

## What is Art Therapy?

Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Art Therapy is facilitated by a professional art therapist, who effectively supports personal and relational treatment goals as well as community concerns. Art therapists are master-level clinicians who work with individuals with medical and mental health problems, as well as individuals seeking emotional, creative, and spiritual growth.

## How Art Therapy Works

Through integrative methods, art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative models of receptive and expressive communication, when language cannot be articulated.

## Art Can Be Therapeutic

Art Therapy is relaxing, healing, calming, and allows individuals to express themselves from their inner world.



**Art Therapy for  
Counseling**



### Creative Techniques Used

- Drawing
- Painting
- Sculpting
- Coloring
- Collages

These techniques help clients express themselves artistically and helps them examine the psychological and emotional undertones in their art. Clients can “decode” the nonverbal messages, symbols, and metaphors often found in the art forms, which should lead to a better understanding of their feelings and behaviors, so they can resolve deeper issues.

### Art Therapy Activities

1. Build a Safe Place Activity
2. Draw or Paint your Emotions
3. Create a Family Sculpture
4. Paint to Music
5. Create a Collage Vision Board

## When Art Therapy is Used

Art Therapy is used 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.

Art Therapy is used to also help children, adolescents, and adults explore their emotions, manage addictions, relieve stress, improve symptoms of anxiety, depression, and help cope with physical illness or disability.

### NOTE:

No artistic talent is necessary for art therapy to succeed, because the therapeutic process is not about the artistic value of the work.



## “Art Goes Beyond Words”

### Settings Art Therapy Might Take Place

Art Therapists work with children, adolescents, adults, elderly, individuals, couples, families, and groups in diverse settings.

- Hospitals
- Schools
- Private Practice
- Psychiatric Facilities
- Community Clinics
- Crisis Centers
- Senior Communities

