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Art Therapy Intervention with Substance Use Clients

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Art Therapy Intervention with Substance Use Clients

The community needs to live a healthy life to maintain and develop society. Therefore, to ensure that all individuals in the community are supported, social workers have to intervene. Social workers play a critical role in helping individuals with substance use problems. They also help substance-abusing people with evidence-based treatment to help them mentally, emotionally, and behavioral. Art therapy intervention is one of the evidence-based treatments for substance-abusing individuals. Although most substance-abusing individuals are neglected in society, art therapy intervention will be essential in helping them stop substance use and develop into responsible members of the community. This presentation will focus on art therapy intervention with substance use clients, explore its theories, and research existing research and its usage with diverse cultures and realize the intervention's appropriateness.

Art Therapy Intervention

Individuals suffering from substance abuse are required to involve in complex procedures to recover. However, the process involves many things more than the clearance of drugs from a victim's body. Furthermore, addiction is an intricate illness that comprises the brain and body because it makes the body have urges to want. King (2016) emphasized that many people in the United States are strained with substance abuse since, in 2017, it was reported that one in five adults had faced substance abuse in their life. Although art therapy intervention of substance use disorder began back in the 1950s, more assumptions are developed. The therapy can make people express themselves using non-verbal, original, and ingenious exercises.

Therapy is conducted to change an individual's mindset from what they think into a more constructive thing in their lives. As Junge (2016) defines art therapy as a psychotherapy method

that inspires self-expression, carving, or development; it is usually utilized as a medical instrument to assist in diagnoses. Furthermore, the same source added that art aids people in controlling their feelings, augment self-esteem, manage behaviors and decrease anxiety and stress. Nevertheless, most of the therapy approaches utilized by people with substance use are creative schemes. A person is needed to develop art, choose applications, and interpret and inspect established artwork. The therapy had substantial benefits to the substance-abusing people, for instance, resolving emotional conflicts, enhancing social skills, decreasing anxiety, and inspiring self-awareness.

Art Therapy Intervention Theories

Art therapy intervention utilizes concepts from psychology and art to treat individuals. since art acts as a substitute language and aids individuals in all levels to examine their emotions, determine conflicts and issues, and decrease stress, improving well-being. Several theories are involved in the intervention. All the theoretical foundations are essential in providing an effective framework to help individuals evade substance abuse through therapy sessions. One of the theories is cognitive-behavioral art therapy theory. According to Haeyen et al. (2018), ¹ cognitive-behavioral art therapy (CBAT) was initially introduced in art therapy in 1970. Through several implementations, research has proven use of CBAT theory in art therapy intervention works. Furthermore, cognitive behavioral therapy enables therapists to decrease stress, modeling relaxation and problem-solving.

Substance abusing individuals are involved in depression due to the effects they have passed through in drug utilization. Substance use has both long-term together with short-term effects. Long-term complications will take time for an individual to recover, and this will require effective therapies that will make the victims change their behaviors and thoughts. Nevertheless,

substance use has significant effects on the mind and body, but the effects will change depending on the type of dosage, drug, and intake method (Haeyen et al., 2018). Art therapy will utilize psychological, therapeutic, and educational models to enhance substance use clients' recovery processes. Cognitive-behavioral therapy focuses on talk therapy, and thus, it is intended for short-term treatment. The main reason that makes CBT essential for art therapy is that it focuses on the present problem. Therefore, art therapy intervention will focus on substance use, and the concept used is to change the patterns that influence an individual emotion that affects their behaviors. For instance, they will focus on how negative thoughts such as stress and how it can result in negative feelings and activities such as abusing drugs.

Another theory that founded art therapy is a Freudian theory developed by Sigmund Freud. Freud's theory is based on using unconscious communication through imagery as well as utilization of art during therapy. Therefore, Junge (2016) stated that Freud's theory has concentrated on making the insentient conscious, which helps ensure. Consequently, the removal of unconscious imagery was essential in theory. Moreover, the theory provided inquisitiveness among individuals in psychology in the 20th century. It started to change from demonizing mental illness to interests concerning those successful while not in line with the values.

Junge (2016) has presented that psychodynamic inspirations on contemporary art have been in existence in various texts during the 20th century, and they signified art as a mad genius. Therefore, art therapy is essential while utilizing Freud's theory because it ensures therapists can inspire their client's autonomy by suppressing understanding; hence, individuals can start realizing symbolic images' meaning in their lives. moreover, the development of arts makes clients become empowered and creates less dependency on the therapists. The clients frequently realize that their artistic makings are considered a mirror that can recognize their intentions. The

clients' independence is inspired by their developing capability to contribute to the oral explanations of their art developments; In contrast, the client continues to hinge on the therapist; they will regularly change the narcissistic cathexis with their art earlier dependence on the therapist.

