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Art therapy may offer treatment for mental disease

From ANI

Washington, July 9: Art therapy, a therapy through visual art, can offer a treatment option for people with mental disease, suggests a new study.

Art therapy was started in the

based on the idea that visual

middle of the 20th century and is

representations, objectified through

plastic material, contribute to the

construction of a meaning of the

psychic conflicts, and favour its

Lead researcher Elizaberta Lopez

Perez, a Bachelor of Fine Arts and

doctor in Painting at the University

over 20 acute mental patients from

the Therapeutic Community of the

Northern Area of the Virgen de las

of Granada conducted the study

resolution.

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Nieves Hospital of Granada

The participants took part in two days a week session and they adapted paintings of artists such as Modigliani, Munch or Van Gogh, offering their own vision.

The researcher of the University of Granada highlights the liberating nature of art for these patients, who project their inner world and their repressed desires through their paintings.

This way, they deal with their fears and desires, which get real during the artistic process where it is possible to give them life or to destroy them.

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