



# Use of art as a therapeutic technique and its forms and styles

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## INTRODUCTION

Using creative expression to promote healing and mental health is the foundation of the art therapy technique. However, it wasn't until the 1940s that art therapy began to be implemented as a structured program. Drawings and other forms of art were frequently used by people who were mentally ill to express themselves, which encouraged many medical professionals to consider using art as a therapeutic technique. Since then, art has grown to be a significant component of the therapeutic community and is utilized in some evaluation and therapy methods.

### Many forms of creative therapies

The use of creative art in the treatment of mental illness is not limited to art therapy. Additionally, there are dance therapy, drama therapy, expressive therapy, music therapy, and writing therapy.

#### Techniques

- The purpose of art therapy is to use the creative process to support individuals as they explore their own self-expression and discover new avenues for self-understanding and coping mechanisms.
- People can explore their emotions, grow in self-awareness, and learn to manage stress, increase their self-esteem, and improve their social skills by making or appreciating art.
- Collage, coloring, doodling, scribbling, drawing, finger painting, painting, photography, sculpting, and working with clay are a few examples of art therapy techniques.

The therapeutic application of art is known as art therapy. People can become more aware of themselves and other people through making art and thinking on the work's materials and methods. Both sides of the brain are encouraged through art therapy. Writing is predominantly a left brain process while nonverbal creative expression

is primarily a right brain process. People who receive art therapy benefit from increased self-awareness and self-esteem, interpersonal skills development, stress reduction, and behavior management. Based on understanding of human developmental and psychological theories used in educational, psychodynamic, cognitive, transpersonal, and other therapeutic means of resolving emotional conflicts, fostering self-awareness, developing social skills, managing behavior, solving problems, reducing anxiety, assisting reality orientation, and raising self-esteem, awareness, and achieving insight. With clients ranging from young children to elderly individuals, an art therapist may employ a number of artistic techniques, such as collage, painting, sculpting, and drawing.

Creative expression is beneficial for patients who have dealt with psychological problems such as anxiety, depression, domestic violence, and emotional trauma.

Use of art therapy may be appropriate in the following circumstances:

- Children with learning difficulties
- People with brain injuries
- Adults who are under a lot of stress
- Kids who have behavioral or social issues at school or at home
- Adults who have undergone traumatic events
- Those with mental health issues.

Further investigation is required to determine how and when art therapy may be most useful because studies are frequently limited in scope and inconclusive.

- 1 Art therapy was found to dramatically improve depressive symptoms and trauma symptoms in studies of individuals who had suffered trauma.
- 2 According to one analysis of the efficacy of art therapy, the practice improved the quality of life and reduced a range of psychological symptoms in cancer patients receiving medical treatment.

