Art Therapy: Enhancing The Lives Of Patients

Art therapy provides therapeutic, healing benefits for patients in hospitals and other medical settings, and is used with greater frequency to significantly reduce a broad spectrum of symptoms related to pain, anxiety, and discomfort. Art therapy helps individuals cope with complex health-related issues, lifestyle transition, grief, expression and communication, and more.

USING CREATIVE ACTIVITIES TO EXPRESS EMOTIONS AND IMPROVE HEALTH OUTCOMES

“Numerous case studies have reported that art therapy benefits patients with both emotional and physical illnesses. Case studies have involved many areas, including burn recovery in adolescents and young children, eating disorders, emotional impairment in young children, childhood grief, and sexual abuse in adolescents. Studies of adults using art therapy have included adults or families in bereavement, patients and family members dealing with addictions, and patients who have undergone bone marrow transplants, among others.” –American Cancer Society

IMPLEMENTATION TOOLS

Art Therapist Job Description & Scope Of Work Overview
Certification & Licensure
Find An Art Therapist
Guidelines For Insurers
Institute For Continuing Education - Art Therapy
Program Options & Salary
Post An Art Therapy Job

OUTCOMES & APPLICATIONS

Art therapy is an effective, versatile treatment modality that provides patients an avenue to refocus their energies, regain a sense of control, and enhance communication.

NOTABLE PROGRAMS & MODELS

- Bereavement
- Children (1) (2) (3)
- Community Clinic
- General (1) (2)
- Geriatric
- Military
- Oncology (1) (2) (3)
- Psychiatric – Adult (1) (2)
- Psychiatric - Youth
- Rehabilitation - Physical
- Rehabilitation - Substance Abuse
- Trauma

BIBLIOGRAPHY

RESOURCES

Find An Art Therapist
Corporate & Foundation Grants
Government Grants
Useful Links

LEARN MORE

Contacts
Articles & Videos
## Notable Programs & Models

Research in the field confirms that art therapy improves and enhances the physical, mental and emotional well-being of individuals of all ages. It is an enjoyable activity that promotes dialogue, reduces anxiety, increases self-awareness, helps patients identify and explore fears and uncertainties, and promotes healing on every level.

<table>
<thead>
<tr>
<th>CHILDREN / Washington, DC</th>
<th>ONCOLOGY / Los Angeles, CA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children's National Medical Center</td>
<td>UCLA Integrative Oncology</td>
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<tr>
<td>The program brings the creative arts to inpatients and their families through a variety of session options.</td>
<td>The program provides offers healing through self-expression and emotional renewal.</td>
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<tr>
<th>CHILDREN / New York, NY</th>
<th>ONCOLOGY / Ann Arbor, MI</th>
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<tbody>
<tr>
<td>Mt. Sinai Medical Center</td>
<td>University Of Michigan Cancer Center</td>
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<tr>
<td>The program helps young patients cope with fears and anxieties through tailored therapeutic activities.</td>
<td>A board certified art therapist guides participants through in individual, family, and group settings.</td>
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<tr>
<th>COMMUNITY CLINIC / Los Angeles, CA</th>
<th>PSYCHIATRIC – ADULT / Harrison, NY</th>
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<tbody>
<tr>
<td>Loyola Marymount University</td>
<td>St. Vincent’s Hospital Westchester</td>
</tr>
<tr>
<td>The program offers clinical art therapy interventions to underserved children and families.</td>
<td>The program enhances independent functioning in cognitive/social skills and and daily activities.</td>
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<tr>
<th>GENERAL / Gainesville, FL</th>
<th>PSYCHIATRIC – ADULT / Baltimore, MD</th>
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<tr>
<td>Shands HealthCare</td>
<td>Johns Hopkins Bayview</td>
</tr>
<tr>
<td>The program aids patients, families, and staff-individually or in group workshops.</td>
<td>Creative Alternatives’ team of professionals serves adults with serious and persistent mental illness.</td>
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<tr>
<th>GENERAL / Kalamazoo, MI</th>
<th>PSYCHIATRIC – YOUTH / Hampton, VA</th>
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<tr>
<td>Bronson Healthcare</td>
<td>Riverside Behavioral Health Center</td>
</tr>
<tr>
<td>The program helps improve quality of life by allowing patients to express feelings through creativity.</td>
<td>Offers short-term acute care services to assist children and adolescents, ages 6 through 17.</td>
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<tr>
<th>GERIATRIC / Philadelphia, PA</th>
<th>REHABILITATION – PHYSICAL / West Orange, NJ</th>
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<tbody>
<tr>
<td>University Of Pennsylvania School Of Nursing</td>
<td>Kessler Institute For Rehabilitation</td>
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<tr>
<td>The center-based program provides all-inclusive care to low-income adults.</td>
<td>Art therapy is used for nearly all levels of injury and is adapted to the needs of each diagnostic group.</td>
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<tr>
<th>MILITARY / Bethesda, MD</th>
<th>REHABILITATION – SUBSTANCE ABUSE / Mobile, AL</th>
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<tbody>
<tr>
<td>National Intrepid Center of Excellence</td>
<td>AltaPointe Health Systems</td>
</tr>
<tr>
<td>The state-of-the-art facility advances TBI treatment and psychological health, research, and education.</td>
<td>The program and Hope of Recovery exhibit work to treat mental illness and substance abuse issues.</td>
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<tr>
<th>ONCOLOGY - PEDIATRIC / Washington, DC</th>
<th>TRAUMA / Morgantown, WV</th>
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<tbody>
<tr>
<td>Georgetown University Children's Medical Center</td>
<td>Intensive Trauma Therapy</td>
</tr>
<tr>
<td>The program works in hospitals, freestanding clinics and other appropriate settings.</td>
<td>Outpatient clinic utilizing individual art therapy sessions in marathon format.</td>
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American Art Therapy Association

Implementation Tools

There are a number of accessible options for implementing an appropriate, thriving art therapy program. This electronic toolkit was developed to assist in implementing or expanding art therapy programs in a variety of medical settings.

