

Art Therapy at a glance

Social Workers' Day 2010
16 March 2010

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Art + Therapy = Art Therapy?

How did Art Therapy begin?

Using Art in Therapy is not a modern Invention

"A patient needs only to have seen once or twice how much he is freed from a wretched state of mind by working at a symbolical picture, and he will always turn to this means of release whenever things go badly with him."

- Jung

- Early 1900s
 - Psychiatrists in Europe believed that art expressions by the psychiatric patients could be used as aids in diagnosis of psychopathology.
- 1920
 - Hans Prinzhorn, Art Historian turned psychiatrist collected 5000 artwork of patients in Europe. This collection drew attention to the notion that art expressions might have both diagnostic value as well as in rehabilitation.



Margaret Naumburg
(“Mother” of art therapy)

- Pioneer in art therapy who developed “Dynamically Oriented Art Therapy” at a psychiatric hospital in 1941

- Art as a form of “Symbolic speech”; art expression a “royal road” to unconscious symbolic contents




Victor Lowenfeld

-Educator, studied the nature of creative activity by teaching sculpture to blind children in 1939


-Discovered that disabled youngsters could be helped through “Art Education Therapy”

-Stages of Artistic Development

Hana Yaxa Kwaitowska
 -Polish Sculptor and Psychotherapist
 -Developed Family Therapy & Evaluation through Art



Edith Kramer
 -artist and art educator
 -another pioneer in art therapy
 -Theory "Art as Therapy" : believed that the creative process activates the healing potentials of art making in the psychological process; Art as a "royal road" to sublimation, a way of integrating conflicting feelings and impulses.



Recent developments...

- 1940s and 1950s: Development of the field of Art Therapy: focus on understanding the complexities of both the process and product in art making. Understanding that art expression have personal meaning for the creator.

1970s till now: Development of Art Therapy Assessments and Theories e.g.

- Rawley Silver: Silver Drawing Test (SDT)
- Lusebrink & Kagin: Expressive Therapies Continuum (ETC)

Definition (AATA)

Art Therapy

is the **therapeutic** use of art making (creative process), within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people seeking personal development.

Through **creating** art and **reflecting** on the **art products and processes**, people can increase awareness of self and others, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoying the life-affirming pleasures of making art.

Basic Beliefs of Art Therapy

Creativity :a human potential

"The mainspring of creativity appears to be the same tendency which we discover so deeply as the curative force in psychotherapy i.e. **man's tendency to actualize himself, to become his potentialities**"

- Carl Rogers, On Becoming a Person

Art and Art Symbols

"Art can be said to be-and can be used as-the externalized map of our interior self. "

- Peter London

Art symbol is a symbolic language & communication that transcends different levels of consciousness, express covert conflicts, bringing into awareness thoughts and feelings previously hidden

Image and Image Formation

Images are a bridge between body and mind, or between the conscious levels of information processing.
- Lusebrink, art therapist

“Our bodies respond to mental images as if they are reality. Images not just visual but includes all sensory modalities.”

Physiology of Emotions

“The body keeps the score” of emotional experience

- Van der Kolk

Art as Therapy (Process)

“Art Making can channel chaotic aggressive energy into more constructive, acceptable action; part of this energy that goes into art making is derived from neutralized aggression.”

Edith Kramer, The Theory of Sublimation, Art as Therapy

“Drawing is an effective therapeutic modality because it helps children (client) express themselves in ways that language cannot.”

Cathy Malchiodi

Understanding Children’s Drawings

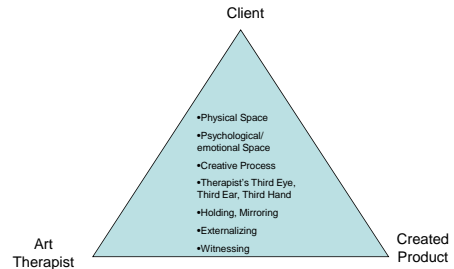
Reflection of Product

"Through the art of looking at their own art work (product), new facets of self become apparent to the art makers and new communication takes place between the art work and the subjective experience of the client-turned beholder."

Mala Gitlin Betensky, What Do You See?

Client-Art-Art Therapist Connection

- Tri-polar Relationship



Who are the Art Therapists?

- Art therapists are masters level professionals who hold a degree in art therapy.
- Art therapists integrates the fields of human development, visual art and creative process with models of counseling and psychotherapy for assessment and therapy.
- Art therapists work with children, adolescents, adults, older adults, groups and families



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"Art serves as a helper in times of trouble, as a means of understanding the conditions of human existence and of facing the frightening aspects of those conditions, the creation of meaningful order offering refuge from the unmanageable confusion of the outer reality"

— Rudolph Arnheim