The Jungian theory is another approach in art therapy intervention. The Jungian theory recognizes content, color, assignment, and ingredients in art psychotherapy while inspiring a practical involvement with a profound and concealed component of a new image. Therefore, this will lead to a straightforward alchemical understanding through the ingredients and therapeutic influence of symbols (Junge, 2016). Furthermore, Jungian therapy is a psychotherapy method that uses intuitive motivations for psychological growth and those of authority and love. Jungian therapy's main intentions are to attain psychological medications and wellness by focusing on an individual's personality of consciousness and unconsciousness. The Jungian theory argues that most of the psychological challenges individuals face are due to the incapability of moving forward with the current emotional maturity events above childhood.

Jung and Freud's theories have significant disagreements and agreements on the same. Jung's theory has supported the Freud concept on unconsciousness; however, they have had differences and critics in the Oedipus complex of infertile sexuality (Junge, 2016). Moreover, Jung's agreement on Freud's theory that an individual's past practices control their future behavior has made them realize that their past experiences shape an individual's future aspirations. Nonetheless, the difference between the two theories is immense; for instance, based on the nature of the unconscious, Jung argues that a warehouse of stifled reminiscences is detailed to people. On the other hand, their previous experiences have a different aspect, stating that a storeroom for improperly suppressed needs is explicit to the person. Another difference is based

on the reason of conduct. For instance, Jung emphasized that individuals' behavior is obtained from their previous practices and future aspirations. At the same time, Freud had a different opinion and suggested that the source of a person's conduct is attained from their previous practices, especially childhood experiences.

Research Support

Art therapy interventions were introduced more than seventy years ago, and it was supported by several psychologists, artists, and psychiatrists. Therefore, as Czamanski-Cohen & Weihs (2016) states, the views of art therapy were informed by psychological education and psychoanalytic psychotherapy. Moreover, during the 1950 and 1960s, many individuals faced pain and trauma experienced by war and partisan instabilities. The same source added that the first art therapy was implemented effectively in medical organizations such as hospitals and psychiatric establishments that believed in art's therapeutic ability. Individuals involved in treatment interventions using art therapy were children, experienced individuals, and mentally ill patients (Regev & Cohen-Yatziv, 2018). Nevertheless, the concept of art therapy is using art in understanding individuals' emotional wants and augmenting self-awareness. Also, the intervention utilizes the art media to help clients in other areas, including coping skills, enhancing a sense of self, and managing stress. Art therapy can enable novel insights, the appearance of emotions and conflicts, as well as developing new acuties that inspire positive development and healing.

Another research conducted by Chilton et al. (2016) argued that including art creation in the medical process will boost creativity which will aid in the healing process. One of the methods involved in art therapy is individuation, which consists of developing a constant personality. When individuals individuate, they expand awareness of self which separates them

from their parents and other people. Individuation has several characteristics that will emerge in a person's life; for instance, clients will tend to find privacy, especially during their adolescent stage, making them concentrate more on their lives than others. Nevertheless, the same source added that individuation might lead to poor decision-making, lack of self-esteem, self-awareness, anxiety, and depression. However, by exposing these clients to a safe ecosystem and allowing them to draw and paint, they can easily incorporate their conflicting forces.

The creation of AATA in 1969 indicated that the intervention is supported. The association is essential in encouraging proficient art therapists and supporting progressing art therapy as controlled mental health and human service occupation (American Art Therapy Association, n.d). AATA is accountable for implementing values in medical practices and fostering services in more required regions. Enabling public consciousness of art therapy and providing worldwide access to research evidence and journals concerning art therapy is also the role of AATA. Evidence-based practices must have proved to work for it to advance the same way art therapy progresses into forming the association with individual treatment and presence of diverse groups and concentrates on cultural competence.

Moreover, Schmanke (2016) claimed that two known treatment methods use clients using art therapy. This research supports art therapy because individuals involved in the study have indicated positive outcomes in their well-being. The first method used has focused on the result itself with less concentration provided to the individuals understanding and feeling concerning the art. Adedoyin et al. (2014) added that this art therapy method is done using other therapy approaches. Moreover, the second method of art therapy in substance use clients stresses the individuals' feelings and understandings of the art. this approach is vital as its primary goal is convenient when oral appearance is restricted. Research suggests that the effectiveness of art

therapy intervention is high when utilized on substance-abusing individuals because it helps clients have a chance to working on confrontation and renunciation in all the steps of their healing process.

Currently, the art therapy arena continues to augment and create new individuals on board and interested clinicians to understand therapy's effectiveness. Similarly, the increased educational programs developed and implemented across America are due to the support for its usefulness. Furthermore, AATA has made their registration as simple as possible to allow many clinicians to be connected with the AATA approval status. Also, to ensure individuals with the proper credentials get qualified in the AATA programs, the association has restricted their ATR registration to individuals with master's level degrees (Siegel, 2016). Furthermore, before one becomes a certified art therapist, they must become licensed to ensure they have passed through all the practice standards. The published research concerning art therapy is immense and adds more knowledge to therapists concerning developing technologies, theoretical development, and community art therapy.

