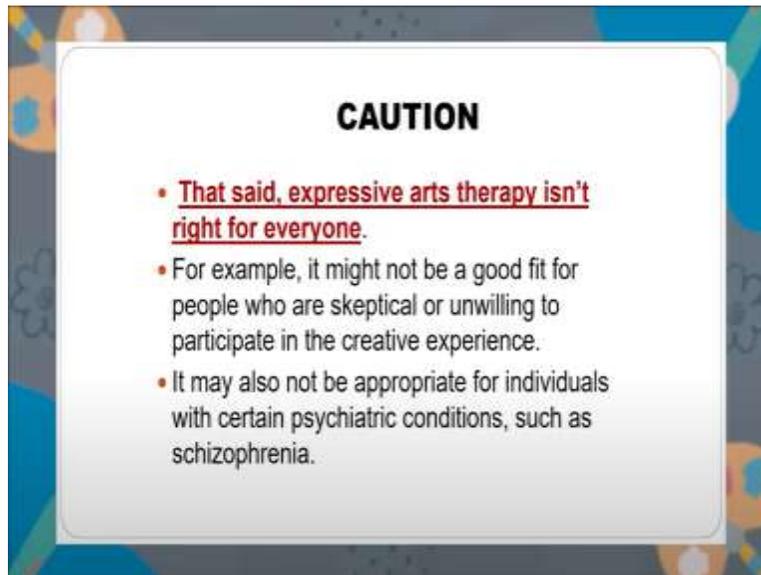
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What is expressive art therapy? Expressive art therapy is a therapeutic approach that uses the process of making art to improve a person's physical, mental and emotional well-being. It encompasses various artistic disciplines including finger painting, drawing, sculpture, music, dance, theatre, writing, And other creative processes as medium for self-expression. All these things what we spoke about, it's a medium for self-expression.

What are our ideas about it? Inspiration. Whenever you do something good, some good art, it inspires you. And it's a means of communication also. Because after all, a painter or an artist is expressing his or her emotions, thought process into the art form and that is how she or he conveys what she thinks about that particular subject. So by communication you try to find out what art patient knows and what he is interested in and you can promote that art for improving his quality of life and overall well-being.

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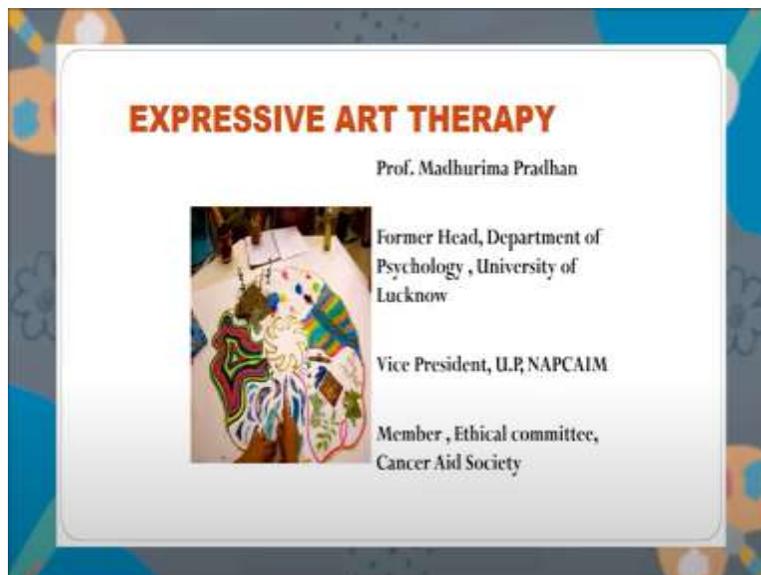
Caution, can you give something, what is this caution? That said, expressive art therapy isn't right for everyone. For example, it might not be a good fit for people who are skeptical or unwilling to participate in creative experience. Or I will say, even if they are physically very much weak, they cannot express, do like drawing or writing or something. And if we keep on pushing them that you express, do this art, whatever you are knowing, then they may be unnecessarily put into the emotional and physical stress. It may also not be appropriate for individuals with certain psychiatric conditions such as schizophrenia.

