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## History of art therapy uk

For centuries, people have used artistic expression as a means of communicating stories, ideas and documenting important events. As art became an important element of culture and history, it was accepted and widely noted that art and expression of emotions were synonymous with each other. The origin of formal art therapy Formal practice of art therapy dates back to the mid-20th century in Europe, with the coinage of the term attributed to the British artist Adrian Hill in 1942.At time when thousands suffered in sanatoriums from tuberculosis, it was noted that drawing and painting was a creative outlet for patients who granted them the freedom their limits did not. The practice of art therapy soon spread to psychiatric hospitals thanks to the work of Edward Adamson, who observed and studied the link between artistic expression and emotional liberation. The British Association of Art Therapists was founded in 1964.Spreading art Therapy WorldwideArt therapy is practiced in the United States around the same time, with the most influential North American practitioners being educator Margaret Naumburg and artist Edith Kramer.Naumburg linked art to the expression of the unconscious through a free association. Kramer has become an important figure in laying the foundations for art education therapy. The American Art Therapy Association was founded in 1969.More organizations around the world modeled after these associations, including the Professional Association of Art Therapy in Australia, New York and Singapore, which has evolved in practice and its geographical reach since its inception in 1987.Rooting itself in EducationAs more land has been gained in the field of art therapy, it has grown important roots in education and approaches used in pediatric psychotherapy. Using art therapy in the therapeutic process, children can express feelings through their art in times of underdeveloped or limited vocabulary. The practice of art therapy has gained ground as a solid practice of psychotherapy and an approach within the education of practitioners around the world. Research and innovation in field has been extensively studied and observed as art therapy is effective for treating trauma, abuse, grief, anxiety and eating disorders. It is a useful tool for alleviating stress through major life transitions and alleviates the pain and suffering associated with mental, physical and emotional illness. By working to bring the conscious, the unconscious and the subconscious into expressive and material forms, the creative processes involved in art therapy have been praised for their ability to promote personal growth, mindfulness, and self-knowledge. As art therapy develops, new forms of research and practice are being developed in the world's leading institutions of higher education, combining art therapy and other methods of psychotherapy. These innovations are being researched, documented and spread between community practices around the world. It is the belief that through the application of the creative process through art therapy and other methods such as game therapy, mindfulness exercises, and through tools such as sand-tray, people achieve a greater sense of personal well-being. Author Adelphi Psycho Medicine ClinicSource: /adelphipsych.sg/art-therapy-in-singapore/ therapyTwo convicted artists draw carpet designs on graph paper at the industrial workshops of Faisalabad Central Prison, Faisalabad, Pakistan, 2010msSHD001155 (edited on Wikidata) Edings, Samar Jammal Art Therapy (not to be confused with art therapy, which includes other creative treatments such as drama therapy and music therapy) is a separate discipline that includes creative methods of expression through visual media art. Art therapy, as a profession of creative art therapy, originated in the field of art and psychotherapy and can vary in definition. There are three main ways that art therapy is used. The first is called analytical art therapy. Analytical art therapy is based on theories that come from analytical psychology, and in other cases, psychoanalysis. Analytical art therapy focuses on the client, the therapist and the ideas that are conveyed between them through art. This approach focuses more on the therapist and their analysis of their clients art orally. The last way art therapy can be viewed is through the prism of art as therapy. Some art therapists practicing art as therapy believe that analyzing a client's work orally is not essential, so they emphasize the process of creating art, not. In all these different approaches to art therapy, the client art therapist embarks on a journey to delve into their inner thoughts and emotions through paint, paper and pen, or even clay. Art therapy can be used to help people improve cognitive and sensory motor functions, self-esteem, self-awareness, emotional stability. It can also help resolve conflicts and reduce suffering. Current art therapy includes a huge number of other approaches such as human-centered, cognitive, behavior, gestalt, storytelling, Adlerian, and family. The principles of art therapy include humorism, creativity, reconciliation of emotional conflicts, promoting self-awareness and personal growth. History in the history of mental health treatment, art therapy (a combination of research on psychology and art) emerged much later as a new area. This type of non-traditional therapy is used to develop self-esteem and awareness, improve cognitive and motor abilities, and resolve conflicts stress, and to inspire resilience in patients. It offers sensory, kinish, perceptual and sensory symbolism symbolism issues that verbal psychotherapy cannot achieve. Although art therapy is a relatively young therapeutic discipline, its roots lie in the use of art in the moral treatment of psychiatric patients in the late 18th century. Art therapy as a profession began in the middle of the 20th century, emerging independently in English-speaking and European