

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

Week-10
Lecture 76: Art Therapy

(Refer Slide Time: 00:15)

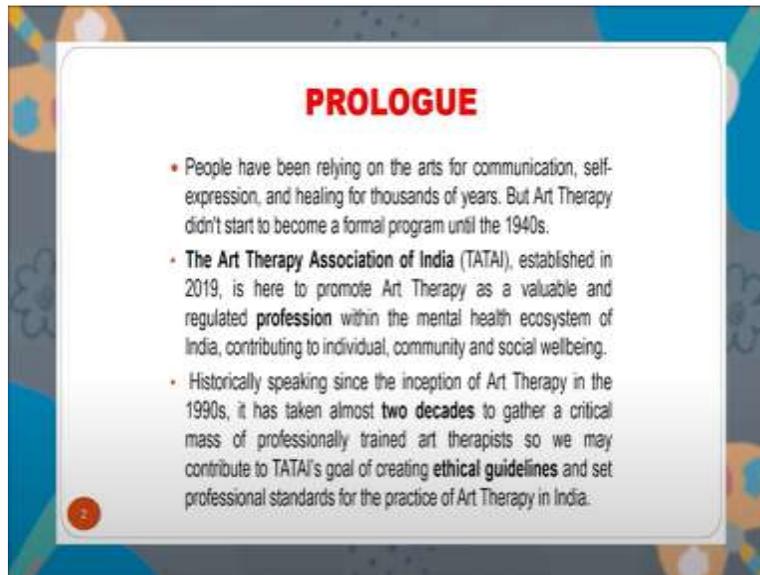
ART THERAPY



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

Hello students, in this session we will talk about art therapy in more detail.

(Refer Slide Time: 00:30)



In earlier session we just emphasized that expressive art therapy is a multimodal approach and art therapy is one of its kind and people have been relying on the arts for communication, self-expression and healing for thousands of years. But art therapy did not start to become a formal program since 1940s. With the inception of the Art Therapy Association of India, which was established in 2019. It is now has been established as a profession. And since two decades, we have been among the people to practice this art therapy.

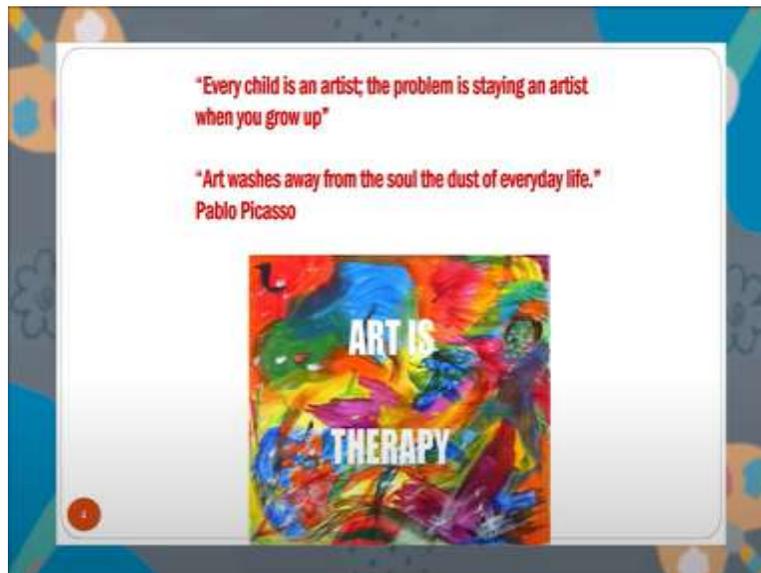
And the association which has been established for promoting this therapy is now working developing the ethical guidelines and the practice of art therapy in detail.

(Refer Slide Time: 01:20)



In part 1, we will discuss about art therapy, its nature, types and techniques.

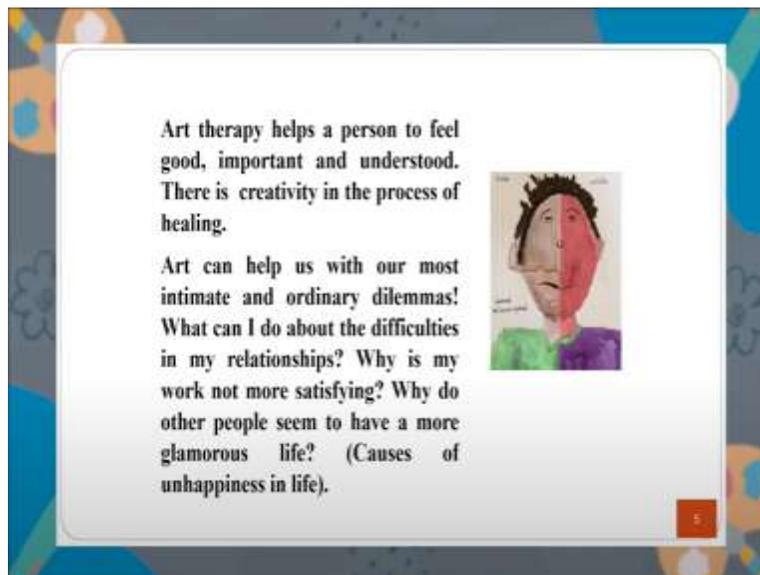
(Refer Slide Time: 01:25)



We all know that child is very playful and it is very artistic. The child always tries to explain or oneself or the create something new, but the child when he grows and becomes an adolescent or an adult it does not mean that a child is no more there in our own self the child remains within us the every child is an artist the problem is staying an artist when you grow up.

So when you grow up you just forget to become a child to express your own self and learn to hide your emotions and if we just remain connected with our childlike attitudes to express our creative potential, we can have the benefit of our own self-expression because art washes away from the soul the dust of everyday life. All of us experience many stresses, many anxieties and many problems. So, these quotations are of Pablo Picasso can explain what I want to convey that always remain connected with the child of your own self. Because if you remain connected with your child of your inner self, you can wash away all the complexities, all the stresses of your life, the dust of your life.

