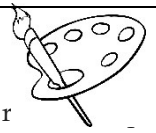


Benefits of Visual Arts Therapy



Gavron, T. & Maysseles, O. (2015) The joint painting procedure to assess implicit aspects of the mother-child relationship in middle childhood. *Art Therapy: Journal of the American Art Therapy Association*, 32 (2). Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=9020a54e-f210-4e11-b0e2-c09d3deb88bb%40sessionmgr101>

The University of Haifa in Israel published a study on *the joint painting procedure to assess implicit aspects of the mother-child relationship in middle childhood*. The Joint Painting Procedure (JPP) is a form of visual arts therapy that looks to assess a parent-child relationship through having the parent and child create a work of art together by starting separately but on the same sheet of paper and then coming together to intertwine their paintings into one cohesive work of art. This study sought to measure how JPP and visual arts can assess a child's level of autonomy and their separation from their parent while at the same time measuring the levels of mutual recognition between the parent and child, focusing on the mother because of their usually more involved role in a child's life.

This study showed that JPP and visual art therapies can help child more accurately express their feelings, while working to increase ways to work through conflicts over a child's autonomy and separation between a parent and middle childhood aged child through expression and creative outlets. This study showed moderate associations between being able to measure a mother-child relationship, which can be a pivotal first step when trying to work on or repair a parent-child relationship while fostering communication and emotional expression through art.

Belkofer, C., & Konopka, L. (2008) Conducting art therapy research using quantitative EEG measures. *Art Therapy: Journal of The American Art Therapy Association*, 25 (2), 56-63. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=bed402af-1736-4597-993c-99f4a18ca8db%40sessionmgr101>

The American Art Therapy Association 34th Conference in Chicago Illinois featured a paper presentation on the effects of *conducting art therapy research using quantitative EEG measures*. This study was a single participant method, where the participant's brain waves were measured by EEG readings after an hour of art making which included drawing or painting. Because of the small sample size of one participant and short timeline, results from this study are positive but primarily speculative of future adaptations of this study and successes for individuals who partake in visual art therapy. However, this study was based off of a previous study by Bhattacharya and Petsche, and both hope to be able to further explore the effects of visual arts in therapy and how these affects the brain on a larger research level.

Findings from this particular study showed that there was quantifiable data gathered from the EEG scans, and that right and left hemispheres of the brain were stimulated from an hour of visual arts. Future implications lean towards the effects of visual arts stimulating the brain and being able to have a quantifiable aspect of treatment that would show how taking part in art and therapy together can better access memories and areas of the brain.

Safrai, M. (2013). Art therapy in hospice: a catalyst for insight and healing. *Art Therapy: Journal of the American Art Therapy Association*, 30 (3), 122-129. Retrieved from: <http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=5bdb369c-e0f7-4aa0-afbe-1c52f379f4a4%40sessionmgr102>

The Visiting Nurse Service of New York Hospice and Palliative Care released a case study on *art therapy and hospice care: a catalyst for insight and healing*. Art therapy is described as a creative outlet for hospice patients and their families, who undergo stress and a multitude of emotions when facing the growing prospect of the death of themselves or a loved on. This study looked at the powerful effects that art and visual art making can have on patients and their families in end of life care, where quality of life takes a higher focus when medical care is stopped. This case study focused on an elderly man in hospice care for

cancer remission, and how making art in a therapeutic setting can help an individual work through their acceptance of a fatal diagnosis and their life story.

This case study from an art therapist on working with hospice patients who are participating in art therapy showed an example of how a hospice patient can use art therapy to understand and accept their situation, while calming them down and helping them to gain a deeper understanding of themselves. Fear and anxiety of the unknown were common themes throughout sessions in this study, however the use of art such as painting and collages helped the patient be able to put some of the feelings into a creative outlet and allowed them to have a deeper introspective look at themselves and their emotions surrounding their own mortality. Art therapy also was able to help foster engagement between others, as with the patient who had trouble engaging before and was able to feel comfortable showing others his artwork and the meanings behind pieces to others after extended sessions.

Epp, K. (2008). Outcome-based evaluation of a social skills program using art therapy and group therapy for children on the autism spectrum. *Children & Schools*, 30 (1), 27-36. Retrieved from:

<http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=fc0f7ad0-29f9-4729-92aa-6f586ce0abd5%40sessionmgr101>

The National Association of Social Workers (NASW) published a study in the *Children & Schools* journal highlighting the *outcome-based evaluation of a social skills program using art therapy and group therapy for children on the Autism spectrum*. This study focused on the effectiveness of a social skills therapy program for children ages 11-18 with an Autism spectrum disorder that combined the techniques of art therapy with those of CBT in group work. CBT is introduced throughout the session to expand on deeper level meanings from conversations in group, while art work is used to be able to help the children in the study be able to express themselves in different ways, especially because of their communication disorders. During the sessions, conversation skills are worked on, a structured art activity such as drawing that encourages sharing and deals with issues such as sensory overload, and unstructured free time where children are able to play or draw as they wish but must do so with others.

Findings from this study show that art therapy combined with a group social skills setting helped to decrease internalized behaviors, increase in social and problem solving skills, and decreases in hyperactivity. Implications from these findings showed that therapeutic group settings combined with art therapy can help to manage and improve social and problem behaviors in children on the Autism spectrum. This study also touched on the need for additional studies with a broader sample size to increase generalizability and the reliability of changes in behaviors. Combining social skills with therapeutic interventions allow for children on the Autism spectrum to learn necessary skills to manage social and behavioral problems.

Rose, E., & Lonsdale, S. (2016) Hidden identities and concealed dangers: visual art, transgender health and wellbeing. *International Journal of the Image*, 7 (1), pp. 1-12. Retrieved from:

<http://eds.b.ebscohost.com.ezproxy.memphis.edu/eds/pdfviewer/pdfviewer?vid=1&sid=53a46b52-6924-46a0-8214-9aded245005b%40sessionmgr104>

Lancaster University published a study that looked at the effects of visual art therapy on transgender individuals through the lens of *hidden identities and concealed dangers: visual art, transgender health, and wellbeing*. Transgender individuals often feel societal pressure to hide their gender identify from the world when it does not align with their physical gender, which causes many transgender individuals to feel a divide between expressing themselves but feeling unsafe in society and keeping their gender identify incongruences secret and feeling untrue to themselves and who they are. Visual arts is introduced as a form of expression for trans individuals as a way for them to be able to express themselves and challenge the societal norms, while engaging them in social change and self-recognition.