countries. Art was used at that time for various reasons; communication, stimulation of creativity in children and in religious contexts. Early art therapists who published reports on their work, to varying degrees recognized the impact of aesthetics, psychiatry, psychoanalysis, rehabilitation, preschool education and art education on their practice. British artist Adrian Hill coined the term art therapy in 1942. Hill, recovering from tuberculosis in the sanatorium, discovered the therapeutic benefits of drawing and painting during recovery. He wrote that the value of art therapy lies in a completely fascinating mind (as well as fingers)... the release of creative energy is often inhibited by the patient, allowing the patient to create strong protection against his misfortunes. He offered art therapy to his fellow patients. This is the beginning of his work art therapy, which was documented in 1945 in his book, Art Against Disease. Edward Adamson, father of art therapy in Britain. Artist Edward Adamson, demobilized after World War II, joined Adrian Hill to extend Hill's work to British psychiatric hospitals. Other early advocates of art therapy in the UK include E.M. Lyddiatt, Michael Edwards, Diana Rafael-Holiday and Rita Simon. The British Association of Art Therapists was founded in 1964. U.S. art therapy pioneers Margaret Naumburg and Edith Kramer began practicing around the same time as Hill. Naumburg, the teacher, argued that artistic therapy is psychoanalytically oriented and that free artistic expression becomes a form of symbolic speech that... leads to an increase in verbalization during therapy. Edith Kramer, an artist, noted the importance of creative process, psychological protection and artistic quality, writing that sublimation is achieved when forms are created that successfully contain... anger, anxiety, or pain. Other early advocates of art therapy in the United States include Eleanor Ulman, Robert Bob Alita and Judith Rubin. The American Art Therapy Association was founded in 1969. National professional art therapy associations exist in many countries, including Brazil, Canada, Finland, Lebanon, Israel, Japan, the Netherlands, Romania, South Korea and Sweden. International networks promote standards in education and practice. The process of art therapist work Various perspectives exist on the history of art therapy that complement those that focus on the institutionalization of art therapy as a profession in the UK and the United States. Definitions of art art observes a man with mental health problems during an art therapy workshop in Senegal. There are different definitions of the term art therapy. The British Association of Art Therapists defines art therapy as a form of psychotherapy that uses the art media as the primary way of expression and communication. The American Art Therapy Association defines art therapy as an integral profession of mental health and human services that enriches the lives of individuals, families and communities through the active creation of art, creative process, applied psychological theory and human experience in psychotherapeutic relationships. As a regulated profession in the field of mental health, art therapy is used in many clinical and other settings with different populations. It is increasingly recognized as a valid form of therapy. Art therapy can also be found in non-clinical conditions, as well as in art studios and creative development workshops. Licensing for art therapists can vary from state to state with some recognizing art therapy as a separate license, and some licensing within related areas, such as professional counseling, mental health consultation. Art therapists must have a master's degree, which includes creative learning, psychological development, group therapy, and must undergo a clinical internship. Art therapists can also hold additional powers through the Art Therapy Council. Art therapists work with people of all ages and with a wide range of disorders and diseases. Art therapists provide services to children, adolescents and adults, whether individuals, couples, families or groups. Using their assessment and psychotherapy skills, art therapists choose materials and interventions that meet the needs of their clients and design sessions to achieve therapeutic goals and objectives. They use the creative process to help their clients increase understanding, cope with stress, work through traumatic experiences, increase cognitive, memory and neurosensory abilities, improve interpersonal relationships and achieve greater self-fulfillment. The activity an art therapist decides to do with clients depends on various factors such as their mental state or age. Art therapists can rely on images from resources such as ARAS (Archive of Research in Artchegyal Symbolism) to incorporate historical art and symbols into their work with patients. Depending on the state, province or county, the term art therapist may be reserved for those who are specialist, trained in both art and therapy and have a master's or doctor's degree in art therapy or certification in art therapy received after graduation in the soybean field. Other professionals, such as mental health consultants, social psychologists and therapists, if desired, combine art with basic psychotherapeutic conditions in their treatment. Therapists can better understand customer takeover after evaluating the elements of their work. A systemic review of the literature compiled and evaluated various studies, some of which are listed below. Overall, this study publication showed that both high levels of variability (such as the inclusion of conversational therapy) and a limited number of studies conducted with certified art therapists make it difficult to generalize over conclusions. Despite these limitations, art therapy has proved to be effective in alleviating symptoms and improving the quality of life. The common disease art-making is a common activity used by many people to cope with the disease. Art and creativity can alleviate