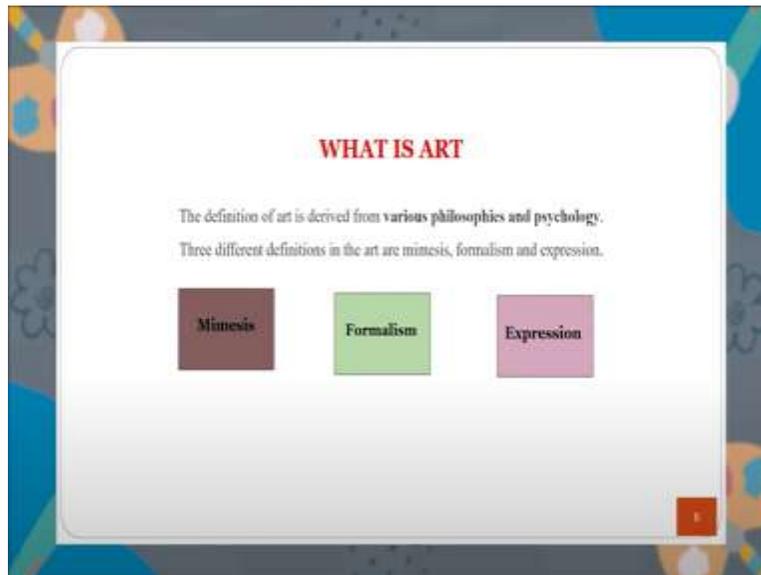
(Refer Slide Time: 02:45)



So, if the child remains alive in our inner psyche, the person feels that he is important, he is or she is being understood because the person is given opportunity to express the creativity which is very important in the process of our own healing.

Art can help people to connect with our own self and handle our intimate and ordinary dilemmas, intimate and ordinary experience that we do not want to share with our friends or the relatives. We sometimes feel that what can I do about the difficulties in my relationships? Why is my work not satisfying to me? Why do other people seem to have a more glamorous life than me? So, these are all causes of being unhappy in our life. So, if we want to be happy in our life because happiness is the ultimate goal of our own life we all are here in this earth to experience happiness pleasure in our own life. Nobody wants to be sad so if we remain connected with our creative potential and the child within us remains alive then we feel happy in our own life.

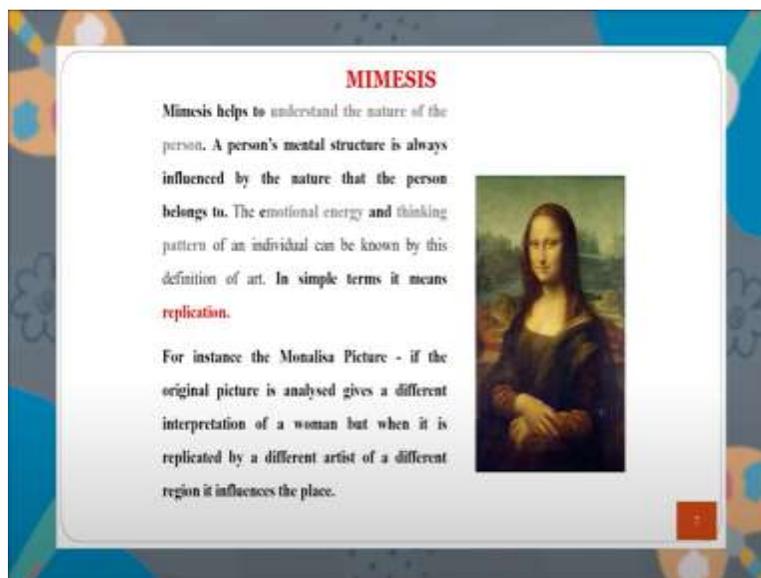
(Refer Slide Time: 03:55)



So, art is a very wide term.

The definition of art is divided from various philosophies and psychology. Three different definitions in the art are mimesis, formalism and expression.

(Refer Slide Time: 04:10)



Mimesis, here is a picture of Mona Lisa, everybody might have seen it and it can be explained by people differently. If the person is given opportunity to replicate or to redraw this picture they perceive it differently. This is an example that how sketching or drawing can represent the inner world of a person.

(Refer Slide Time: 04:30)

FORMALISM

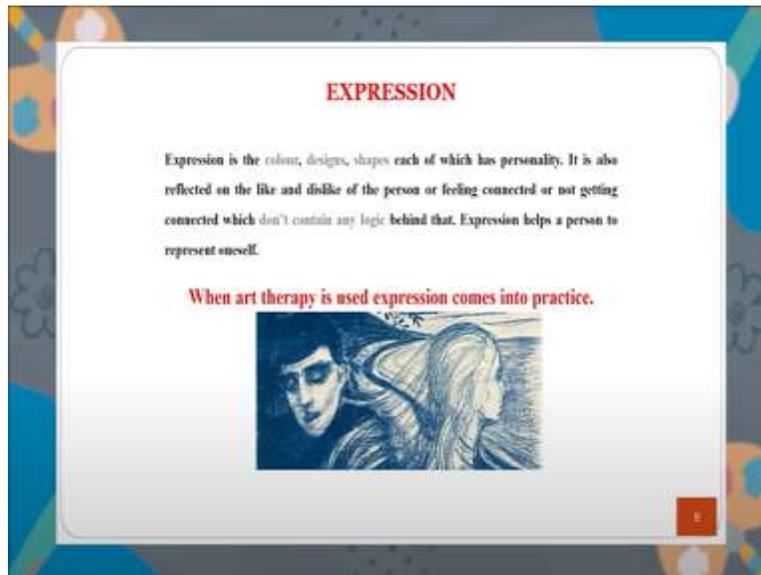
Formalism deals with **shape, colours and patterns**. The **handwriting analysis philosophy** is based on formalism. This type of art will help to understand the **thinking pattern, multiple intelligence, cognition and intelligence-related issues** if any etc. This basically helps to understand and interpret one's **subconscious mind**.



Formalism comes into practice when a person is learning **art analysis**.

