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ART THERAPY, OR HOW THE ART THERAPY HELPS ELDERLY PEOPLE





Artetherapy is based on the use of creative techniques such as drawing, painting, coloring, sculpturing or making collages in order to express yourself artistically or emotionally. Under the tutelage of a trusted therapist, the elderly can learn to communicate their needs and understand their feelings more deeply. Artetherapy is also a great way to spend free time, especially if it comes to group activities that additionally reduce the feeling of social exclusion.



Artetherapy helps:

- to express artistically,
- to examine psychological and emotional human needs,
- to fill free time,
- to learn to understand and express feelings,
- to calm down,
- to reduce stress level.

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WHAT IS ARTTHERAPY?

The term artetherapy or art therapy is a combination of two words – “art” and “therapy”.

Definition by *The British Association of Art Therapists* (BAAT) says:

“Artetherapy is a form of psychotherapy which treats artistic media as a primary way of communication. In supporting environment, conducive to therapeutic relationship, the participant of artetherapy may create pictures and objects in order to explore them and share meanings that can be read from them. Thanks to this, person can understand himself better and the nature of his problems and difficulties. This, in turn, can lead to positive and lasting change in his perception of himself in present relations and in general - quality of his life. “

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WHAT IS ARTETHERAPY - IN SHORT:

Art therapy combines psychotherapeutic techniques with the creative process in order to improve mental health and well-being.

WHO IS ARTETHERAPY FOR?

01

Artetherapy is for everyone, especially for people, who struggle with depression, neurosis, anxiety disorders, addictions or people who experienced a trauma.

02

Artetherapy is carried out in the case of people with mental disability, kids with emotional problems, autistic people.

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WHAT ARTTHERAPY LOOKS LIKE AND WHAT ARE THE RESULTS?

- Art therapy can help to return to normal functioning.
- You can feel the positive effects from the very first sessions.
- The first session is a conversation with therapist about your expectations or problems. You're making a plan which includes creating some form of graphics.
- Work of therapist comes down to observation of creating process, without interference, judgment or guidance.



WHAT ARE THE BENEFITS AND EFFECTS OF ART THERAPY:

01

It helps to release and unwind accumulated emotions.

02

It reduces pressure level.

03

It strengthens the sense of security.

04

It increases the level of self-knowledge and self-acceptance.

05

It helps to understand motives of own actions and behaviors.

06

It facilitates non-verbal communication.

07

It activates expression and spontaneity.



Summary

Artetherapy is used as a curative therapy, supporting development process, but is also a method of personal development. It is believed that it can helps anyone, who experiences anxiety or other mental disorders, especially when it comes to elderly people. It is also increasingly used in social prevention, including work with people at risk of social exclusion, which makes it a perfect form of support for seniors.

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