many diseases (cancer, heart disease, flu, etc.). This form of therapy helps benefit those suffering from mental illness as well (chronic depression, anxiety disorders, bipolar disorders, etc.). It is difficult to measure the effectiveness of art therapy because it treats various mental illnesses to varying degrees; Although, people can avoid the emotional effects of various diseases through art-making and many creative techniques. Sometimes people can't express what they feel, as it can be difficult to put into words, and art can help people express their experiences. During art therapy, people can explore past, present and future experiences using art as a form of survival. Art can be a haven for strong emotions associated with the disease; there are no limits to the imagination in finding creative ways to express emotions. Hospitals began to study the impact of art on patient care and found that participants in art programs had better vital signs and fewer sleep complications. Artistic influence should not be part of the program, but studies have shown that the landscape picture in the hospital ward has reduced the need for narcotic painkillers and less time to recover in the hospital. In addition, either a look at art or the creation of art in hospitals helped stabilize life signs, speed up the healing process, and in general, bring a sense of hope and soul to the patient. Family members, caregivers, doctors and nurses are also having a positive impact. Cancer Diagnosis Many studies have been conducted on the benefits of art therapy on cancer patients. Art therapy has proven to be useful for supporting patients during stress such as chemotherapy. Art therapists conducted research to understand why some cancer patients turned to art as a survival mechanism and a tool for creating positive identity outside of cancer. The study involved women in a variety of art programs, ranging from ceramics and mapping to drawing and painting. The programs have helped them rebuild their identity beyond having cancer, reduced the emotional pain of their ongoing battle with cancer, and gives them hope in a study involving women facing cancer-related problems such as fear, pain, altered social relationships, etc., etc.. That: Participation in various forms of fine art (textiles, map making, collage, ceramics, watercolors, acrylics) helped these women in 4 main directions. First, it helped them focus on positive life experiences, relieving their ongoing concern for cancer. Secondly, it has increased their self-esteem and identity by enabling them to demonstrate continuity, challenge and achievement. Third, it allowed them to maintain a social identity that resisted the definition of cancer. Finally, it allowed them to express their feelings in a symbolic manner, especially during chemotherapy. Another study found that those who participated in these activities were dismissed earlier than those who did not participate. In addition, another study has revealed the healing effects of art therapy on breast cancer patients. Studies have shown that relatively short-term art therapy interventions have greatly improved the emotional state of patients and perceived symptoms. Studies have also shown how the emotional disorder of cancer patients has decreased when using the creative process. Throughout the treatment process, women painted themselves, as well as doing yoga and meditating; these actions combined helped alleviate some of the symptoms. Another study looked at the effectiveness of mindfulness based on art therapy, combining meditation with art, in a large study with 111 participants. The study used measurements such as quality of life, physical symptoms, depression and anxiety to assess the effectiveness of intervention. This has yielded optimistic results, which indicate a significant reduction in the level of disaster and a significant improvement in the quality of life. A review of 12 studies examining the use of art therapy in cancer patients Wood, Malossotis, and Payne (2010) examined the symptoms of emotional, social, physical, global functioning and spiritual control of cancer patients. They found that art therapy can improve the process of psychological adaptation to changes, loss, and uncertainty associated with cancer survivors. It has also been suggested that art therapy can provide a sense of meaning to decisions due to the physical act of creating art. When given five individual art therapy sessions once a week, art therapy has been shown to be beneficial for personal empowerment, helping cancer patients understand their own boundaries in relation to the needs of others. In turn, those who had art therapy treatment felt more connected to others and found social interaction more enjoyable than people who did not receive art therapy treatment. In addition, art therapy has improved the level of motivation, the ability to discuss emotional and physical health, overall well-being and improving the global quality of life of cancer patients. In general, relatively short-term intervention which is individualized for different patients, has the potential to significantly improve the emotional state and quality of life, reduce perceived symptoms associated with cancer diagnosis. Disaster relief therapy has been used in a variety of traumatic experiences, including disaster relief and crisis intervention. Art therapists worked with children, adolescents and adults after natural and artificial disasters, encouraging them to make art in response to their experiences. Some proposed strategies for dealing with victims of natural disasters include: disaster assessment or post-traumatic stress disorder (PTSD), normalization of feelings, survival skills modeling, promotion of relaxation skills, the creation of a social support network, and increased feelings of security and stability. (29)137ff:120ff Dementia Although art therapy helps with behavioral problems, it does not seem to affect the deterioration of mental abilities. Preliminary data confirm the benefits of quality