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In this week we'll have about five lectures in first lecture we'll talk about expressive art therapy in general and then thereafter we'll deal with only four art therapy. There are number of art therapies expressive art therapies but here In this week, we will deal with only four, Art Therapy by itself, then Colour Therapy, Sand Tray Therapy and lastly Writing Therapy.

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And faculty for this week is Professor Madhurima Pradhan. She is former Head, Department of Psychology at University of Lucknow.

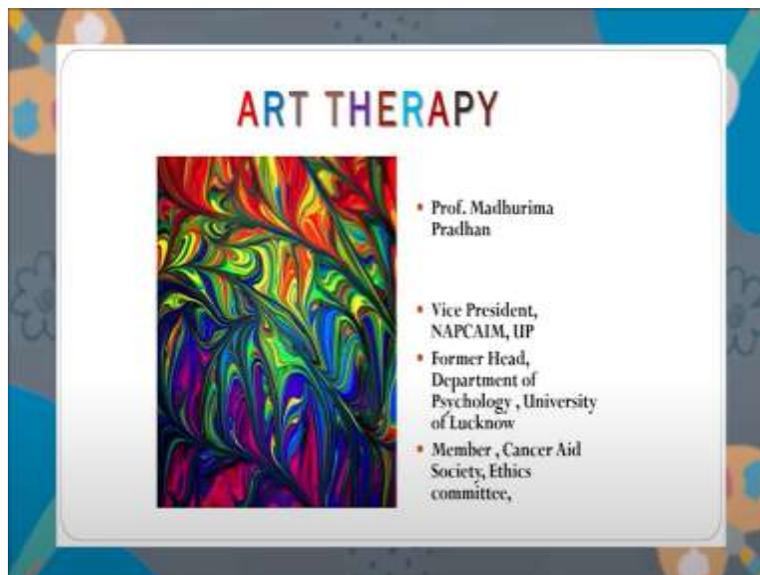
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What is expressive art therapy? This form of therapy is grounded in the belief that expression can foster healing and mental well-being in an adult.

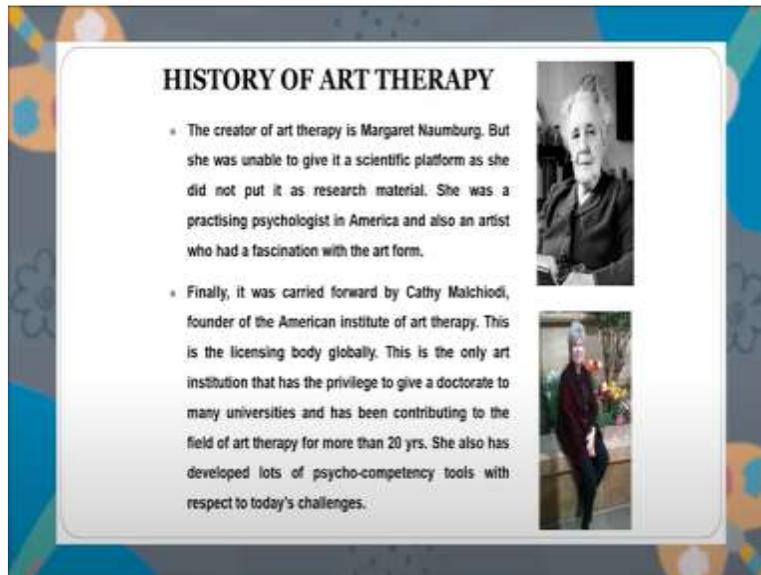
It allows individuals to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, and develop social skills, relax, reduce anxiety, and increase self-esteem.

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Lecture number two, Art Therapy. Again, it will be taken by Professor Madhurima Pradhan.

