OBJECTIVES

- Describe the many forms of visual art
- Discuss how art is used as part of therapy
- Describe how art is used as part of self-treatment
- Discuss how the process of creating and finishing a piece of art has helped individuals deal with health challenges while making sense of emotional, mental or physical needs
- Describe how healing is possible for those who experience art through observation and contemplation of the message, and reinforces that one need not be alone in a time of health challenges

ICE-BREAKER TALKING POINT

- *What kind of a learner are you?*
- *What inspires you, is your passion?*
- *Do you consider yourself to be creative?*
- *What are your favorite things to do to de-stress?*
- *How would you like for others to describe you, using three (3) words?*
- *If practicality was not an option, what would you do with your life, and why?*

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WHAT IS ART?

- *Dance* (ceremony, choreographed ritual, dancing, yoga)
- *Literary arts* (creative writing, journaling, poetry, theatre)
- *Music* (bells, chanting, drum circles, listening, making playlists, playing instruments, toning)
- *Visual arts* (drawing, film, painting, photography, sculpture)
- Other arts (culinary, decorating, gardening)

WHAT IS HEALING?

- Emotional challenges
- Death & dying
- Family relationships
- Grief/despair
- Infertility
- Life crisis
- Mental illness
- Personal growth
- Physical illness
- Spiritual growth
- Trauma
- Work problems

IMPORTANCE OF HEALTH?

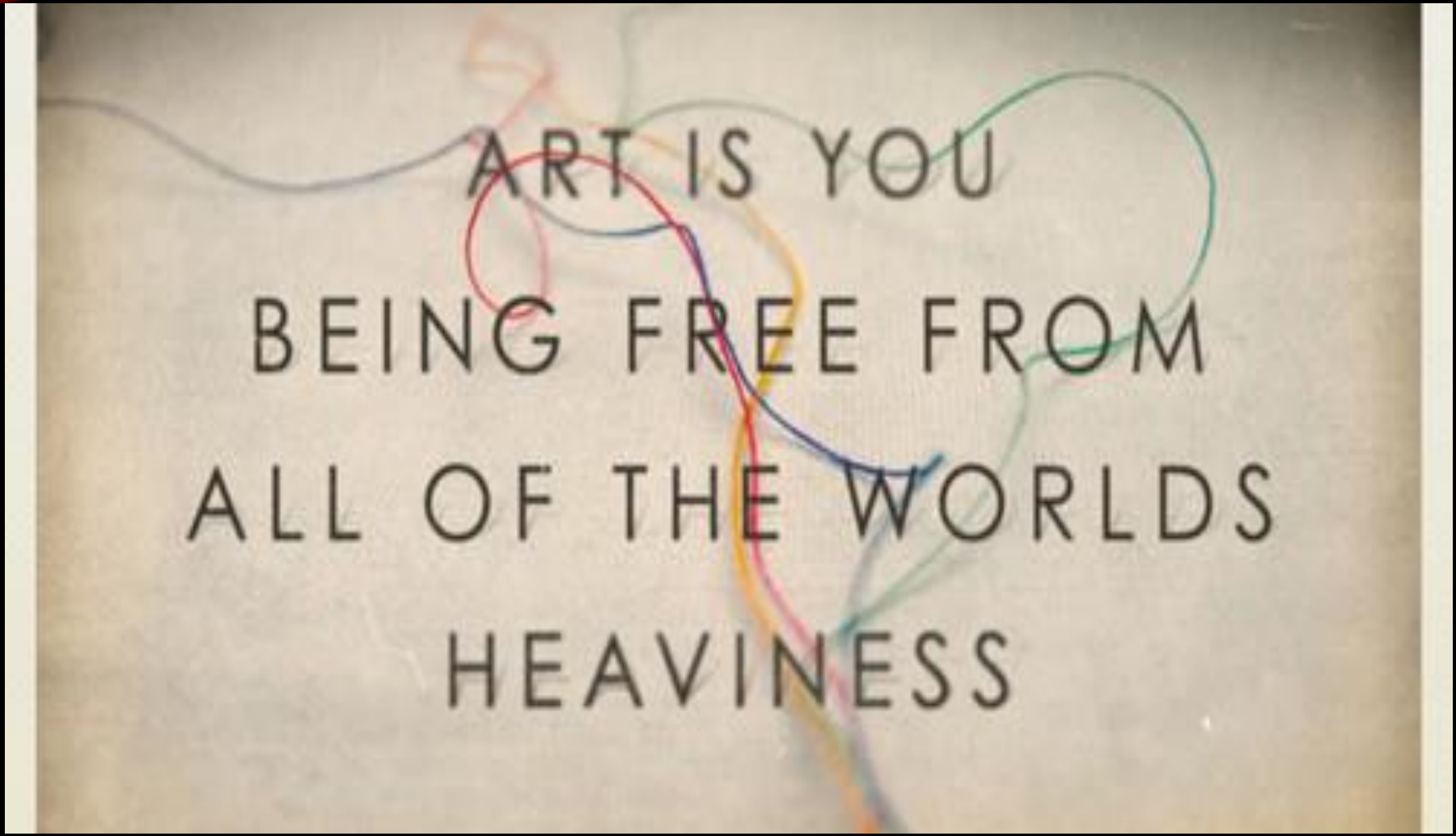
- Chronic diseases are a global burden
- These disease are associated with psychosocial difficulties such as depression and chronic stress → negative cardiovascular outcomes
- Engagement with creative activities has the potential to reducing depression and stress → alleviating burden of chronic disease
- Art and health have been center of human interest since the beginning of recorded history