of life. Art therapy had no clear results affecting memory or emotional well-being of the scales. However, the Alzheimer's Association states that art and music can enrich people's lives and ensure self-expression. Autistic therapy is increasingly being recognized to help solve the problems of people with autism, as evidenced by these sources. Art therapy can eliminate the underlying symptoms of autism spectrum disorder by promoting sensory regulation, supporting the development of the psychomotor and facilitating communication. Art therapy is also thought to promote emotional and mental growth, allowing self-expression, visual communication and creativity. Schizophrenia A 2005 systematic review of art therapy as a supplement on the treatment of schizophrenia found unclear effects. Studies show that cognitive behavioral therapy has proven to be the most effective for this disorder. Studies of genetic patients conducted by Regev show that genetic art therapy has been significantly beneficial for helping older people with depression, although not particularly successful among patients with dementia. Group therapy was more effective than individual sessions. Trauma and pediatric art therapy can alleviate trauma-induced emotions such as shame and anger. In addition, it can increase the sense of trauma of survivors of empowerment (39) and control by encouraging children to make choices in their jobs. Art therapy in addition to psychotherapy has offered more reduction in injury symptoms than just psychotherapy alone. Because traumatic memories are encoded visually, creating art can be the most effective way to access them. With art therapy, children may be able to make more sense of their traumatic experiences and shape accurate injury stories. Gradual exposure to these stories can reduce trauma-induced symptoms such as flashbacks and nightmares. Redirecting directives reduces anxiety, and visually creating Help clients build survival skills and balanced nervous system reactions. This only works in long-term art therapy. Children who have trauma can benefit from group art therapy. The group format is effective in helping survivors develop relationships with others who have experienced similar situations. Group art therapy can also be helpful in helping children with injuries regain trust and social self-esteem. As a rule, participants who undergo art therapy with the help of group interventions have positive experience and give confirmation of their inner feelings. Veterans and Post traumatic stress disorder Art Therapy has an established history of use for the treatment of veterans, with the American Association of Art Therapy documenting its use as early as 1945. As with other sources of trauma, combat veterans can benefit from art therapy to gain access to memories and participate in treatment. A randomized 2016 control study found that art therapy combined with cognitive computational therapy (CPR) was more beneficial than CPR alone. The Walter Reed Army Medical Center, the National Center of Excellence Intrepid and other veterans association agencies are using art therapy to help veterans with PTSD. Eating Disorders Art Therapy can help people with anxiety with weight gain and can help with depression levels. Traumatic or negative childhood experiences can lead to unhelpful or harmful coping mechanisms such as eating disorders. As a result, customers can be cut off from their emotions, self-rotating and detached from their strength. Art therapy can be an outlet for exploring these inaccessible strengths and emotions; this is important because people with eating disorders may not know how to voice their emotions. Art therapy can be useful for clients with eating disorders because clients can create visual representations with the artistic material of progress, represent changes in the body, and provide an unsophingmed method of pulse action. Individuals with eating disorders tend to rely heavily on protective mechanisms to feel a sense of control; it is important that customers feel the power over their artistic products through freedom of expression and managed art materials. With the help of managed media such as pencils, markers and colored pencils, along with freedom of choice with the media, customers with eating disorders can create boundaries around disturbing topics. Another systematic review of the literature found compelling evidence that art therapy led to significant weight loss in obese patients, as well as helping with a number of psychological symptoms. Constant daily calls Those who do not suffer from mental illness or physical illness have also been tested, these patients have persistent daily problems, like high-intensity jobs, financial constraints and other personal problems. The results showed that art therapy reduces stress and burnout levels associated with patient professions. Deterrence term deterrence, in art therapy and other therapeutic settings, has been used to describe the description The client can experience in the security and confidentiality of the trust relationship between the client and the consultant. The term was also equated, as part of an art therapy study, with the conduct or limitation of an issue within the visual expression, like the boundary or circumference of a mandala. The creation of mandalas to regulate symptoms is not a new approach in the field of art therapy, and numerous studies have been conducted to assess their effectiveness. The purpose of the art media commonly used in art therapy The purpose of art therapy is essentially one of healing. Art therapy can be successfully applied to clients with physical, mental or emotional problems, illnesses and disorders. Any type of visual art and art environment can be used in the therapeutic process, including painting, drawing, sculpture, photography and digital art One of the proposed training mechanisms is to enhance arousal and, as a result, strengthen neural connections. A typical session a person draws in response to an art therapy directive Art