Formalism deals with the shapes, colours and patterns. The handwriting analysis philosophy is based on formalism and this technique of handwriting analysis can depict the thinking pattern, multiple intelligences, cognitions and emotions of a person and help the therapist or the counselor to connect with the subconscious mind which is the potential of our creativities and it is connected with the art analysis. So, making the art is another thing, but analysis of art is done by the experts by the psychologist or the psychoanalyst because by analysis of the artistic production we can remain connected with the subconscious mind of the person and which is not even accessible to the person himself or herself.

(Refer Slide Time: 05:25)



EXPRESSION

Expression is the color, design, shapes each of which has personality. It is also reflected on the like and dislike of the person or feeling connected or not getting connected which don't contain any logic behind that. Expression helps a person to represent oneself.

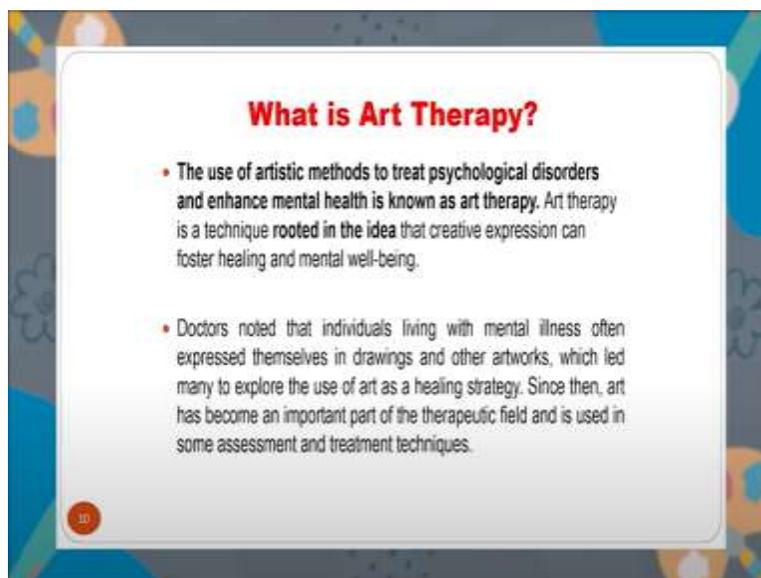
When art therapy is used expression comes into practice.



Expression is the color, design, shapes, each of which has personality. If the person is given free hand to analyze to express one art through different drawings, we can have an access to the person's personality.

The blind spots in the personality and what is repressed within the psyche.

(Refer Slide Time: 05:45)



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 expressed themselves in drawings and 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.

So, 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 which is rooted

in the idea that creative expression can foster healing and mental well-being. And there are many studies done by doctors which reveal that individuals living with mental illness often express themselves in drawings. The mental patients, if they are given situation, they just draw something, they just do some artworks which depicts their inner expression of the self.

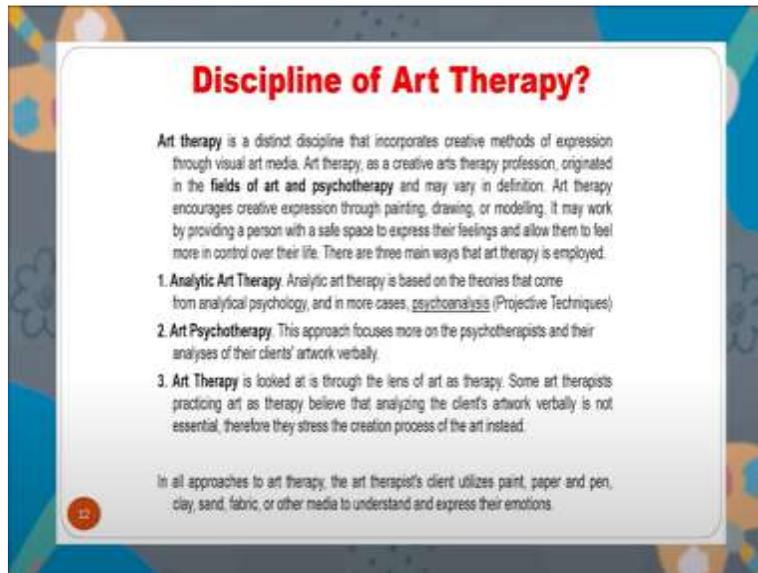
So, it can be used as a healing strategy, as a therapeutic method for the person's own wellbeing.

(Refer Slide Time: 06:25)



And when the person draws something, we get inspiration and we get a feeling of control over our own situation.

(Refer Slide Time: 06:35)



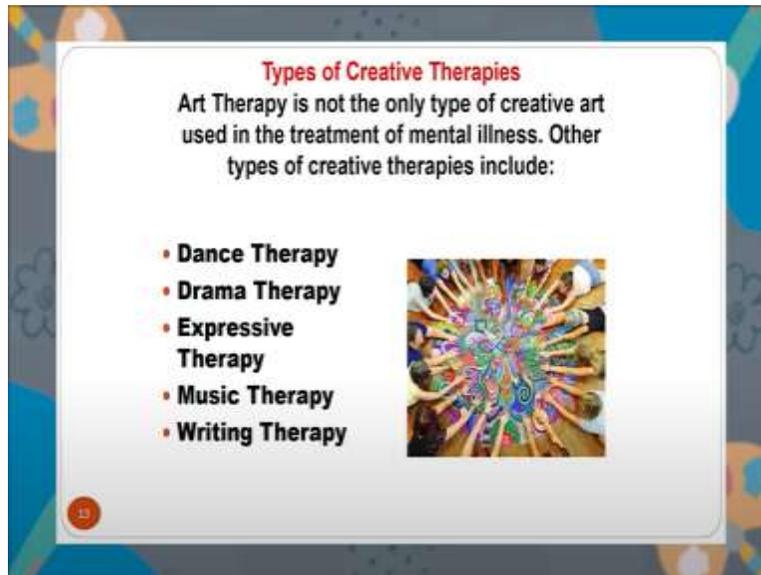
So, art therapy is a discipline total discipline and in which we have a different main ways in which it can be analyzed. There are huge amount of theoretical perspectives which is connected with in earlier lecture I discussed many things. But here I would like to mention the psychoanalysis, the analytic art therapy which talks about the projective techniques which are used for the understanding the subconscious mind and the personality of the person.