EARLIEST ART THERAPY FOUND: THE THREE CAVES IN DIFFERENT PARTS OF SPAIN YIELDED ARTWORKS THAT ARE AT LEAST 65,000 YEARS OLD

MUSIC AS THERAPY

- When you need to relax, which of the following musical approaches would you find more pleasing?

- Gregorian Chanting?
- Japanese Drumming?
- Tibetan Flute Music for Meditation?


ART IS YOU
BEING FREE FROM
ALL OF THE WORLDS
HEAVINESS

HEALING WITH THE ARTS

Healing with the arts is a most powerful medicine used in healing a person on *emotional, mental, physical, and spiritual* levels, in various ways

WHAT IS ART THERAPY?

- Art therapy can be described as being an expressive and creative form of therapy
- The therapeutic creative process of self expression can improve our physical and mental health as well as our emotional well-being
- It helps us to manage our feelings in a more positive way and gives us the confidence to address and resolve issues from the past and present

WHY ART THERAPY?

- It will increase your self-esteem and help to develop a greater self-awareness
- Having an outlet to express yourself freely will encourage and promote a healthier, happier you
- For example coloring for just 20 minutes a day can bring you enormous benefits including a more relaxed state of mind lowering your stress hormones and helping with insomnia
- Art therapy may sound a bit daunting
- But, everyone is an artist!

TELL ME….

- ***Do you see to care?***
- ***Or, do you care to see?***

- There is a difference
- Healing does not always mean curing
- The definition of health is not merely the absence of disease
- Health is a continuum, subjectively defined

FRAMING HEALTH MATTERS

- Some artists dealt with their own health challenges through art
- The process of creating art, as well as the finished piece, helped make sense of their physical, mental, or emotional needs
- Healing is also possible for those who experience the art through observation and contemplation of the message
- It shows us that we are not alone in our challenges

ART THERAPY

- The arts can transform lives: they can tell challenging and dark truths, resolve conflict, bring communities together, and express what is often inexpressible in words
- Art therapy can be used to promote positive social change and social justice; it aims to heal individuals and groups
- For many, art therapy is in fact a form of coping with their world, a way to understand the chaos of their minds, and of the world around them

ART IN THERAPY

- In art *in* therapy, the aim is to gain psychological insight
- The client is guided to explore what her/his unconscious is revealing through her/his artwork
- The focus is then on the symbolism of the art and exploring the meaning
- In this case, the art making is specifically to understand unconscious material – the act of art making is then secondary to the overall process

ART AS THERAPY

- In art *as* therapy, the process is of making art, so that the act of creating art is the focus
- The activity itself is the primary vehicle to understanding unconscious material, so it is very process based
- In this form of therapy, we pay careful attention to what the person is consciously or unconsciously expressing through art and how they are using the materials to make that expression
- This approach to use of art is becoming more widespread and accepted

Frida Kahlo
Broken Column
1944
Oil on Masonite

BROKEN COLUMN

- Pain and suffering is a constant topic in Frida's painting. In this painting, **The Broken Column**, Frida expressed her anguish ans suffering in a most straightforward and horrifying way. The nails are stuck into her face and whole body. A split in her torso which looks like an earthquake fissure. In the background is the earth with dark ravines. At the beginning she paint herself nude but later covered her lower part up with something looks like a hospital sheet. A broken column is put in place of her spine. The column appears to be on the verge of collapsing into rubble. Penetrating from loins to chin, the column looks phallic, and the sexual connotation is all the more obvious because of the beauty of Frida's breasts and torso.

