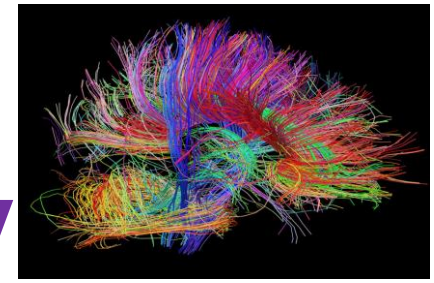


Science in Art Therapy



BENEFITS OF ART THERAPY

Reduces Stress
Lowers cortisol levels

Improves Focus
Enter the 'flow state'

Process Emotions
Can be cathartic & improve self-understanding

Imagine a More Hopeful Future
Help predict and make decisions

Improve Communication Skills
Fosters self expression, great for rehabilitation

Join ACRM to engage in conversations with peers about art and rehabilitation medicine



Neuroscience?

According to the ACRM, there is growing evidence in medical rehabilitation and Neuroscience related to Art Therapy. ACRM.org

Dietrich, (2019) has stated that Art Therapy is a profession that aligns with neuroplasticity and sensory motor engagement. This coincides well with research protocols in Neuroscience.

Neuroscience underpins Art Therapy

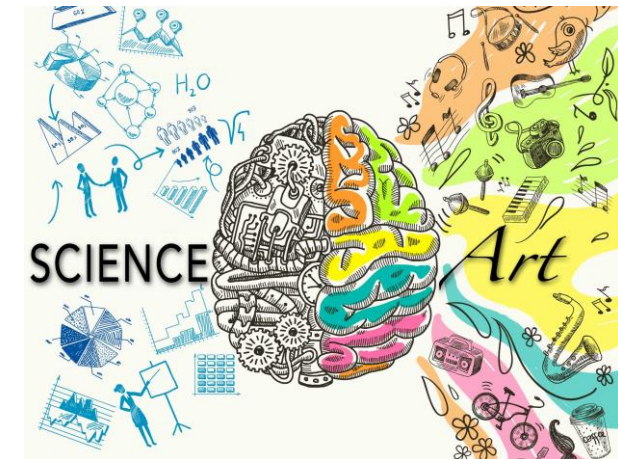
Art Therapy has been defined by The American Art Therapy Association, (2019), as a combining mental health and human services profession that enables individuals, families and communities to be apart of active art making, creative processes, applied psychology theory and human development, all of these being within a psychotherapeutic relation.

American Art Therapy Association, (2019)

Art Therapy previously used pure art conception. Ruddy, (2005).

How is science used within this profession?

Belkofer and Cramer, (2008) states that imaging data has shown that by using the correct rehabilitation, the affected brain rewires and recovers its function, this process is called brain plasticity. A new emerging field is Art Therapy which studies art and the brain. Belkofer CM, Konopka LM. (2008) and Cramer SC, Nelles G, Benson RR, Kaplan JD, Parker RA, Kwong KK, et al. (2008).



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