You might have heard about the techniques of thematic art perception, TAT test, Rorschach test, sentence completion test. So these are the projective techniques which are actually not artistic. In Rorschach test a picture, a drawing which has been already made is shown to the person and sort of inkblot then the person is asked to explain what he or she can see. So what the perception of the person is analyzed or the person the written expression or the picture made by the person can be analyzed to raise the subconscious mind and art can be used as a psychotherapy. The outlook of the client while explaining the artwork can be used by the psychotherapist to understand the mind of the client because usually when the client draws something he verbalizes something.

Say sometimes the children who draw something they say this is the father, this is the mother, they are doing this, they are feeling like that. So, the verbalization which is made during the artwork can be used as a psychotherapeutic technique. Art therapy is looked at is though the lens of the art is therapy. Some art therapists practicing art as therapy believe that analyzing the client's artwork verbally is not essential. Therefore, they stress the creative process of the arts instead.

It is not that you show the picture or you just take the verbalization into consideration. You can encourage the art therapist, encourage the person to create something, to indulge the client in the creative process of generating certain artistic outcomes. In all these approaches of art therapy, the art therapist clients utilizes paint, paper and pen, clay. Sand or fabric or other media to understand the emotions of the person.

(Refer Slide Time: 09:00)



Types of Creative Therapies

Art Therapy is not the only type of creative art used in the treatment of mental illness. Other types of creative therapies include:

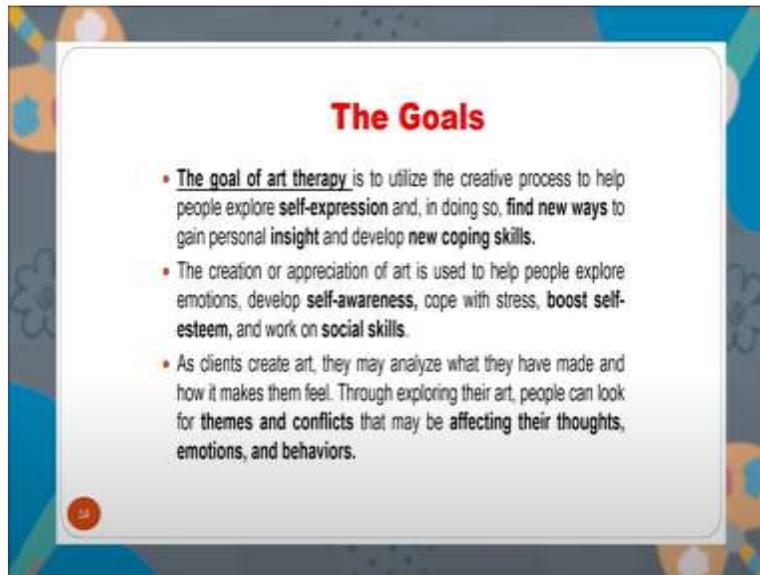
- **Dance Therapy**
- **Drama Therapy**
- **Expressive Therapy**
- **Music Therapy**
- **Writing Therapy**

The slide features a central image of many hands holding colorful, abstract objects, symbolizing creative expression. A small red circle with the number '19' is located in the bottom left corner of the slide.

So there are many creative therapies.

Art therapy is one of them like dance therapy, Dharma therapy, expressive art therapy, music therapy or writing therapy.

(Refer Slide Time: 09:10)



And the goal of these art therapy is to utilize the creative process to help the people explore self-expression and in doing so find new ways to gain personal insight and develop new coping skills. The creation or appreciation of art is used to help people explore their emotions, develop self-awareness, cope with the stress, boost self-esteem and work on social skills. As clients create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions and behaviours.

If we give many opportunities or many sessions to the client to create an art, there can be recurrent themes. Some people may like to draw the picture of specific animals or they may like to draw the picture of nature or they may like to draw certain written material or anything they may like. So, if there is any recurring themes which are occurring in the subsequent artistic work, it can be helpful for understanding the thoughts, emotions and behaviours of the person.

(Refer Slide Time: 10:15)



And the techniques which are used in this Art therapy are collage, coloring, doodling and scribbling, drawing, finger painting, painting, photography, sculpting, working with clay.

(Refer Slide Time: 10:30)



In collage the person is given an opportunity to make a collage out of a different piece of paper, different pictures, photos can be used and certain structures can be given to make a collage and in doodling the person is also making small artwork without any purpose.

So, this small doodling activity can help the person to reconnect with his own goals of life or to understand one's own emotion. And it is usually done when the person is totally

engaged or absorbed in a situation. Sometimes we feel that we just draw certain things without having any idea in our own mind. The doodling can be helpful in distracting our mind from negative thoughts. Scribbling, drawing lines without putting the pen from the paper can be helpful.

Putting colours, adding colours to the picture is a technique.

(Refer Slide Time: 11:20)



Photography is a technique. Sometimes we find that such a thing is very cool and very interesting. We just want to capture that event. So photography can be expressive techniques.

Sculpting with the use of a clay or some material we can draw, either of our choice, we can make a self portrait.

(Refer Slide Time: 11:40)

MANDALA

In 1973, as per Jung, Mandala is the psychological expression of the totality of the self. Patients who are socially neglected or unsocial or lonely in life can be administered with mandala therapy. Mandala therapy is the way of life for people who do not receive support from fellow human beings.



So it can be another technique. Mandala is very old technique which is based on Carl Jung's theory and it is a psychological expression of the totality of the self and the patients who are socially neglected or unsocial or lonely in life can be administered with Mandala therapy and mandala therapy is the way of life for people who do not receive support from fellow human beings. It is the person is instructed to draw a bigger circle and go inside and certain lines can be put crossing each other and there are no specific instructions for making the mandala art but it can be told to the person that whatever he likes he can start with a bigger circle and go inwards.