  This painting Frida looks pretty and strong. Although her whole body is supported by the corset, she is conveying a message of spiritual triumph. She has tears on her face but she look straight ahead and is challenging both herself and her audience to face her situation.

DISEASE STATES

Consumption

Psychosis

ART & MEDICINE CONNECTED

- **Anatomy**: early works from Leonardo Da Vinci & William Hunter shaped a new way of learning about the body
- **Medicine's influence on art**: evolution of depiction of medicine, from plagues and diseases, to sin, to looking at mental illness, to making art more visual and dramatic
- **Medicine's influence on the artist**: diseases such as arthritis and dementia put stress on an artist's talent

INNOVATION

- All over the world, people are healing themselves, others, their communities, and the earth with the arts
- The innovation is in using your imagination to creatively bring the arts into your life and into the lives of others
- Everyone is an artist, therefore, everyone can be a healer
- You just have to *want* to participate in the process and want to believe in it and own it

ANATOMY OF THE GRAVID UTERUS (1751)

William Hunter's illustrative representation of the baby in its womb

Paved the way for understanding obstetrics

The most famous drawing from over 400 of his anatomical sketches

Demonstrates how little conscious control we have over ourselves

USE OF ART THERAPY

- Unlike a lot of other therapies art therapy doesn't necessarily have to involve eliciting word or language in order to communicate
- This is particularly helpful for those people who find it difficult to articulate how they feel
- Anyone can benefit from expressive therapeutic art whether it’s for self exploration self healing or simply for the purpose of recreation and enjoyment
- Art knows no boundaries and as such you should use whatever materials you feel to be your inspiration at any particular moment in time

EARLY ART THERAPY

- Art is a long-standing and multicultural form of expression and communication that holds many therapeutic qualities, when words are not enough to express our feelings and emotions
- Neanderthals created markings of various shapes and sizes on cave walls- the earliest forms of art & may have used art to psychologically prepare hunters for their long and dangerous hunting expeditions
- These paintings portrayed the hunter's fears hopes and wishes and represented symbolic offerings to their gods
- There is also evidence to suggest that art in the paleolithic period had many purposes which included religion, narratives, myths, messages, and games

ART THERAPY

- Art therapy doesn't have to be expensive
- In fact you'll be surprised where you can find inspiration from what's already around you
- Allow your imagination to roam free
- Let your creativity flow just as it did when you were a child
- Basic materials are fine; a few pencils and some paper will suffice
- But do feel free to experiment with all manner of things

BITTER PILL TO SWALLOW

ARTS IN MEDICINE

- Early 1990s – the Arts in Medicine movement gained momentum
- Hospital-based (U of Florida, U of Michigan, U of Washington)
- Shift from 'art' on walls to into incorporating shades, shapes, sounds, and textures into hospital spaces to intentionally promote healing
- Artist-at-the bedside initiative
- Narrative Medicine: Ted Talks (start at 8:43 minutes) https://www.youtube.com/watch?feature=player_embedded&v=24kHX2HtU3o

HOW DO YOU FEEL?

