



# Art Therapy

*Future synthesis of neuro-tech*

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## ❖ What is art therapy and when we need it ?

Art therapy is a distinct creative technique (such as drawing, painting & sculpting) that applied on patients to express themselves, interpret nonverbal symbols, decode metaphorical messages, resolve emotional puzzles & examine psychological undertone issues and behavioural feelings.

It began in 1940s and became more widespread in 1970s. Like other expressive therapy such as dance or music therapy, it also drives on creativity. The underlying concepts of these therapies are, people can understand and respond to their emotions and thoughts with a valuable meaningful new perspective and that expression is good for mental health.

### Key signs to seek for therapeutic care



Seem Struggle To Concentrate



Exhausted Restless & Fidgety



Eating & Sleeping Irregularity



Bouts of Unexplained Crying



Get Upset and Angry Quickly



Self-harm & Suicidal Thoughts

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## ❖ What are the misconceptions about art therapy ?

There are many misconceptions regarding art therapy that contribute to stigma of seeking help for mental health issues. Societal attitude towards mental health always harsh. Five most common popular myths and misconceptions are below

### ***1. Art therapy only applicable for children:***

Art therapy is for all ages. It is adapted to work for children, teens, adolescents, adults, and older people get benefited from it. many adults who believe they are not creative or artistic might be resistant or sceptical of the process.

### ***2. Art therapy is same as like art class:***

People often wonder how an art therapy session differs from an art class. Where an art class is focused on teaching technique or creating a specific finished product, art therapy is more about letting clients focus on their inner experience.

### ***3. You have to be artistic to take art therapy:***

People do not need to have artistic ability or special talent to participate in art therapy. Art therapy is not an assessment on your artistic abilities but an assessment of your approach and engagement in the art process.

### ***4. Art therapy can fix all mental problems:***

Art therapy is not effective for all types of mental health conditions. For example, one meta-analysis found that art therapy is not effective in reducing positive or negative symptoms of schizophrenia.

### ***5. Art therapy is not real psychotherapy:***

Art therapy is currently recognised as an effective psychotherapeutic approach the is regularly used by mental health clinicians to treat variety of mental health illness and ailments, spanning across all ages.

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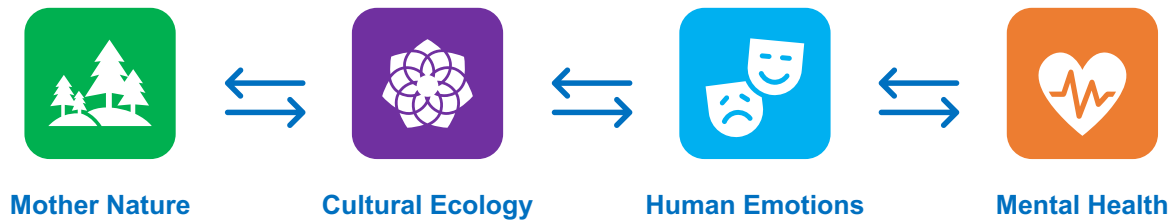
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## ❖ Which illness are can be treated by art therapy ?

First of all we need to understand the mutualism between mother nature, cultural ecology, human emotions & mental health, because the complexity of human mind is absolutely connected with environmental surroundings.



Art therapy can be used to treat mental disorders and psychological distress along in with other traditional therapy such as cognitive-behavioural therapy. Here's few tangible examples of listed disease are currently addressed by art therapy.

- **Anxiety & Depression** : Autism & dementia patients art therapy helps to manage their stress levels and restores sense of personal identity and emotional difficulties.
- **Eating Disorder Habit** : To recognize the unique factors that may contribute to each individual's eating disorder impacts someone's mental and physical health.
- **Post Traumatic Stress** : Experiencing life-threatening situation or traumatic event manifest later as nightmares, flashbacks & irritability that make life difficult to live.
- **Substance Addictions** : Substance abuse disorder treatment is successful when it combined with art therapy, detoxication and recovery counselling.
- **Palliative Care Therapy** : Aesthetic beauty and mental pleasure from artistic activity contribute to reduction in the symptoms experienced by palliative care patients.



## ❖ What are the benefits of art therapy to heal your mind ?



### Increase Life Satisfaction

One of the top reasons people abuse drugs or alcohol is to reduce stress. Heavy daily demands can take a toll on the mind and body. Being engaged in art helps to combat the chemical imbalances in the brain.



### Build Self-Management

Studies show that people with healthy self-esteem and social skills are more likely to develop healthy habits. Art therapy helps build the confidence needed to tackle sticky social situations and life events.



### Develop Communication

Those who struggle with sharing their thoughts and feelings may turn to drugs or alcohol as a way to escape. Art therapy can help foster self-expression. It can also help develop skills to reach out and connect to.



### Improve Learning Skills

Art therapy helps people to seek other ways to solve problems. This can be very helpful for young adults. Young people may struggle with fitting in or with keeping up with the rapid changes.



### Emotional Well-Being

Art therapy can help people to focus on the positive while keeping their minds off of cravings and negative thoughts. It also builds emotional discipline & anger management to live a health relationship.

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## ❖ How art therapy & neuroscience both are connected ?

Like hydrogen & oxygen purposeful blended in water, art therapy & neuroscience both have an intimate connection. These two bodies of knowledge could be the key to understanding the inner brain functions in mental and physical progressive disease. As cognitive decline leaves its imprint on art expression.

There are many facets to this topic which will be explore in neuro-tech industry, however scientists hope that within next 5 to 20 years, deep brain stimulation and neural activity readings can control external devices & will augmenting human cognitive abilities to next level. Currently few organization already started work towards that direction.

### Effects of art therapy on mental health



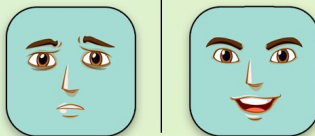
Draw anything you like most



Create clay sculpting crafts



Make paper-cutting collages



Notice your inner feelings  
before and after these  
creative activities.



Paint yourself & take imprint



# List of Resources

- Art Therapy | Psychology Today
- Palliative Care in Cancer - NCI
- Very Well Mind - Know More. Live Brighter
- Utilizing Art Therapy for Treating Eating Disorders
- Art Therapy for Post-Traumatic Stress Disorder
- Art Therapy and Substance Abuse - The Last House
- Interesting Science-Based Benefits of Psychotherapy
- Neuroscience & Art Therapy | London Art Therapy Centre

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# Thank You

I truly appreciate for your time

Prepared by

-- Suman Kanti Roy | India

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