(Refer Slide Time: 12:20)

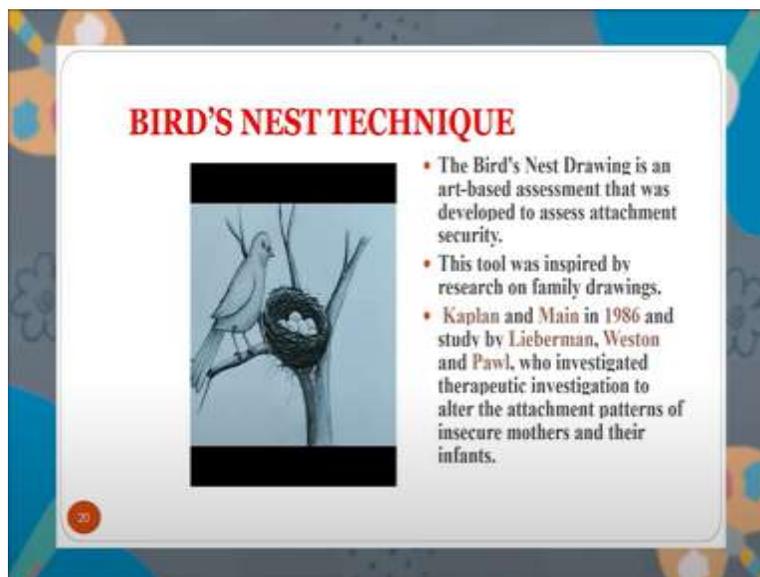
MANDALA



And it is believed that by mandala art the person can be helped to align the chakras of the body.

These chakras are the energy wheels in our body and if the mandala art is practiced it has been seen that the all the chakras in our body becomes aligned. There are techniques to capture the energy in each chakras of our body. Killian photography is a technique through which there are certain cameras which are used to tap the energy level of different chakras in your body. So it has been found that the chakras become aligned when we use mandala art.

(Refer Slide Time: 13:05)



BIRD'S NEST TECHNIQUE



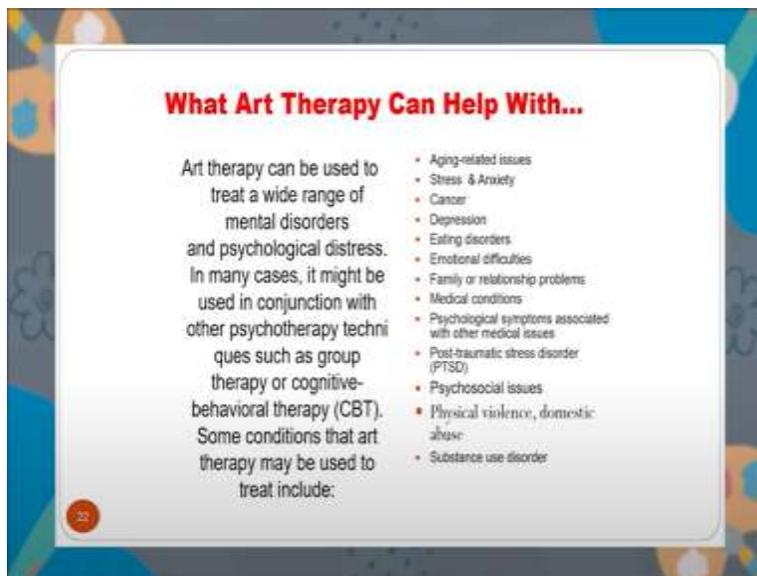
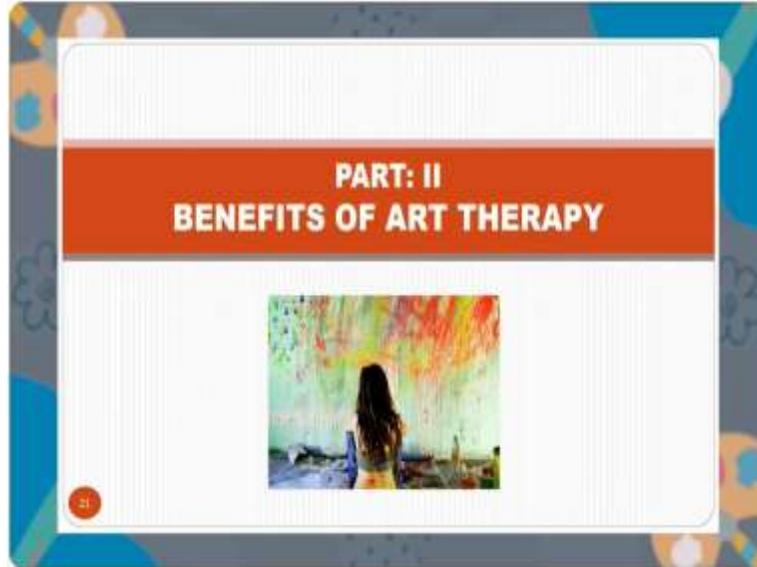
- The Bird's Nest Drawing is an art-based assessment that was developed to assess attachment security.
- This tool was inspired by research on family drawings.
- Kaplan and Main in 1986 and study by Lieberman, Weston and Pawl, who investigated therapeutic investigation to alter the attachment patterns of insecure mothers and their infants.

20

Bird's nest technique is another way to assess the attachment security within the child and it has there are many researchers who reveal the children who are securely attached in their childhood are more happy and healthier and they are better able to make social relationships and if the person can be given a material to build a nest and the miniature bird or the eggs to show it.

So, Kaplan and Main in 1986 and study of Lieberman, Weston and Paul investigated therapeutic investigation to alter the attachment patterns of the insecure mothers and their infants. So if there are problem or issues with the relationships within the person, we can search this attachment security at childhood and try to heal the person from the memories, painful memories which the person is suffering from and get rid from those complexes which are debilitating the capacity of a person to form healthy relationships.