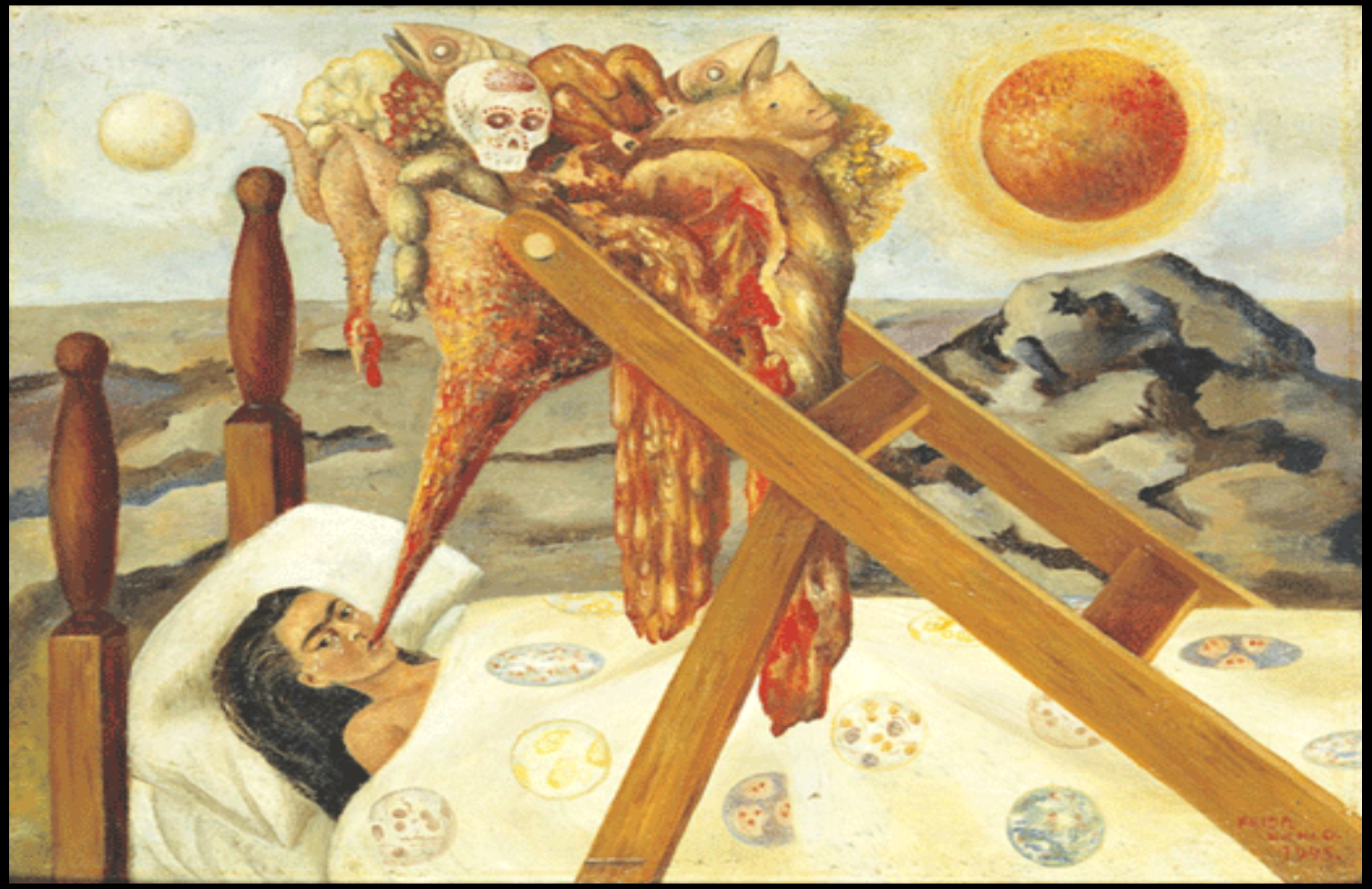
- "She climbed back into bed, and I tucked the sheets around her. She was so happy and content. I thanked Jill for dancing. Maria passed shortly after."

- **Curing** is what medical science attempts to do through medication, treatment and external intervention. It usually is the result of a series of treatments that hopefully lead to an event - the absence of disease.
- **Healing** is an internal process you do for yourself. Healing restores the balance and harmony to the body, mind and spirit. It can be done without a cure. Healing activities are essential when the negative influences of illness, loss or life changes encompass your life.

FLORENCE NIGHTINGALE

- *Notes on Nursing: What it is and What it is Not* (1860)
- "In watching diseases, both in private houses and in public hospitals, the thing which strikes the experienced observer most forcibly is this, that the symptoms or the sufferings generally considered to be inevitable and incident to the disease are very often not symptoms of the disease at all, but of something quite different–of the want of fresh air, or of light, or of warmth, or of quiet, or of cleanliness, or of punctuality and care in the administration of diet, of each or of all of these."

FRIDA KAHLO, WITHOUT HOPE (1945)



WITHOUT HOPE

- This painting was painted at the year of 1945, when Frida Kahlo was forced to be fed by presciprtion of her doctor. In the back of this painting Frida Kahlo wrote down the following explanation:
- *Not the least hope remains to me...Everything move in time with what the belly contains. ”*

- At that time Frida Kahlo was suffered from a lack of appetite due to her many surgeries and numerous illnesses. She became very think and malnourished. Her doctor, Dr Eloesser, prescribed her complete bed rest and a forced fattening diet of puréed food every two hours. In this painting, Frida Kahlo depicts what she went through with the "forced feeding" diet. The disgusting food with animals and skulls was hold by the wooden structure which used to hold her canvases for painting. It seems her arms are pinned underneath and cannot help with the situation. The back ground is deserted Mexican landscape showing both the sun and the moon. The situation seems to be **Without Hope**.

