

ART THERAPY

How it is used to help people heal.



The Gist

Art Therapy is based on the theory that creative expression can foster healing and mental well-being..

It is useful in helping people resolve conflicts, manage behaviour, reduce stress, increase self esteem ad self-awareness.



How?

Artistic activities led by an Art Therapist such as drawing, painting, sculpture, and collage can be used to help people communicate, de-stress, explore their own personalities, look inwards, reflect and envision their future.

Art Therapists are able to decode nonverbal messages, symbols, and metaphors often found through creative expression.



Whats the difference?

Different from a typical art class, the class leader or Art Therapist there is an emphasis to ask the participants to focus on their inner experiences. The key is to focus on expressing images that come from inside the participant, rather than something they see in the outside world.



Benefits for Seniors

- Gives feeling of control
- Social activity
- Improve cognition
- Encourage humour and playfulness
- Offer sensory stimulation
- Exposure to new mediums
- Foster a sense of identity
- Encourage story telling
- Reduce Boredom

What next?

Not everybody has access to an Art Therapist, however, participation in creative and active aging can have many positive benefits. Visit our website to get some free tools!

Adapted from:

<https://www.verywellmind.com/what-is-art-therapy-2795755>



www.creativeagingcalgary.com