(Refer Slide Time: 14:05)



Part 2 of the session is connected with benefits of art therapy and there are many benefits you can see here, different issues, ageing related, stress, anxiety, cancer patient, depression, eating disorder, emotional difficulties, relationship issues, medical conditions and psychological symptoms associated with medical issues, PTSD, psychosocial issues, physical violence, domestic violence, substance abuse disorders.

(Refer Slide Time: 14:35)



They can all be healed with the art therapy and in this process of art therapy what happens the creative expression opportunity is given and it leads to self-awareness and then it insight and the positive change occurs within the person and then deserve the healing and the person's increased level of well-being.

(Refer Slide Time: 14:55)

The slide is titled "Benefits of Art Therapy" in red text at the top. It contains a list of benefits and a colorful wheel of words. The text reads: "According to a 2016 study published in the *Journal of the American Art Therapy Association*, less than an hour of creative activity can reduce your stress and have a positive effect on your mental health, regardless of artistic experience, age & talent." The wheel of words is a colorful circular graphic with various words written on it, including "OF", "PEACE", "JOY", "WORTH", "PRESENT", "SAFE", "LEARNING", "ENOUGH", and "I AM". A small red circle with the number "24" is located in the bottom left corner of the slide.

So there are benefits of art therapy according to 2016 study published in the journal of the American Art Therapy Association.

Less than an hour of a creative activity can reduce your stress and have a positive effect on your mental health regardless of artistic experience, age and talent.

(Refer Slide Time: 15:10)



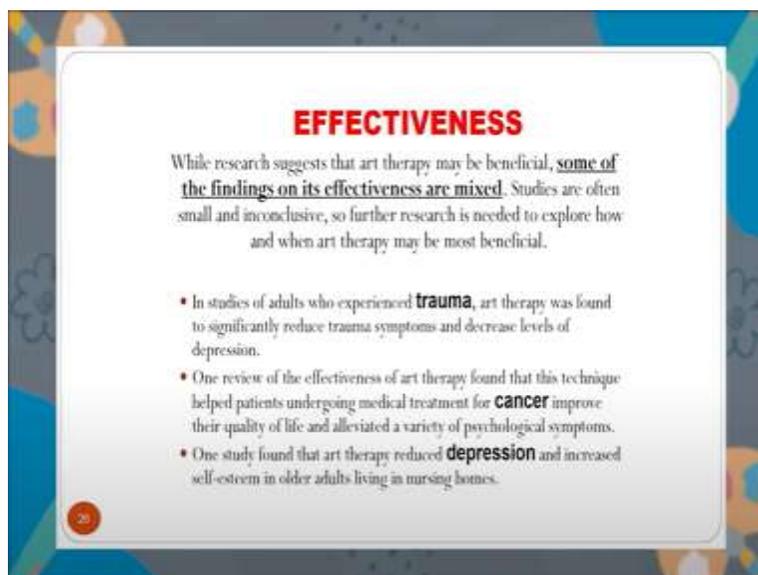
Where can it be used?

Some situations in which art therapy might be utilized include:

- **Adults** experiencing severe stress
- **Children** experiencing behavioral or social problems at school or at home
- Children or adults who have experienced a **traumatic event**
- Children with **learning disabilities**
- Individuals living with a **brain injury**
- People experiencing **mental health problems**

Where it can be used? It can be used with adults, children, the person suffering from traumatic events, person with learning disability, people with brain injury, mental health problems.

(Refer Slide Time: 15:25)



EFFECTIVENESS

While research suggests that art therapy may be beneficial, some of the findings on its effectiveness are mixed. Studies are often small and inconclusive, so further research is needed to explore how and when art therapy may be most beneficial.

- In studies of adults who experienced **trauma**, art therapy was found to significantly reduce trauma symptoms and decrease levels of depression.
- One review of the effectiveness of art therapy found that this technique helped patients undergoing medical treatment for **cancer** improve their quality of life and alleviated a variety of psychological symptoms.
- One study found that art therapy reduced **depression** and increased self-esteem in older adults living in nursing homes.

And there are many findings on the effectiveness of art therapy although these findings are mixed and studies are often small and inconclusive. So, further research is needed to

explore how and when art therapy may be most beneficial. But the studies reveal its positive impact for the trauma survivors, the cancer patients, the depression patients and now we can think that there are certain things which have to be considered for art therapy.

(Refer Slide Time: 15:45)

If you or someone you love is thinking about art therapy, there are some common misconceptions and facts you should know:

PART: III
Things to be Considered



27

If you or someone you love is thinking about art therapy, there are some common misconceptions that facts that you should know.

(Refer Slide Time: 16:05)

1. You Don't Have to Be Artistic

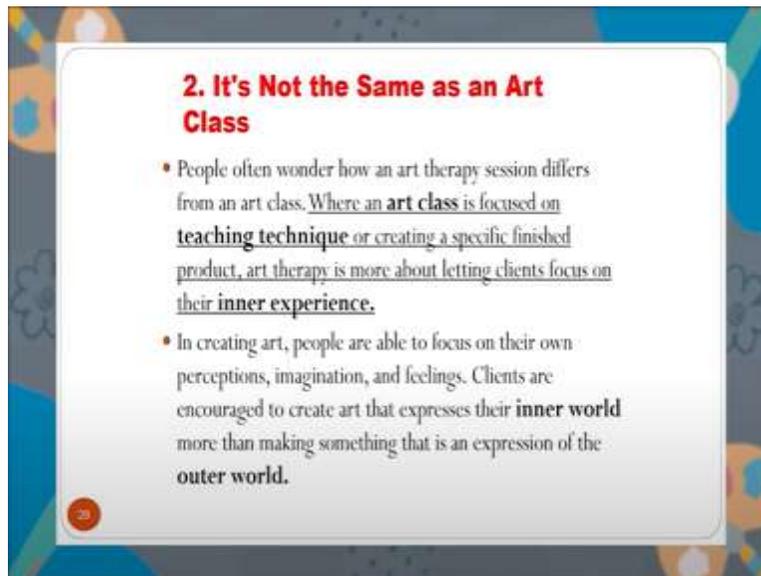
- People do not need to have artistic ability or special talent to participate in art therapy, and people of all ages including children, teens, and adults can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health.
- A 2017 study found that art displayed in hospital settings contributed to an environment where patients felt safe. It also played a role in improving socialization and maintaining an identity outside of the hospital.

