Art therapy, is defined by the British Association of Art Therapists as: “a form of psychotherapy that uses art media as its primary mode of expression and communication. Clients referred to art therapists are not required to have experience or skills in the arts. The art therapist’s primary concern is not to make an esthetic or diagnostic assessment of the client’s image. The overall goal of its practitioners is to enable clients to change and grow on a personal level through the use of artistic materials in a safe and convenient environment” ([British Association of Art Therapists, 2015](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397377/#B11)),

As defined by the American Art Therapy Association (AATA) in About Art Therapy (2018), art therapy, as facilitated by a professional art therapist, is a therapeutic modality used over ongoing sessions to “improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress and advance societal and ecological change.” Creative art therapy has been used to assist patients and families in increasing self-awareness, ameliorating symptom burden, and adapting to the stressful life experiences associated with a terminal illness.

Art therapy has been recognized as beneficial and effective since first described by Adrian Hill in 1942. Even before this time, art therapy was utilized for moral reinforcement and psychoanalysis. Art therapy aids patients with, but not limited to, chronic illness, physical challenges, and cancer in both pediatric and adult scenarios.

Reference :

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397377/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4253394/>

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8397377/