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**HISTORY OF ART THERAPY**

- The creator of art therapy is Margaret Naumburg. But she was unable to give it a scientific platform as she did not put it as research material. She was a practising psychologist in America and also an artist who had a fascination with the art form.
- Finally, it was carried forward by Cathy Malchiodi, founder of the American institute of art therapy. This is the licensing body globally. This is the only art institution that has the privilege to give a doctorate to many universities and has been contributing to the field of art therapy for more than 20 yrs. She also has developed lots of psycho-competency tools with respect to today's challenges.

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What is art therapy? The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. Doctors noted that individuals living with mental illness often express themselves in drawing other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques.

Dr. Geeta Joshi, I think there was a patient at the end of life in your hospice and he could draw? Yes, very rightly you remember. We had one patient in hospice. He was suffering from head and neck cancer of a very advanced age and within few days after admission we came to know that he is a painter and he was running painting classes. So we brought all painting material, canvas and all paints and everything for him. And every day he started working on the canvas.

And this helped us a lot that he required minimum medication for pain management. He remained happy, healthy and cheerful till he died. And he came out with number of paintings which we have displayed in our hospice. They have been put in very good frames. And in the whole hospice, there are about 10-15 of his paintings that have been put on the walls.

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**COLOUR THERAPY**

Prof. Madhurima Pradhan  
Vice President,  
NAPCAIM, IIP  
Former Head,  
Department of  
Psychology, University of  
Lucknow.  
Member, Cancer Aid  
Society, Ethics committee,

Color therapy. Again, being taken by Dr. Madhurima Pradhan.

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**Colour Therapy...**

- While Color Psychology is the study of how different colors can influence human behavior and perception, Color Therapy is different.
- Colour Therapy is based upon the unproven assumption that certain colors can impact people's "energy" and impact health outcomes.
- At some point, we've all experienced the ways in which color can affect us.
- For some people, seeing the green in nature on their daily run is an instant mood booster or they instantly feel a little better wearing a favorite yellow dress.
- The practice of color therapy can be traced to Indian Ayurvedic medicine, which claims that the application of certain colors can correct imbalances in our body's Chakras.

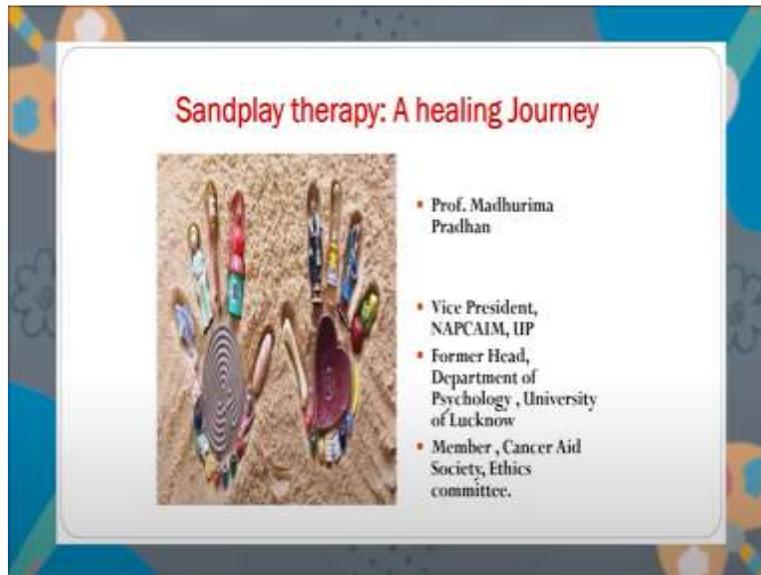
While color psychology is the study of how different colors can influence human behavior and perception, color therapy is different. Color therapy is based upon the unproven assumption that certain colors can impact people's energy and impact health outcomes. At some point, we have all experienced the way in which color can affect us.

For some people, seeing the green nature on the daily run is an instant mood booster or

they instantly feel a little better wearing a favorite yellow dress. Like we are here at IIT Kanpur, a beautiful campus and lots of vegetation. Greenery. And greenery, good roads, clean roads. And we made it a point to go out every day morning, 6 o'clock we are out and for about an hour or so, we just roam around on the roads, looking at the greenery all around.