28

You don't have to be artistic. People may think that I'm not good at art. I cannot become an art therapist. If you are an open-minded person, if you have the ability to learn more and more, you can develop your skills to be an art therapist.

One thing is that you have to be empathetic and open-minded to accept people as they are. In a 2017 study found, it was found that art displayed in hospital settings contributed to an environment where patients felt safe. It also played a role in improving socialization and maintaining an identity outside of the hospital.

(Refer Slide Time: 16:40)



It is not the same as an art class. People often wonder how an art therapy session differs from an art class.

Where an art class is focused on teaching technique, the art therapy is related with exploring the inner world of the person and the inner experiences and how the person relates with the outer world.

(Refer Slide Time: 16:55)



So, it is not the same as art class because in art class the teacher gives instructions how to draw better and how to become a good artwork.

(Refer Slide Time: 17:10)



So, it can art therapy can take place in a variety of settings in offices, schools, hospitals and community organizations and it is can be used in art studios, in colleges, universities, community centers, correctional facilities are there group. Homes, homeless shelters, private therapy offices, residential treatment centres, senior centres, wellness centres and women's centres.

(Refer Slide Time: 17:35)



There are many settings where it can be used.

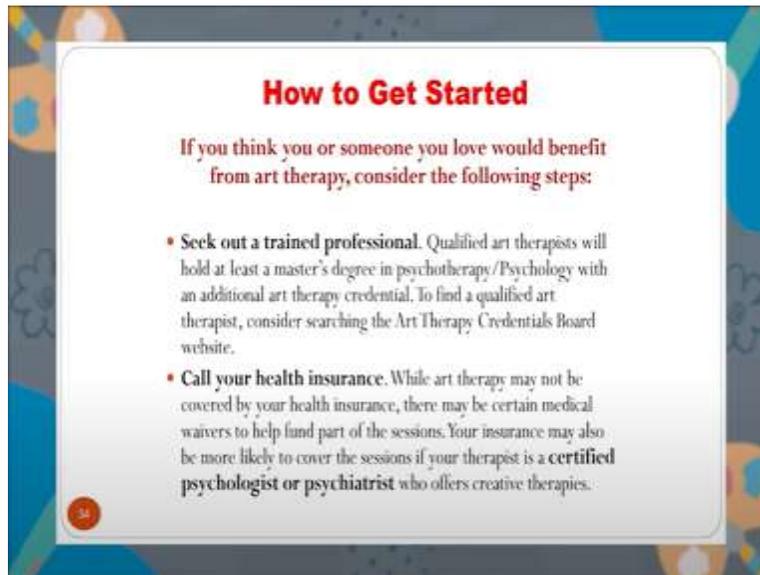
The only thing which is needed is good art therapies to help the clients to grow up.

(Refer Slide Time: 17:40)

Remember, Art Therapy Is Not for Everyone...

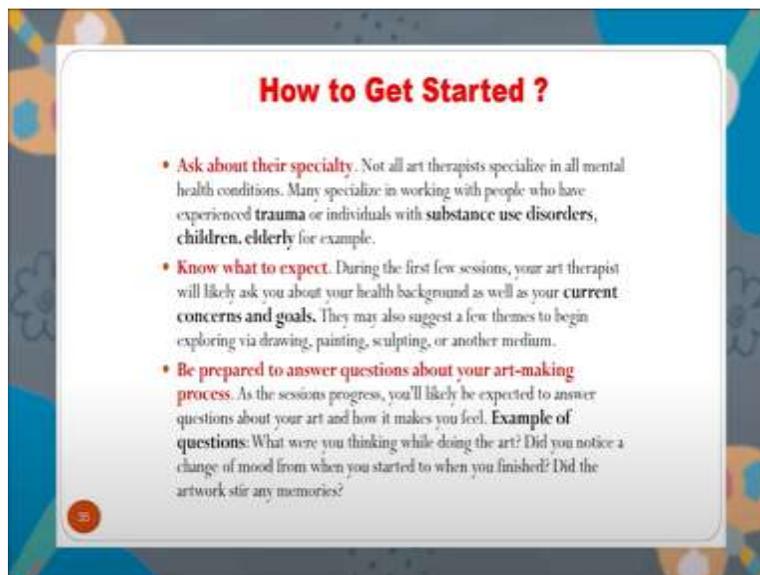
- Art therapy isn't for everyone. While high levels of creativity or artistic ability aren't necessary for art therapy to be successful, many adults who believe they are not creative or artistic might be **resistant or skeptical of the process**.
- In addition, art therapy has not been found effective for all types of mental health conditions. For example, one meta-analysis found that art therapy is not effective in reducing positive or negative symptoms of **schizophrenia**.

(Refer Slide Time: 17:50)



And you have to remember that art therapy is not for everyone because some people are very resistant and they are not suitable for art therapy and if you want to start art therapy we have to seek out a trained professional because they have credentials from board website they can have a better qualification to be art therapist.