VINCENT VAN GOGH
SKULL WITH BURNING CIGARETTE (1885)

Vincent Van Gogh enrolled in an anatomy drawing class and produced this painting

Unlike Da Vinci, the painting is more emotional than exact

During the 19th Century, smoking was a fashion

Van Gogh had many health problems (epilepsy, bipolar disorder, Meniere's disease, heavy smoking & drinking)

VINCENT VAN GOGH STARRY NIGHT (1889)

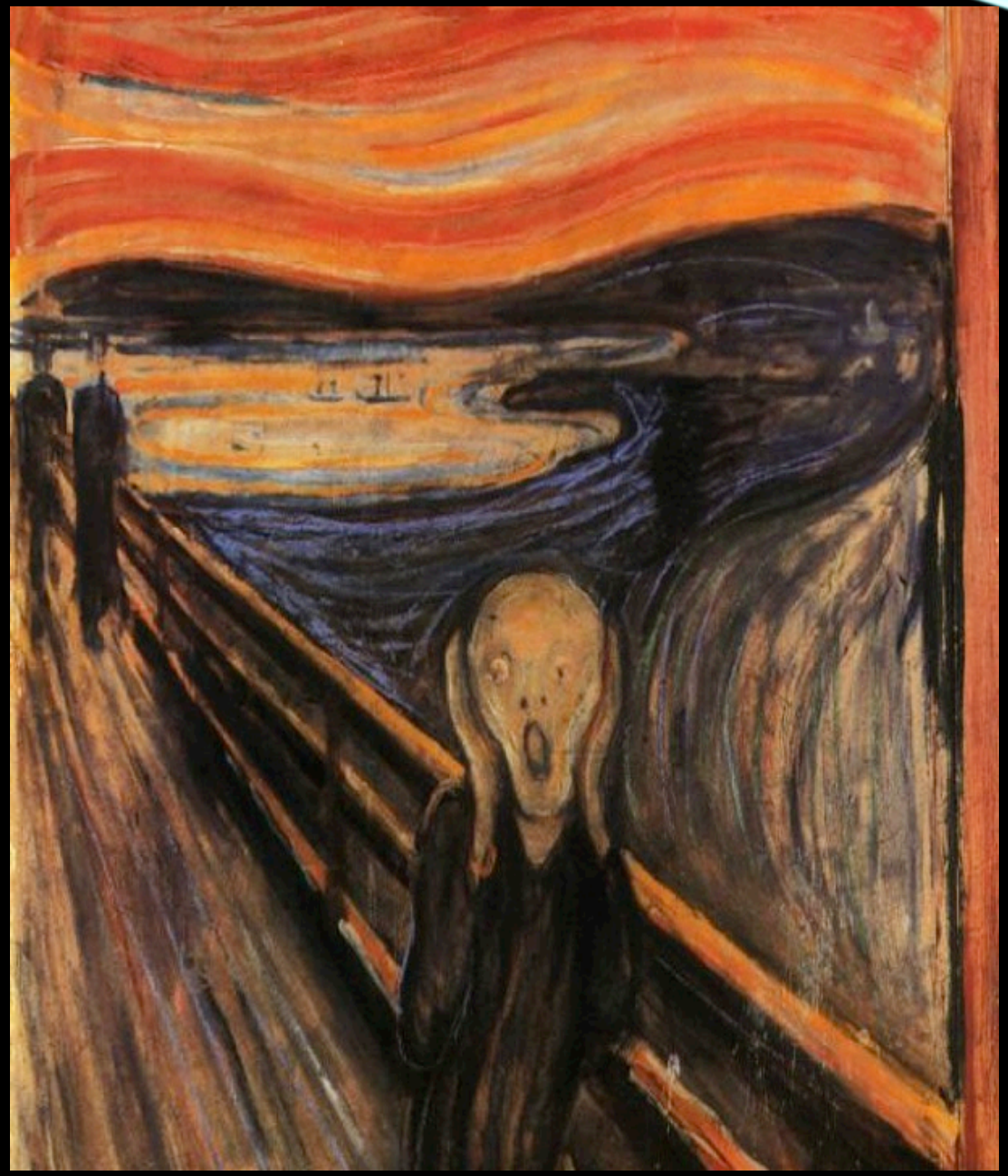
Painted the view from his east-facing window in the mental asylum at Saint-Remy 21 times, during recovery from mental illness and ear amputation

Although the series depicts various times of day and night and different weather conditions, all the works include the line of rolling hills in the distance

None show the bars on the window of his room

EDWARD MUNCH
THE SCREAM (1983)

Essentially this famous picture is autobiographical, an expressionistic construction based on the artist's actual experience of a scream piercing through nature while on a walk, after his two companions, seen in the background, had left him



WHAT IS COLOR?

