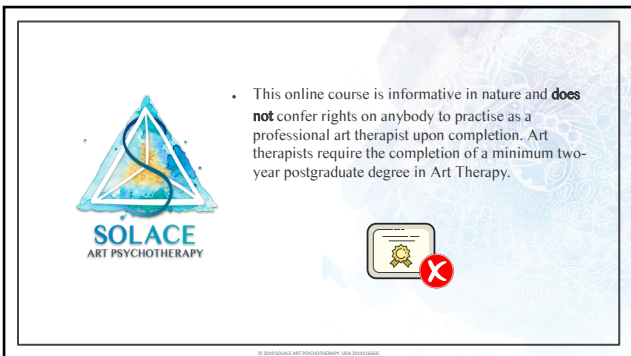
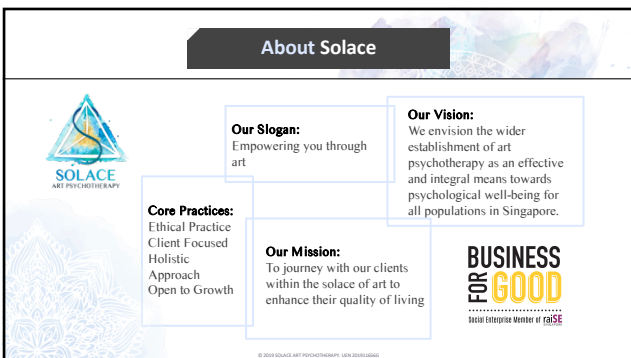



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About the Team



Buvenasvari, MA, AT&R
Managing Director, Reg. Art Therapist
MA Art Therapy, BA Psychology




Boo Xu Ning, MA, AT&R
Registered Art Therapist
MA Art Therapy, BA Psychology



Eugene Lim, MRETA
Director, Development
BSc (Hons) Business, Spec Dip SpLD

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Our Therapy Space


Contact details:

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Our Therapy Space is located at:
Novena Regency, #01-14
275 Thomson road, Singapore 307645
Nearest MRT station: Novena
*By appointment only



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Module 1: What is Art Therapy?


1. Definition and benefits of art therapy
2. Difference between art therapy and other art related programmes
3. Art therapy spectrum and who is art therapy for?
4. Tools and methods used in art therapy
5. Self-care tip

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What is Art Therapy?




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What is Art Therapy?

- A form of psychotherapy that uses art media as its main tool for expression and communication (BAAT, 2017).
- Art is not used as a diagnostic tool in art therapy, rather it is used for the purpose of self-exploration, growth and to work through confusing emotions.
- Engages the body and mind to provide an alternative mode of communication beyond verbal sharing.




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History of Art Therapy

- Therapeutic art making was first introduced in mid-20th century, mainly in the medical setting.
- Margaret Naumberg, also known as the ‘Mother of Art Therapy’ related her observation to **psychoanalytic practices** where she sees her client’s artwork as a symbolic representation of their unconscious thoughts and feelings (Vick, 2003).
- Edith Kramer, developed the term ‘**art-as-therapy**’ where art making has a therapeutic potential allowing one to release tensions onto the artwork (Vick, 2003).



Florence C. and photographical image

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What is Art Therapy?

- Session is held in a safe, private and confidential space.
- Facilitated by a certified art therapist.
- Guided by ethical standards and practices.
- It is not a recreational activity and it is different from an art lesson.