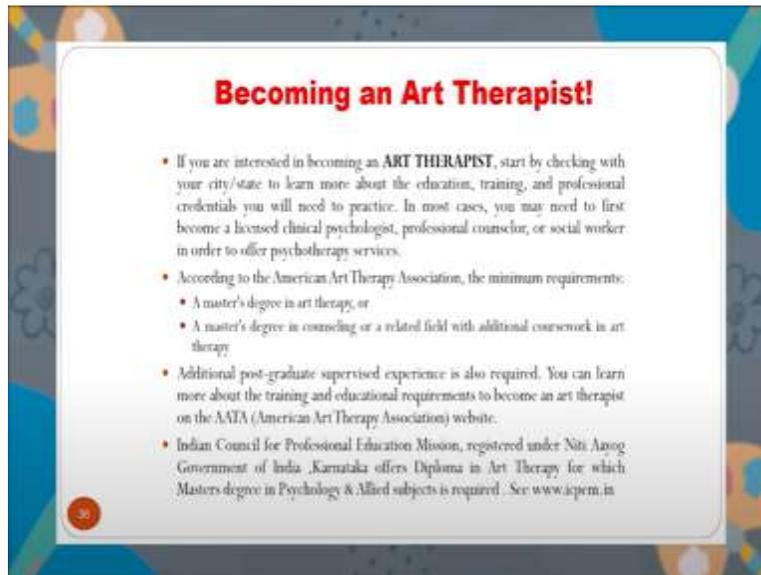
(Refer Slide Time: 18:15)



And it may not be that you might be get your insurance for art therapist but if this therapist is certified then you can get some benefits and you can ask about specialty of the client because depending you have to take the first the case study of the person then you may start the art therapy because some people might be having a trauma related

issues some may have substance use disorder some may have anxiety depression issues. So first you have to ask their specialty in which they are good at and choose the technique which is suitable for a particular person and what can work in that particular situation. So both have to work together the client and the therapist would both kind of work together to find the expression of the inner world of the person and you should know what to expect, you should not expect that there should be a very good artwork only you have to focus on the process what the person has making and you have to be prepared to answer the questions about your own art making process.

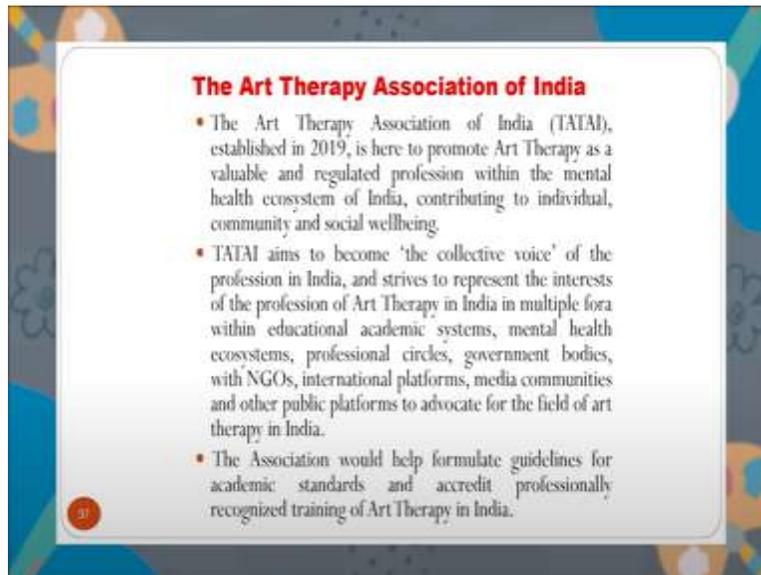
(Refer Slide Time: 19:25)



The client may ask are you good at art making so you can share your own experiences which because it can have developed the feeling of competency, control and self-confidence and being accepted by the therapist during the art making process. So if you want an art therapist there are certain associations which are working in American art therapy associations. It needs a master's degree in art therapy or you can have a master's degree in counseling or a related field with additional coursework because art therapy needs a person who is capable of counseling also because the purpose is to heal the inner wounds or the problems of the person. So, you have to develop the counseling skills also. And in India, we have certain institutes which give the art therapist diploma.

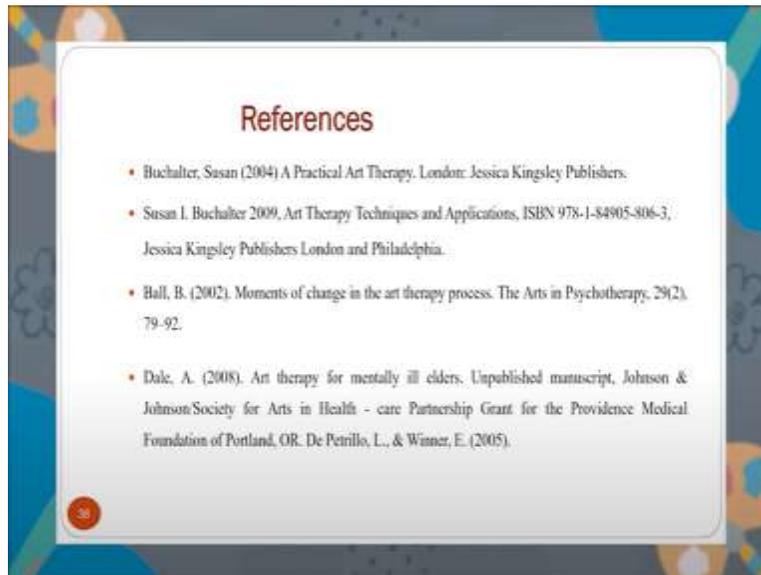
Indian Council for Professional Education Mission registered under NITI-Aayog, Government of India, Karnataka, first diploma in art therapy for which master's degree in psychology and allied subject is required. And you can search on the website of this mission and get registered for becoming an art therapy.

(Refer Slide Time: 20:25)



The Art Therapy Association of India established in 2019 is here to promote art therapy as a valuable and regulated profession within the mental health ecosystem of India contributing to individual community and social well-being. This institute aims to become the collective voice of the profession in India and strives to represent the interests of the profession of art therapy in India in multiple flora within educational academic systems, mental health ecosystems, professional circles, government bodies with NGOs, international platforms, media communities and other public platforms to advocate for the field of art therapy in India. The association would help formulate guidelines for academic standards and accredit professionally recognized training for art therapy.

(Refer Slide Time: 21:15)



These are the references which you can refer for some good articles on art therapy and these are the journals names and the author's name and the year. The study is done by the Buchalter, Susan, Susan I Buchalter, Ball, Dale.A books and if you want to learn more you can refer these references and thank you very much for patient listening.