

A REVIEW OF PSYCHO-THERAPEUTIC IMPACT OF ART ON MENTAL HEALTH WELLNESS

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ABSTRACT

This survey paper is an insightful study of the healing virtues inherent in Art. Previous studies on relationship between Art and healthcare services have established that art could provide therapeutic relieves under certain conditions. Stress is a colossal enemy of man. Stress can meaningfully affect physical and mental frameworks, thus bringing ill-health. If we fail to control or oversee pressure, it might prompt improper way of behaving driven by such lifestyles that are associated with acts in the form of liquor utilization among others. It's vital to realize that pressure and emotional disorders can be overseen successfully, at very little expense, and in a great way. Art treatment also known as art psychotherapy is extraordinary restorative methodology that can be used regularly to keep ones feelings of anxiety low and increase happiness. For instant, painting, doodling, drawing, sculpting and engaging in craft works are all examples of art forms that can be applied as a means of therapy for treating some ailments. This paper aims at exploring the possibilities of using art to cure some ailments especially emotional or mental related ones like depression in all its types like major depressive disorder, bipolar depression, dysthymia, seasonal affective disorder and others. In addition, it also exams how to become an art therapist and who can benefit from art therapy. The methodology used for this includes literature review and observation of studio practice. It concludes that using art as a psychological tool for treating metal of emotional disorders and it also recommends that educational institutions and relevant organizations should encourage the development art therapy.

KEYWORDS: *Art, Healthcare, Therapy, Emotional, Mental*

1.0 INTRODUCTION

Art therapy is an established form of psychological therapy delivered by trained art therapists / art psychotherapists. It's designed to help anyone, including those whose lives have been affected by adverse experiences, illness or disability, by supporting their social, emotional and mental health needs.

According to Brad, (2019), Art therapy is described as “a form of expressive group therapy that helps people express themselves in ways beyond words”. It teaches service users to use mediums to explore their p emotions.

Craftsmanship treatment is a laid out type of mental treatment conveyed via prepared workmanship specialists/workmanship psychotherapists. It's intended to help anybody, including those whose

lives have been impacted by antagonistic encounters, disease or incapacity, by supporting their social, profound and emotional wellness needs.

As per Crystal (2021), Art treatment is portrayed as "a type of expressive gathering treatment that assists individuals with putting themselves out there in manners beyond anything that can be described". It trains administration clients to utilize mediums to investigate their feelings.

The conspicuous kinds of art utilized in art therapy basically are;

- Drawing;
- Sculpting;
- Painting;
- Tie-dye;
- Batik;
- Ceramics; and
- Crafts.

Carthy Malchiodi, an author and an artist of note, who also specializes in art therapy expressed that "art therapy requests that you investigate your inward experience, your sentiments, insights and creative mind. While art psychotherapy might include mastering abilities of art therapy strategies, the accentuation is for the most part first on creating and communicating pictures that comes from inside the individual, as opposed to those the person finds in the rest of the world.

Examples of different kinds of artworks



Fig. 1: Tie and Dye

Courtesy: Google.com



Fig. 2: Sculpture

Courtesy: Sodiq Odugbola



Fig.: 3 Drawing

Courtesy: Art by Ro



Figure 5: Ceramics

Courtesy: Google.com



Fig. 4: Paining

Courtesy: ND Two Student, FPI

One more way of thinking kept up with that Art therapy treatment is a psychological wellness calling in which patients, going through treatment from the art psychotherapist use art media, the creative strategy and the subsequent artworks to investigate the patients' emotions, accommodate self-awareness struggles, encourage mindfulness, oversee ways of behaving and addictions, foster interactive abilities, further develop reality direction, lessen uneasiness, and increases confidence. Art therapy practice requires the practitioners' knowledge of visual art alongside their creation processes as well as basic skills of human development, psychological, and counselling theories cum techniques Art therapy practice requires the professionals' information on visual art (for example drawing, painting, design, and other works of art) close by their creation processes as well as essential abilities of human turn of events, mental, and directing speculations cum methods.

2.0 LITERATURE REVIEW

Art no doubt has been an integral part of the human experience since time immemorial, but the practice of Art therapy is a relatively new development in healthcare circles, with an artist from the United Kingdom first describing it in the 1940s.

Forerunners of Art therapy came to the fore from their backgrounds in education, visual art, and psychotherapy. Medicalnewstoday.com recorded “The “mother of art therapy” – Margaret Naunmburg, influenced the first wave of psychoanalytic theory in the early 20th century. Margaret postulated that through the creative process, individuals brought to light unconscious thoughts and feelings that they might have repressed. Margaret opined that when individuals talked through their creative process with a therapist, they could come to terms with what their artworks depicted concerning their outputs and the society in general.

By October, 2019, the Lagos State Government spearheaded the consideration of Art Therapy as a recuperating treatment in the State government medical clinics when the public authority initiated a 10-part board of trustees, labeled “Art 4Life Guiding Panel” to supervise the utilization of art as healing in wellbeing offices across the state. The public authority through her agent and the state Commissioner for Health, Prof. Akin Abayomi at the introduction function, made sense of that the board would drive the Art 4Life venture, a drive of the Lagos State Service of Healthcare pointed toward utilizing art to establish a delicate and sympathetic climate to help the most common way of recuperating for patients in the health offices possessed by the public authority. The chief further commented that the "Art 4Life" project denotes

another aspect by the way we oversee and give medical care, and prosperity of Lagos occupants. The public authority by this step is helping a gentler touch to how quality medical services is being conveyed to the overflowing people of Lagos state by the single acknowledgment and use of expressions to contribute and change the medical system, in Lagos state health offices.