Medical centers and hospitals include art therapy as part of patient care.

Annually, U.S. News develops "Best Hospitals Rankings" by evaluating nearly 5,000 hospitals nationwide. In 2011, each of the 14 Honor Roll recipients included Art Therapy as a component of their established patient services. Examples include Cleveland Clinic, Duke University Medical Center, Georgetown University Hospital, Johns Hopkins, Mayo Clinic, New York Presbyterian Hospital, UCLA Medical Center, and the University of Pittsburgh Medical Center.

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Children / Indianapolis, IN
Peyton Manning Children’s Hospital at St.Vincent
This strengths-based program promotes healing and coping by providing empowering, expressive, and creative therapeutic art interventions throughout hospitalization.
Outcomes & Applications

“The creative processes involved in art making are constructive by nature and engage the "whole-person" -- psycho-socially, cognitively, and physically. The results of artistic efforts can be readily seen: strengths and problem areas can be identified with the help of the therapist, and progress can be documented visually.”  — Cleveland Clinic

Providing patients with access to appropriate services promotes anxiety reduction, healing, and resilience. Art therapy is an effective form of treatment, either as an adjunct to other therapies or as a form of individual or group psychotherapy. The following selections provide additional information and research relating to the successful integration of art therapy in healthcare.

- Art Inquiry & Living With A Chronic Pain Condition
- Art Therapy & Children With Asthma
- Art Therapy Journal: 2010 Outcome Studies On The Efficacy Of Art Therapy
- Art Therapy & Obese Patients
- Art Therapy & Transition To A Psychosocial Residential Setting
- Art Therapy Improves Depression & Fatigue In Patients On Chemotherapy
- Art Therapy Improves Experienced Quality Of Life
- Art Therapy May Improve Quality Of Life In Cancer Patients
- Art Therapy Treatment Of Burnout Syndrome In Oncology Units
- Art Therapy With Adult Bone Marrow Transplant Patients In Isolation
- Art, Dance, & Music Therapy
- Art, Healing & Public Health
- Arts In Nursing Program On Medical-Surgical Unit
- Creative Art Therapy Groups: Treatment Modality For Psychiatric Outpatients
- Creative Arts Intervention With Family Caregivers
- Creative Expression In Diabetes Adult Health Education
- Do Gains Made In Psychiatric Group Art Therapy Persist?
- Drawing Experience In A Hemodialysis Unit
- Effects Of Art-Based Curriculum On Clinical Trials
- Group Art Therapy For Patients With TBI: A Pilot Study
- Human Figure Drawing: Donor & Nondonor Siblings Of Pediatric Transplant
- Medical Art Therapy With Children
- Mental Health, Report Of The Surgeon General
- Mental Health Intervention For Subfertile Women
- Mindfulness-Based Art Therapy For Women With Cancer
- Relief Of Symptoms Associated With HIV/AIDS
- Relieving Symptoms: Innovative Use Of Art Therapy
- Research Using Quantitative EEG Measures
- Teens With Cystic Fibrosis & Online Art Therapy
- Testing The Efficacy Of A Creative Arts Intervention
- The Effectiveness Of Art Therapy Interventions In Pediatric Patients
- Understanding The Near-Death Experience Through Art
- Women Living With HIV & Art Psychotherapy
Resources

Now, more than ever, valuable resources exist to assist in the funding, development, staffing, and implementation of a successful art therapy program. Public, private, nonprofit, health and research sectors, and others offer financial and organizational support.

Funding Alternatives:

Useful Links*: Any reference to any entity, product, service, or information does not constitute an endorsement or recommendation by the American Art Therapy Association, its chapters, affiliates, officers, or employees. The Association is not responsible for the contents of any web pages referenced.

- American Academy Of Child & Adolescent Psychiatry
- American Academy Of Pediatrics
- American Association Of Nurse Executives
- American College Of Health Care Administrators
- America's Health Insurance Plans
- American Health Care Association
- American Hospice Foundation
- American Hospital Association
- American Hospital Directory
- American Psychiatric Association
- American Public Health Association - Mental Health
- Americans For The Arts
- Arts & Healing Network
- Association For Death Education & Counseling
- Brain Injury Association Of America
- Center To Advance Palliative Care
- Centers For Disease Control - Mental Health
- Drexel University Libraries
- Federation Of American Hospitals
- Foundation For Art & Healing
- Foundation Center (requires membership)
- Georgetown University Center - Child Development
- Health Professions Network
- HelpGuide.org
- Hospice Foundation Of America

- Innovations In End-Of-Life Care
- Mayo Clinic
- Mental Health America
- National Alliance Of Mental Illness
- National Assembly Of State Art Agencies
- National Association Of Children's Hospitals
- Natl Assn Of Public Hospitals & Health Systems
- National Center For Health Statistics
- National Endowment For The Arts
- National Hospice & Palliative Care Organization
- National Institute Of Mental Health, Statistics
- Pearson
- Samuel Institute 2010 CAM Hospital Survey
- State Departments & Divisions Of Mental Health
- State Health Facts
- Substance Abuse & Mental Health Services Admin.
- The Dana Foundation
- The Grief Recovery Institute
- Trauma Information Pages
- Urban Institute
- U.S. Dept. Of Health & Human Services - ACF
- U.S. Dept. Of Health & Human Services - CMS
- U.S. Dept. Of Veterans Affairs