

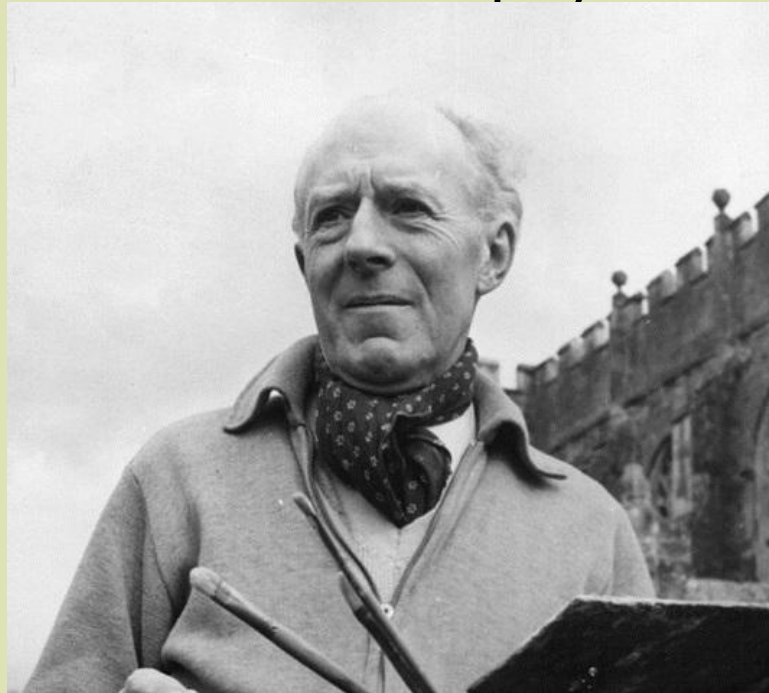


# ART THERAPY

1. Art therapy is a creative method of expression used as a therapeutic technique. Art therapy originated in the fields of art and psychotherapy and may vary in definition.



## 2.The History of Art Therapy



The first person to refer to the therapeutic applications of art as art therapy was **Adrian Hill**





Hill's work was expanded upon by the artist **Edward Adamson**. He worked with Hill to introduce this new therapy to long-term British patients in mental hospitals starting with the Netherne Hospital in Surrey.



- . **Margaret Naumburg** is called “The Mother of art Therapy” and is the primary writer of art therapy. She was heavily influenced by Carl Jung and Sigmund Freud and took many of her ideas from psychoanalytic practices.

# ART THERAPY

INCLUDES:

- Psychodynamic Therapy (Freud & Jung),
- Humanistic Therapy (Gestalt, Existentialism, Person-Centered, Adlerian, & Phenomenological),
- Cognitive / Behavioral Therapy,
- Developmental Therapy,
- Behavioral Psychology
- Marriage and Family Therapy as well as many others.

Expressive arts therapy may be used as a part of the treatment strategy for a wide variety of behavioral, emotional, and mental health conditions.



## 4. Who can benefit from art therapy?

- Those with mental health problems
- Those with learning difficulties
- Those on the autistic spectrum
- Those in the justice system
- Those with dementia
- Those with a chronic/terminal illness
- Anyone who finds it difficult to talk about their feelings or feels distanced from their emotions.



# 5. Different art mediums

Painting



Crayons/chalk



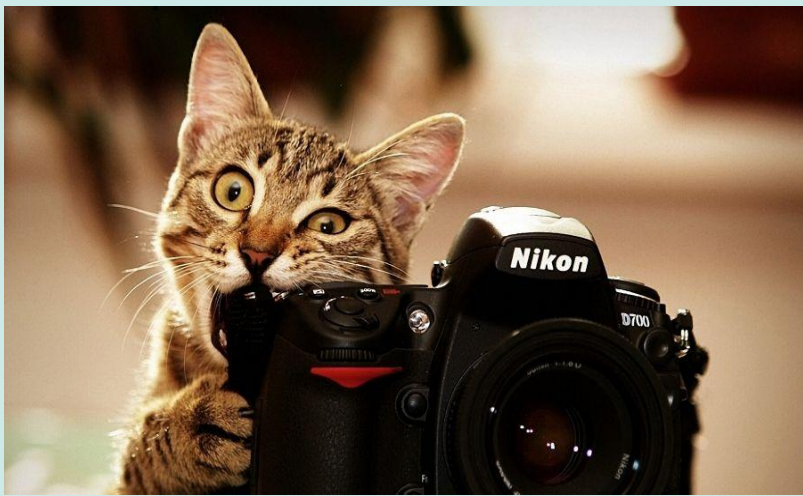
# Sculpting



# Drawing/Illustrating



# Photography



# Found objects



# Collaging



# Art activities

Paint your emotions

Draw a self-portrait

Create an art journal

Paint someone you've  
lost

Make a mandala

Create a calming collage

Paint in the dark

Draw a visual  
autobiography

Draw in the sand

Paint your dreams

Draw something big

Work on a group project



**СПАСИБО**



**ЗА ВНИМАНИЕ!**