The use of creative method to treat emotional disorders and enhance mental health is known as art therapy. Art Therapy is a method established in the possibility that imaginative articulation can cultivate healing and mental wellness. Artistic verbalization can develop emotional healing and mental health wellness.

Individuals have been depending on human art expressions for communication, self-articulation, and recuperating for many years. Jingxuan, Hu etal (2021) commented, “Art therapy, as a non-pharmacological medical complementary and alternative therapy, has been used as one of medical interventions with good clinical effects on mental disorders. However, systematically reviewed in detail in clinical situations is lacking However, art therapy didn't begin to turn into a proper program until the 1940s. Medical experts observed that individuals living with mental disorders normally expressed themselves through Artworks, which led many to explore the use of art as a healing formula

Hence, art has become an essential part of the psychotherapy field and is applied in the assessment and healing methods. As a result of this, Art begin to receive publicity beyond art for art sake to become a tool for physical treatment of ailments to ameliorating patient's health, thus reducing trauma, anxiety, emotional difficulties, and many medical issues.

3.0 METHODOLOGY

Art undoubtedly is a creative and expressive psychoanalytical tool for remediating mental and mind disorderliness. Hence the methodology used for this research is review of related literature on art and therapy and observation of the production of Artistic work for Healthcare and their application for the same purpose.

4.0 RESULTS

Benefits of Art therapy.

Art therapy has been employed for various benefits ranging from improving to restoration of patients' functioning capacity that would engender personal well-being of the patients amongst the larger society. Art therapy as a healthcare approach is more than a mere art class or just something to keep patients occupied meaningfully or otherwise. The would-be beneficiaries of Art therapy need not be artists or even be "good at art" to derive any benefit from Art therapy.

Art therapy has been adjudged to be of great benefit to people experiencing mental health issues. The American Art Therapy Association concluded at an instance that "Art therapy is a type of therapy that integrates mental health and human services by using active art making, creative process, applied psychological theory, and human experience to facilitate healing cum recovery from diverse ailments. (Hu et al, 2021)

Art therapy is expected to improve peoples' well-being, and help resuscitate individuals' functioning abilities within the larger society. According to medicalnewstoday.com (2022) "Art therapy credentials Board say that "Art therapy can address the need of:-

- People who experienced trauma, such as combat or a natural disaster
- Individuals with significant health challenges, including traumatic brain injuries and cancer
- Individuals with certain conditions, such as depression, autism, and dementia..
- Art therapy can help reduce stress and anxiety for people living with pain.

In addition, experts maintain that the practice may be useful for people living with other conditions such as:

- Anxiety,
- Eating disorders, alongside standard treatments
- Substance use disorders,
- Stress.

Practitioners opined that art therapy can also help people enhance skills by:

- Improving their approach to conflict resolution,
- Enhancing Social skills,
- Managing stress,
- Strengthening their ability to self-regulate,
- Improving their understanding of themselves.

The Practice of Art Therapy!

Art therapists mostly comprised licensed professionals who are trained in both therapy and Art. (James, 2010). These professionals conduct the sessions that suit their patients across all ages. Art therapy is often times incorporated in individualized sessions restricted to the therapist and alone patient or otherwise included as group therapy open to more than one patient per session or better still employed as family or couples' counselling sessions depending on the circumstances surrounding the peculiarities desired to be treated appropriately using art therapy.

Practitioners of Art in any form, be it as a full-time profession or part-time hobby engage in a process of self-discovery that afford them freedom of self-expression all the time. This freedom of self-expression reinforces their confidence to feel self-accomplished to be in control over their personal lives. This creative process is pleasant and self-satisfying in its own right, but this is not the only activity that dominate in any Art therapy session. (Maria 2018)

A typical art therapy session, engage every individual participant with some of the following art related exercises:-

- Painting,
- drawing,
- Finger painting,
- Modelling with clay,
- Carving,
- Sculpting,
- Calligraphy writing,
- Collage Making, and
- Sundry Weaving Crafts.



**Figure 6: “Memories”. Medium: Paint, Canvas.
Age of Student: 14 years old. Artist’s**

Example of a Clinical Art.

Courtesy: arttherapy.org/blog

The above listed exercises usually take place under the supervision of an art therapist, resultant effects ought to reflect unaided self-expression by the patients which at the end climax in understanding the patients’ state of mind to foster desirable mental health and improved self-esteem. To attain this expected understanding, all patients and their art therapist will discuss their produced artworks, i.e. critique the works stating their motivation and inspiration for creating the artworks and the influence expected of the artworks on the society. Self-confidence and freedom is key point to the application of artworks for therapeutic purpose. For example, when it comes to painting for therapeutic purpose, no hard rule is followed. The person who wants to paint may not even be an artist. The principles and elements of art may not be applied. What is of utmost importance here is interest (Seyi-Gbangbayau, 2022).

5.0 CONCLUSION AND RECOMMENDATIONS

From the afore-stated discussion in this paper, it would be safe to conclude that Art therapy is worthy intervention in healthcare services to ameliorate and restore the personality – traits of the patients. Art therapy stimulate increased self-esteem by helping individuals to develop social skills capable of improving their reality orientation, thereby reducing anxiety.

It is the candid opinion of the authors of this paper that, further study can be initiated by other scholars to inquire about the possible short-falls or disadvantages likely to be attributed to art therapy in no distant future.

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