



[\*\*"Art Is Therapy"\*\*](#)

Clayton Gunn is a self-taught artist based in Australia whose creative journey spans over 30 years in music and the past 4 years in visual art. Living with schizophrenia, Clayton creates from a place of raw honesty, spiritual intuition, and therapeutic necessity.

For Clayton, art is not just expression - it is medicine. While music demands silence and precision, painting allows for chaos. Amidst the sounds of everyday life - music, television, traffic, and the ever-present noise of schizophrenia - Clayton channels disorder into colour. Each brushstroke becomes an act of transmutation, laying his thoughts onto the canvas in real time.

"I believe my right hand is guided by the Spirit," he says, "and that each stroke has purpose." Through the act of painting, he finds peace, connection, and a visual language for what cannot be spoken.

The early years of his diagnosis were like "wading through syrup," yet through therapeutic art-making, Clayton has forged a powerful means of expressing the unseen - his inner world, faith, and psychological battles - with sincerity and grace.

*"When it comes to music, you start with the silence and create music from within that silence, but the therapy of painting is a release no matter how loud my mind is, or the living world around me is. The right hand of my spirit guides the stroke - from faith, expectation, and intentional deliberate action. It's like the complete opposite!"*

- Clayton Gunn



"It Is Finished" ~ Oil on canvas 2025 ~