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Benefits of Art Therapy

- Overall mental well-being
- Relationships
- Physical health and development



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Benefits of Art Therapy


Mental well-being

- Improve **self-expression** and self-reflection (Malchiodi, 2012)
- Work on deep seated **stress reactions**
- Increase **self-awareness** and **mindfulness**
- **Empowerment** and self-esteem
- Develop **resilience**
- Work towards finding resolution for **past traumas**
- Connects the body and mind to improve overall well-being (mental and physical)




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 **Benefits of Art Therapy**


Improve relationship

- Modelling of **secure attachment** in therapeutic relationship
- Experience **attunement**
- Develop **empathy**
- **Mirroring** of facial expression
- Improve in self-regulation through safe and secure relationship, vice versa




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 **Benefits of Art Therapy**


Physical health and development

- Improve **sensorimotor functions**
- Reduce blood pressure, cope with chronic pain and stress
(Anand & Anand, 1999; Gabriels, 1999; Lusebrink, 1990)
- Work on **resolving physical symptoms** caused by past psychological trauma or stressors
- Art therapy session and goals are catered to individual client's needs. Hence benefits will also differ from client to client.



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Art Psychotherapy vs Art related programs

ART RELATED PROGRAMS	ART PSYCHOTHERAPY
Participants get instructions from facilitator and work on their own artwork	Involves a therapeutic relationship , informed by the principles and ethics of counselling
Can take place anywhere	Takes place in a safe and confidential place
Focus lies towards the final product and the aesthetic qualities of the product	Focus lies towards the creative process
Goals could be for enjoyments, leisure, learn a skill etc.	Main goal is self-expression
Artwork is created or evaluated based on aesthetic value and formal qualities	Artwork is seen as a reflection of the self and a tool for communication

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Art Psychotherapy vs Art related programs

Why can only a certified art therapist facilitate an art therapy session?

- Art therapist have the knowledge of ethical practices
- Trained with skills to ensure that clients do not leave the session in a vulnerable state
- Trained to ethically assess and facilitate client's art making and sharing
- Trained to observe client's non-verbal expression



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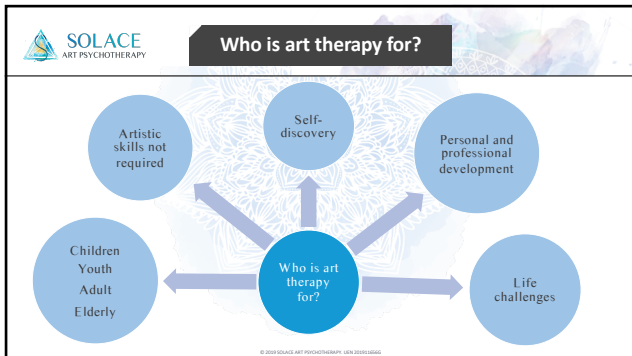


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 **Tools and methods used in art therapy**

- Art media (materials) and visual arts are used as the main tool for communication and expression
- Art media such as:
 - Clay
 - Paint
 - Soft pastel
 - Paper
 - Recycled objects
 - etc



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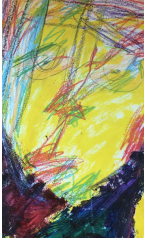
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Tools and methods used in art therapy


- Directed
 - Client create artwork based on therapist's instruction
 - Reflection scope/topic provided

ie. Self-portrait
Build your safe space
Create your comfort object



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Tools and methods used in art therapy


- Non-directed
 - Client create artwork and reflect based on free association

ie. Scribble drawing
Ink and string



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Self-care art making

- Individual taking initiative to make art for self-care
- Doesn't require the presence of an art therapist
- Not art therapy 
- Benefits:
 - Increase dopamine level
 - Experience mindfulness
 - Reduce stress and anxiety
 - Learn new insights about self



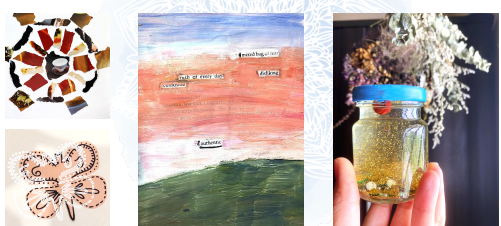
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Self-care art making

- Examples of activities:



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Self-care tip

- Materials needed:



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Self-care tip

Collage in a Circle



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