Therapy can take place under different conditions. Art therapists can vary the purpose of art therapy and how they provide art therapy, depending on the needs of the institution or client. After assessing the strengths and needs of the client, art therapy can be offered in an individual or group format, according to which is best suited for the person. Art therapist Dr. Ellen G. Horowitz wrote, My responsibilities vary from job to job. It is completely different when one works as a consultant or in an agency as opposed to private practice. In private practice, it is becoming more complex and far-reaching. If you are a primary therapist, then your responsibilities may swing from the spectrum of social work to the primary care of the patient. This includes consistent with doctors, judges, family members, and sometimes even community members who may be important in caring for a person. Like other psychopathists in private practice, some art therapists find it important to ensure, for therapeutic relationships, that sessions take place every week in the same space and at the same time. Art therapy is often offered in schools as a form of therapy for children because of their creativity and interest in art as a medium of expression. Art therapy can benefit children with a variety of problems such as learning disabilities, speech and language disorders, behavioral disorders and other emotional disorders that may interfere with a child's learning. Like other psychopathists who work in schools, art therapists should be able to diagnose the problems facing their student clients and individualize treatment and interventions. Art therapists work closely with teachers and parents in to implement their therapy strategies. Art-assessments by art therapists and other professionals use artistic evaluations to assess emotional, cognitive and development. There are also many psychological evaluations that use art to analyze different types of mental functioning (Betts, 2005). Art therapists and other professionals are trained to carry out and interpret these assessments, most of which are based on simple directives and a standardized set of art materials (Malchiodi 1998, 2003; Betts, 2005). The first assessment of drawings for psychological purposes was created in 1906 by the German psychiatrist Fritz More (Malchiodi 1998). In 1926, researcher Florence Gudeno created a drawing test to measure intelligence in children called Draw-A-Man Test (Malchiodi 1998). The key to interpreting the Draw-A-Man test was that the more details a child included in the drawing, the smarter they were (Malchiodi, 1998). Guadeno and other researchers realized that the test had as much in common with personality as intelligence (Malchiodi, 1998). In the 1940s, several other psychiatric art assessments were created, which have been used since then (Malchiodi 1998). Despite this, many art therapists avoid diagnostic testing, and some writers (Hogan 1997) doubt the validity of therapists who make interpretive assumptions. However, more recent literature emphasizes the usefulness of standardized approaches to treatment planning and clinical decision-making, as evidenced by this source. Below are some examples of art therapy evaluation: the Mandala Score Research Tool In this assessment, the person asked to select a card from the deck with different mandalas (designs enclosed in geometric form) and then must choose the color from a set of colored cards. The person is then asked to draw a mandala from a map they choose with an oil pastel of color of their choice. The artist is then asked to explain whether there were any meanings, experiences or related information related to the mandala they had drawn. This test is based on the beliefs of Joan Kellogg, who sees a recurring correlation between images, patterns and forms in mandalas that people draw and the personalities of artists. This test assesses and gives the key to a person's psychological progression and current psychological state (Malchiodi 1998). Mandala originates in Buddhism; his connections to spirituality help us to see connections with transpersonal art. House-Tree-Man 4-year-old drawing man In a house-tree-face test, the client asked first to draw the house, then the tree, then the person, and ask a few questions about each. By 2014, this test was not well tested. Outsider Art Home article: Outsider Art Connection between areas of art therapy and outsider art is widely discussed. The term art brut was first coined by Jean Dubuffet to describe art created outside of official culture. Dubuffet used the term art brut to focus on the artistic practice of insane-asylum patients. The English translation of the outsider art was first used by art historian Roger Cardinal in 1972. Both terms have been criticized because of their social and personal influence on both patients and artists. Art therapy professionals are accused of not paying attention to the artistic value and meaning of the artist's work, considering them only from a medical point of view. This led to the delusion of the entire outsider of artistic practice, while addressing therapeutic issues in the field of aesthetic discussion. Outsider art, by contrast, was negatively judged because of the marking of the work of artists, i.e. the equation of the artist and the genius and insane. In addition, business-related issues related to the term outsider art bear some misunderstandings. Although the outsider artist is part of a specific artistic system that can give positive value to both the artist's work and his personality, he can also imprison him within the system itself. See also Visual Arts portal Artistic Freedom Of Library Therapy Comic Therapy Expressive Therapy List of Psychotherapeutic Therapy References - b c d e f Hogan, Susan (2011). Healing arts: A History of Art Therapy. UK: Jessica Kingsley Publishers London and Philadelphia. 21. 22. ISBN 1-85302-799-5. b c About art therapy. American Art Therapy Association. 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