



Art Therapy

Considerations for practice and patients
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What is art therapy?

It involves the use of creative processes like *drawing*, *painting*, *sculpting*, or *collage* to help individuals express themselves and explore emotions in a safe and supportive environment, often with the guidance of a trained art therapist.



What is art therapy?

Art therapy is often used in:

Mental health treatment (depression, anxiety, PTSD, eating disorders)

Medical settings (cancer care, chronic illness)

Neurological rehabilitation (after strokes or traumatic brain injuries)

Addiction recovery

Geriatric care, especially with dementia or Alzheimer's



What are the benefits of art therapy?

There are many!

Emotional and Psychological Benefits

Emotional Expression: Helps express feelings that are hard to articulate in words (e.g., trauma, grief, anger, fear) and offers a non-verbal outlet for complex emotions.

Stress and Anxiety Reduction: Engaging in art-making can calm the nervous system and reduce **cortisol** levels. It even promotes mindfulness and relaxation.

Improved Self-Esteem and Confidence: You don't have to be a professional artist to create something great! Creating something tangible can boost a sense of accomplishment; in addition, it encourages self-acceptance and personal insight.

Trauma Processing: Art can provide a way to process traumatic experiences at a pace that's comfortable and give positive meaning to the painful experience. It can bypass verbal defenses and access deeper emotional material.

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Cognitive Benefits

Your mind is like a muscle, flex it



Enhanced Problem-Solving and Creativity

Stimulates the brain in unique ways, improving cognitive flexibility.

Encourages thinking outside the box.

Improved Focus and Attention

The act of creating art requires concentration and presence, which can enhance cognitive control.



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Social and Behavioral Benefits

Improved Communication Skills: In group settings, art therapy can enhance interpersonal skills and empathy. It helps people open up about difficult topics and relate to one another.

Behavioral Regulation: Can be useful for children or individuals with ADHD, autism, or behavioral disorders to channel extra energy constructively.



Who can benefit from Art Therapy?

ANYONE willing to
participate!
