

Art Therapy

"Art was made to overcome chaos"

Don Jones

Art therapy is a creative method of expression used as a therapeutic technique. Art therapy, as a creative arts therapy modality, originated in the fields of art and psychotherapy and may vary in definition.

Art therapy may focus on the creative art-making process itself, as therapy, or on the analysis of expression gained through an exchange of patient and therapist interaction. The psychoanalytic approach was one of the earliest forms of art psychotherapy. This approach employs the transference process between the therapist and the client who makes art. The therapist interprets the client's symbolic self-expression as communicated in the art and elicits interpretations from the client. Analysis of transference is no longer always a component.

Current art therapy includes a vast number of other approaches such as person-centred, cognitive, behaviour, Gestalt, narrative, Adlerian, and family. The tenets of art therapy involve humanism, creativity, reconciling emotional conflicts, fostering self-awareness, and personal growth.

References

American Art Therapy Association (2018). About Art Therapy. Available online at: <https://arttherapy.org/about-art-therapy/>

Chandraiah, S., Anand, A. S., and Avent, L. C. (2012). Efficacy of group art therapy on depressive symptoms in adult heterogeneous psychiatric outpatients. *Art Ther.* 29, 80–86.

Crawford, M. J., Killaspy, H., Barnes, T. R., Barrett, B., Byford, S., Clayton, K., et al. (2012). Group art therapy as an adjunctive treatment for people with schizophrenia: a randomised controlled trial (MATISSE). *Health Technol. Assess.* 16, 1–76.

Holmqvist, G., and Persson, C. L. (2012). Is there evidence for the use of art therapy in treatment of psychosomatic disorders, eating disorders and crisis? A comparative study of two different systems for evaluation. *Scandinavian J. Psychol.* 53, 47–53.

Huet, V. (2015). Literature review of art therapy-based interventions for work-related stress. *Int. J. Art Ther.* 20, 66–76.

Im, M. L., and Lee, J. I. (2014). Effects of art and music therapy on depression and cognitive function of the elderly. *Technol. Health Care* 22, 453–458.

Italia, S., Favara-Scacco, C., Di Cataldo, A., and Russo, G. (2008). Evaluation and art therapy treatment of the burnout syndrome in oncology units. *Psychooncology* 17, 676–680.

Leurent, B., Killaspy, H., Osborn, D. P., Crawford, M. J., Hoadley, A., Waller, D., et al. (2014). Moderating factors for the effectiveness of group art therapy for schizophrenia: secondary analysis of data from the MATISSE randomized controlled trial. *Soc. Psychiatry Psychiatr. Epidemiol.* 49, 1703–1710.

"You are mistaken if you think we have to lower ourselves to communicate with children. On the contrary, we have to reach up to their feelings, stretch, stand on our tiptoes."

Janusz Korczak 1925



Liebherz, S., Schmidt, N., and Rabung, S. (2016). How to assess the quality of psychotherapy outcome studies: a systematic review of quality assessment criteria. *Psychother. Res.* 26, 573–589.

Maujean, A., Pepping, C. A., and Kendall, E. (2014). A systematic review of randomized controlled studies of art therapy. *Art Therapy* 31, 37–44.

Munder, T., and Barth, J. (2018). Cochrane's risk of bias tool in the context of psychotherapy outcome research. *Psychother. Res.* 28, 347–355.

Nucho, A. O. (2003). *The Psychocybernetic Model of Art Therapy*. Springfield, IL: Charles C Thomas Publisher.

Pizarro, J. (2004). The efficacy of art and writing therapy: increasing positive mental health outcomes and participant retention after exposure to traumatic experience. *Art Ther.* 21, 5–12.

Reynolds, M. W., Nabors, L., and Quinlan, A. (2000). The effectiveness of art therapy: does it work? *Art Ther.* 17, 207–213.

Schouten, K. A., de Niet, G. J., Knipscheer, J. W., Kleber, R. J., and Hutschemaekers, G. J. (2015). The effectiveness of art therapy in the treatment of traumatized adults: a systematic review on art therapy and trauma. *Trauma Violence Abuse* 16, 220–228.

Slayton, S. C., D'Archer, J., and Kaplan, F. (2010). Outcome studies on the efficacy of art therapy: a review of findings. *Art Ther.* 27, 108–118.

Sudres, J. L., Anzules, C., Sanguignol, F., Pataky, Z., Brandibas, G., and Golay, A. (2013). Therapeutic patient education with art therapy: effectiveness among obese patients. *Educ. Thérapeutique Du Patient Therapeutic Patient Educ.* 5, 213–218.

Thyme, K. E., Sundin, E. C., Stahlberg, G., Lindstrom, B., Eklof, H., and Wiberg, B. (2007). The outcome of short-term psychodynamic art therapy compared to short-term psychodynamic verbal therapy for depressed women. *Psychoanal. Psychother.* 21, 250–264.

Uttley, L., Scope, A., Stevenson, M., Rawdin, A., Buck, E. T., Sutton, A., et al. (2015a). Systematic review and economic modelling of the clinical effectiveness and cost-effectiveness of art therapy among people with non-psychotic mental health disorders. *Health Technol. Assess.* 19, 1–120.

Uttley, L., Stevenson, M., Scope, A., Rawdin, A., and Sutton, A. (2015b). The clinical and cost effectiveness of group art therapy for people with non-psychotic mental health disorders: a systematic review and cost-effectiveness analysis. *BMC Psychiatry* 15:151.

Visnola, D. (2009). *Mākslas Terapijas Ietekme uz Stresu un Trauksmi Organizācijas Darbiniekiem. Malistra darbs [The effect of art therapy on stress and anxiety of employees. Master thesis]*. Rīga: RSU, 99 lpp

Visnola, D., Sprudža, D., Ārija Bake, M., and Pike, A. (2010). Effects of art therapy on stress and anxiety of employees. *Proc. Latvian Acad. Sci. Sect. B Nat. Exact Appl. Sci.* 64, 85–91.

"You are mistaken if you think we have to lower ourselves to communicate with children. On the contrary, we have to reach up to their feelings, stretch, stand on our tiptoes."

Janusz Korczak 1925