The practice of color therapy can be traced to Indian Ayurvedic medicine, which claims that application of certain colors can correct imbalances in our body's chakra system.

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**Sandplay therapy: A healing Journey**

- Prof. Madhurima Pradhan
- Vice President, NAPCAIM, IIP
- Former Head, Department of Psychology, University of Lucknow
- Member, Cancer Aid Society, Ethics committee.

Sandplay therapy, a healing journey, again given out by Professor Madhurima Pradhan.

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**Benefits of Sand Tray Therapy**

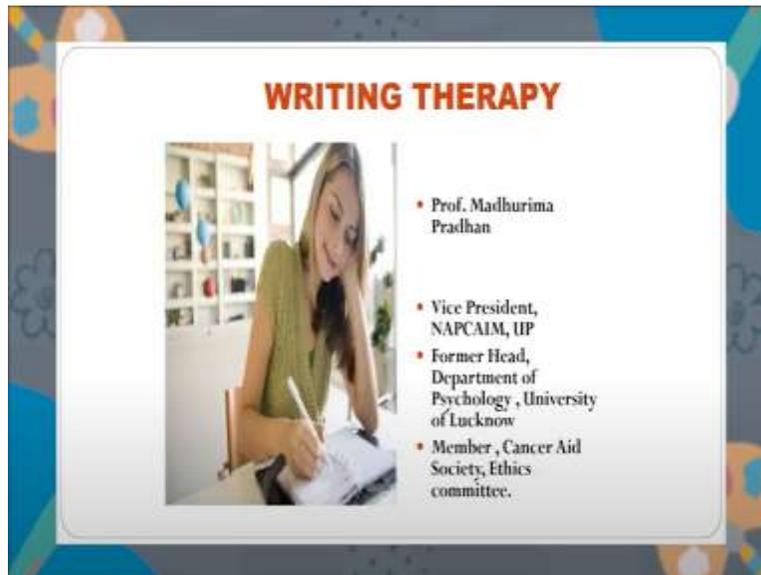
Research shows that sand tray therapy reduces the symptoms of many mental health issues and increases resilience. Clients free themselves of deep-seated negative emotions during sandplay therapy because they can express their inner thoughts while feeling accepted by the therapist. In addition, sand tray therapy:

- Can help therapists delve into the meanings that clients **develop and assign to their experiences** by monitoring their engagement with the toys, or symbols they choose to play with
- Is typically a pleasurable sensory, group, or family therapy
- Can help increase **emotional expression** experience that facilitates the **natural expression of emotions** as part of individuals, reducing the psychological distress of discussing traumatic events or experiences

Benefits. Research shows that sand tray therapy reduces the symptoms of many mental health issues and increases resilience. Clients free themselves of deep-seated negative emotions during sand play therapy because they can express their inner thoughts while feeling accepted by the therapist.

In addition, sand tray therapy can help therapists dwell into the meanings that clients develop and assign to their experiences by monitoring their engagement with the toys or symbols they choose to play with. Sand therapy is typically a pleasurable sensory group or family therapy. It can help increase emotional expression. We experience that it facilitates the natural expression of emotions as part of individuals, reducing the psychological distress of discussing traumatic events or experiences.

