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by V Q

Submission date: 01-May-2021 06:57AM (UTC-0500)

Submission ID: 1575256733

File name: Four_Questions.edited.docx (13.27K)

Word count: 615

Character count: 3411

Four Questions

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Question 1

In many environments, creative expressions can make significant contributions to the process of healing and wellbeing. The introduction of art-based activities in the healthcare environment can directly improve and promote better health. According to Davies et al. (2016), art offers an outlet for relaxation, enjoyment, and self-reflection. Furthermore, arts programs are intended to assist patients with mental health conditions improve their self-confidence and hope. Among the elderly, engagements in arts help them reduce stress while enhancing positive aging (Davies et al., 2016). Studies have also revealed that art engagement increases perceptions of resilience, happiness, and quality of life in different populations (Stuckey & Nobel, 2010). Among health care professionals, art is a tool used to assess and treat different aspects of mental, physical, and social ailments.

Question 2

There is a difference between art as therapy and art in therapy. Art as therapy is purely driven by the practice of creative expression while participating in a relaxing activity (Davies et al., 2016). Such activities include watching a movie or participating in a program with an actor or artist. Furthermore, the action is therapeutic because it conveys an individual away from their every day worries. However, this outcome is an unanticipated by-product of art one engages in.

On the other hand, art in therapy has similar benefits. Still, the art activity involves sessions with a therapist, where an individual is directed on how to understand these surprising insights and sensations (Davies et al., 2016). A therapist simplifies the documentation and treating of challenging emotions rising from an art activity.

Question 3

Art therapy involves using artistic methods to treat psychological conditions and improve a person's health and wellbeing (Sharp, 2018). Furthermore, art therapy is grounded on the perception that creative expressions can enhance healing. By creating art or viewing art, people can explore their emotions, cope with stressful situations, and show how they feel about an illness that affects them. In addition to that, through drawings, coloring, sculpturing, painting, and collage, clients can analyze their artistic creations and what they feel. Sharp (2018) argues that individuals explore themes and conflicts that upset their thoughts, behavior, and emotions by exploring such artistic creations. In doing so, they express how they feel about their health.

Question 4

Sometimes, simply stating what people experience is not enough. For emotions to run freely, they must be expressed for emotional or physical therapy. What people go through these days can be tiresome to carry. In this regard, Stuckey & Nobel (2010) suggest that expressing emotions via art is an important method of releasing those feelings before they overburden individuals and create additional issues. Through music, movement, drama, or any other creative means, individuals open up about themselves. It is important to point out that it is not a must to be skilled or talented in any of these artistic ventures because they are simply a method of expressing oneself as a way of therapy. Furthermore, every time individuals create a piece of art or engage in one, they share new thoughts and ideas and different methods of expressing themselves as they engage in emotional or physical therapy (Art as Therapy, n.d).

References

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