Specific Treatment Objectives

Foster strengths and capabilities

to focus on communication, socialization, and imagination

design groups to develop social skills and friendships

to address behaviors with pressures

Specifics of the Treatment Intervention

Substance use individuals have significant implications in the community. Therefore, with the increase in the youths involved in drug abuse, there is more likely that many people will have mental challenges and increased poverty due to medical expenses in the future generation. Some of the community's effects due to substance use include loss of productivity because many people become unable to work when they use drugs such as alcohol. Another effect is the increased unemployment rate due to drug addiction individuals are unable to deliver quality work and fail to follow the organization's requirements and values. Substance use also leads to physical and mental health issues as well as decreased quality of life. However, through community intervention, art therapy can reduce depression and improve their socialization skills and stick with positive behaviors.

Community intervention will be essential in making all people in society move together and support each other in changing their behaviors. Moreover, art therapy allows the community to gain critical acquaintances and skills, especially in program assessment. Similarly, knowledge of the community and everyone's ability to share their art skills will reduce anxiety increases the community's capacity. Art therapy practices are essential in recognizing their strengths and sharpening their skills, hence utilizing the best way possible and improving their listening skills.

Community intervention can be implemented by allowing individuals to utilize their art skills and create enormous public works of art to bring the community together. Another way to ensure all the substance use individuals evade drug abuse is to create ownership in their community through beautifying the city. This will allow all people to put their creativity at work and covers community members' messages, hence providing every person with an opportunity to air their voices through art. every participant can express themselves through art. Through the therapist, the community will go with more acquaintance than what they came with. Substance use

clients will be involved with every project by recognizing the art's breadth and depth and the diversity of voices represented as the stories are expressed in the images. Based on the existing protocol, the sessions will be conducted once every week, and every session will take two hours.

Art Therapy Intervention With Diverse Cultural Groups

Art therapy intervention is designed to cater to multiculturalism. The current society has individuals from different cultures because of globalization. Therefore, therapeutic approaches, such as art therapy, need to incorporate a diverse group of individuals. Community intervention will comprise other individuals from a community; consequently, it must ensure it abides with all values and attitudes, and beliefs of individuals in all cultures. ² According to the American Art Therapy Association (2011), multiculturalism is where there are diverse cultural groups. Therefore, the same source added that individuals are influenced by several factors such as race, dominating culture, gender, and religion. However, based on the ethical principle, 6.0 of the AATA requires an art therapist to have cultural and diversity consciousness and acquaintances about self together with other people (American Art Therapy Association, 2011). They need certify consciousness and acquaintance are competently practical and in practice with groups such as the community.

Community intervention will be developed while focusing on the cultural issues of all individuals. The intervention will be based on three stages, including consciousness, acquaintance, and skills. Therefore, acquaintance will require the therapist to be aware of individuals' values, beliefs, and attitudes. In contrast, acquaintance will necessitate the therapist to comprehensive and unambiguous information and be considerate of the basic features of art therapy and how they may clatter with the community values. The intervention can adapt to diverse cultural groups by

educating the community about the medical process's rights and responsibilities. Thus, this will ensure they eliminate any bias and discernment in art therapy interventions.

Community intervention plays a critical role in changing substance use client's behavior; however, the intervention is faced with significant challenges that need to be changed to be effective. Since community intervention comprises all individuals in the community, the therapist will face challenges such as people who are unwilling to share their secrets. Moreover, other challenges include individuals painting images that will portray discrimination among other people in society. Art therapy is applicable in different nations, cultures, and education institutions; therefore, this has resulted in difficulties in client understanding because of the many fields available such as art edification and studio art studies. More research in understanding these concepts' cross-pollination will help provide an apparent therapeutic art experience when informed about art.

In summation, art therapy is a convenient method of helping individuals with substance abuse. Some of the theories that ground art therapy intervention include Jungian, cognitive-behavioral art therapy, and Freudian theories. Several research pieces have supported ³ the use of art therapy intervention in healing, leading to the formation of AATA. Moreover, community intervention is the most specific art therapy used in treating substance-abusing individuals by involving them in expressing their art's creativity in images. While decorating the city, all the sessions will be taking place once every week, and it will take two hours. Art therapists need to have the acquaintances and skills required to develop interventions that consider diverse community culture. Therefore, since the interventions focused on a mixed culture by looking at individuals' beliefs, race, gender, and religion, more needs to be conducted, including educating clients about the importance of diverse cultures and eliminating discrimination.

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