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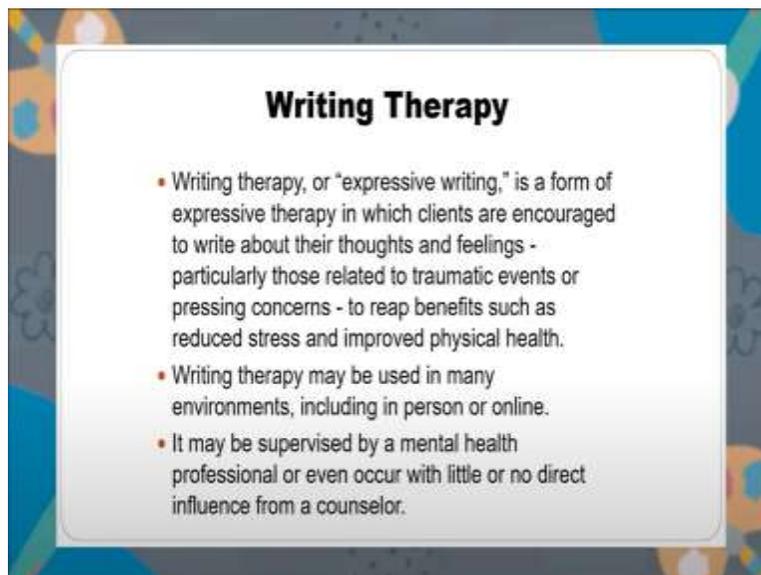
**WRITING THERAPY**



- Prof. Madhurima Pradhan
- Vice President, NAPCAIM, UP
- Former Head, Department of Psychology, University of Lucknow
- Member, Cancer Aid Society, Ethics committee.

Another therapy, complementary therapy is writing therapy.

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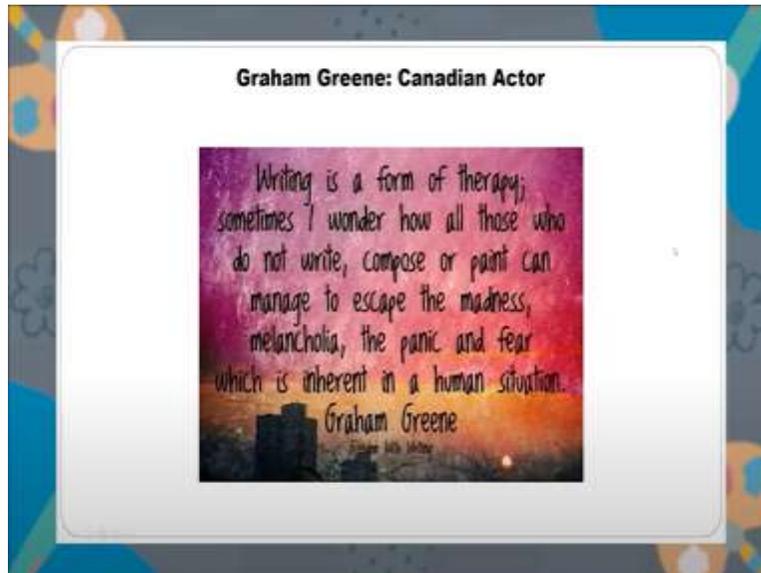
**Writing Therapy**

- Writing therapy, or "expressive writing," is a form of expressive therapy in which clients are encouraged to write about their thoughts and feelings - particularly those related to traumatic events or pressing concerns - to reap benefits such as reduced stress and improved physical health.
- Writing therapy may be used in many environments, including in person or online.
- It may be supervised by a mental health professional or even occur with little or no direct influence from a counselor.

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by oneself. Many cancer patients write their blog and they write their own experience about facing a particular cancer and this will be useful to other patients who are reading, going through that blog.

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This is Graham Greene, a very famous Canadian actor. What he is writing about writing therapy. Writing is a form of therapy. Sometimes I wonder how all those who do not write compose or paint can manage to escape the madness melancholia, the panic and fear which is inherent in a human situation. Therefore he says that writing, everybody must write whatever whatever feelings come to you you must write it down.

In fact when I was a child my parents always used to tell me to write a diary yes I used to write a diary yeah we were encouraged to do yeah. So, In primary school, I used to write a diary. And then thereafter, when I came to high school, somehow there was not enough time. So I stopped writing it. In fact, most of the leaders, like Mahatma Gandhi, he also used to write, but his personal secretary, Mahadev Desai, and from those writings, we can generally come to know all the time during our freedom struggle.

That is from 1915 to 1947 when we got independence. So this is, in short, you are going to learn about various therapies which will be useful to you and your patients or maybe family and friends. Thank you very much. Thanks, dear friends.