

What is art therapy?

Art therapy is the use of art media, the creative process, and the resulting artwork to explore their feelings.

Goals...

- To improve or restore a client's functioning and his or her sense of personal well-being

Where does it take place?

In hospitals, psychiatric and rehabilitation facilities, wellness centers, forensic institutions, schools, crisis centers, senior communities, private practice, and other clinical and community settings.

<https://www.arttherapy.org/upload/whatisarttherapy.pdf>

Types of art therapy

- Painting
- Drawing
- Scribbling
- Doodling
- Sculpting
- Modeling clay
- Making cards
- Collages

<https://www.goodtherapy.org/learn-about-therapy/types/art-therapy>

The History

1942 by British artist Adrian Hill, who discovered the healthful benefits of painting and drawing while recovering from tuberculosis. They were educated in other disciplines and supervised by psychiatrists, psychologists, or other mental health care professionals.