- Color is the element of art that is produced when light, striking an object, is reflected back to the eye
- Color has characteristics such as harmony — when two or more colors are brought together and produce a satisfying effective response; and temperature — a blue is considered warm or cool depending on whether it leans towards purple or green and a red whether it leans towards yellow or blue
- Color is a sensation, a human reaction to a hue arising in part from the optic nerve, and in part from education and exposure to color, and perhaps in the largest part, simply from the human senses

MEANINGS OF COLOR

- The color red is generally associated with power strength and even passion
- The color red attracts more attention than any other
- Often signifying danger and to act as a warning
- Looking at the color red can actually increase our breathing rate our blood pressure
- Red increases hunger and enhances metabolism

MEANINGS OF COLOR

- The color yellow relates to energy, intellect, happiness, and joy
- Yellow can have the effect of generating muscle energy stimulating the mind increasing cheerfulness and producing a warming effect
- Really bright yellow is an attention grabber
- However, over use of yellow may produce feelings of negativity, such as an association with cowardliness
- It was found that babies cry more in rooms painted yellow that traditionally signified loyalty and honor

MEANINGS OF COLOR

- The color orange mixes happiness associated with yellow and the energy associated with the color red
- Orange can relate to the tropics to sunshine and a general feeling of joy
- Orange also identifies with attraction, creativity, fascination, and enthusiasm
- The color green encapsulates nature, symbolizing harmony, freshness, and safety or a feeling of being safe
- Interestingly enough, green is the most restful color to the human eye

MEANINGS OF COLOR

- The color blue is associated with feelings of calmness tranquility and has the power of healing making it beneficial to both body and mind
- The color blue symbolizes religion, faith, truth, intellect, confidence, and trust and is often identified as being a more masculine color
- The color purple mixes the energy of red with the stability of the color blue
- Purple identifies with royalty, nobility, extravagance, wealth, luxury, and power
- Purple also relates to magic, mystery, creativity, wisdom, and independence

MEANINGS OF COLOR

- The color white is commonly regarded as the color of perfection
- White relates to virginity, purity, innocence, and safety
- There are generally positive connotations associated with white
- The color black is a representation of successful beginnings
- Black can identify with mystery, formality, as well as being considered elegant, sexy, and powerful
- Black is also a prestigious color denoting authority and strength
- Color perception is subjective and how we are influenced by color will depend from person to person

MEANINGS OF COLOR

- The blue spectrum of colors (including purples and greens) make us feel calm and serene and are referred to as, “cool colors”
- There were a spectrum consisting of yellow and orange can be referred to as the warm side
- Different colors evoke different emotions within us and certain colors may work positively in one environment but not so much in another

MEANINGS OF COLOR

- For example, many offices use browns, blues, and greys because this has been shown to have a positive effect on productivity
- However, consider the media or fashion industry, where the use of brighter colors are used to effect creativity
- Car sales more often than not will feature black cars
- Fish commercials on the other hand choose to use gold and purple packaging suggesting that their products relates to royalty

USE OF COLORS

- We will all experience color differently, and so have a different meaning attached to it
- This is because of the individual associations we have with colors and how we internalize it
- It's the very reason why people prefer certain colors over others
- This preference we have for certain colors also gives clues about our personality
- This in turn means that certain colors will influence the decisions we make in our lives

THE USE OF DRAWINGS/SKETCHES

- Mandalas and other forms of drawings/sketches are a type of active meditation that enables many benefits, including helping you to relax and reducing your stress levels
- You cannot make mistakes, as the way you choose to color is your own
- It is not about staying in the lines, it is about consciously deciding to quiet the left-brain enabling the right brain to see and draw what we see
- Disengaging the left analytic brain thus enables the right brain to do what it does best can produce a euphoric (perhaps meditative) state
- Explore this delicate relationship between drawing and looking, drawing and experiencing, drawing and thinking