**THERAPEUTIC DRAWING:**

**PRACTICE OF PLAY-FLOW-FREEDOM**

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| ABSTRACT |  |  |

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| Drawing has established itself as a potent therapeutic tool, with its effectiveness notably amplified by the integration of play, flow, and freedom. This article examines how these three elements contribute to the therapeutic benefits of drawing. Adopting a playful approach allows individuals to explore their creativity without inhibition or self-doubt, overcoming psychological barriers and facilitating self-discovery. Entering a state of flow, where one is deeply immersed in the drawing process, enhances emotional clarity and promotes relaxation. The freedom to express oneself without constraints enables authentic self-expression, fostering emotional healing and personal growth. Through qualitative analysis and case studies, this research reveals that these elements significantly enrich the therapeutic experience. Practically, visual artist-therapists can leverage these insights to enhance their expression and art therapy practices. Academically, the study provides a robust framework for understanding the therapeutic potential of drawing, encouraging further research and exploration within the fields of art therapy and visual art. |  | Article History  Received 2020-03-31  Revised 2020-09-23  Accepted 2021-03-01  Keywords  therapeutic drawing; creativity practice; play-flow-freedom; emotional healing; personal growth |