

The role of fine art "painting" in psychotherapy "Art Therapy"

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Abstract

Art is the expression of man or the application of his skills and creative imagination to produce works that are appreciated primarily for their beauty or emotional strength and be in a visual form such as painting or sculpture or a performance form such as dance, acting, singing and poetry...etc. Therefore, art was used as a treatment to help a person overcome his psychological disorders, disperse his negative thoughts, and transform them into creativity.

Keywords: *art, therapy, drawing, psychological, therapist.*

1 Introduction

Art is creativity from the production of human work, which is from the human expression of his thoughts, intuition, desires and feelings and their application in creating creative works, whether they are visual, audio or kinetic. Since the work of art is permanent and does not disappear, and it also expresses human feelings more than describing them in words, the words may not express the inner world of the individual as it expresses this world as a painting from the depths of the shouting and screaming of this inner world of man, as the painting can be equivalent to thousands of words. Therefore, art in its entirety, and plastic art in particular, was used in psychotherapy, as it reflects the reflections of the individual's personality, abilities, struggles, and interests.

1.2 Research Importance

The importance of the research lies in the lack of research that dealt with the importance of this subject by academics in the field of plastic painting and their focus on the creative works of plastic arts and the history of fine art more in academic research. The importance of the research lies in showing the importance and uses of fine art in psychotherapy and its help in

improving the psychological status of the individual, whether they are children, adults, youth and the elderly.

1.3 Research Hypothesis

This research puts forward a hypothesis that art is used in psychotherapy, which is a type of psychological treatment, through which the individual can reflect his feelings and thoughts in the drawing, and thus the therapist can communicate with the patient more as they discuss the drawings and the individual gains insight into that, and so on. Achieving progress in the psychological treatment of this individual.

1.4 Research Problem

The idea of the problematic search stems from an idea, where the research problem can be summarized through the following questions: Is the use of fine art in psychotherapy important? Is there a relationship between psychotherapy and art? Has art been used in psychotherapy and has it shown beneficial results?

1.5 Research Methodology

In order to answer the research questions, we will try to resort to the descriptive approach as

it is the most flexible and comprehensive approach, so we will resort to it to achieve our goal of the research.

1.6 Research Structure

This research consists of two main sections. After the introduction, we will begin with the first section, which consists of three chapters, in which we talk about the concept of art therapy, the history of art therapy, and the relationship between art as therapy and psychotherapy with art. While the second topic, which consists of three demands, also begins with a discussion of the triangular relationship between the therapist, the case and the artistic work, the goals of art therapy and the use of plastic art in treatment. Then we continue with the conclusion, conclusions and recommendations that we reached from this research with a list of sources.

2 CHAPTER ONE

2.1 Art Therapy

Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art making, the creative process, applied psychological theory, and the human experience within a psychotherapeutic relationship.

Art therapy, facilitated by a professional art therapist, effectively supports personal and relational therapy goals as well as community concerns. Art therapy is used to improve cognitive and sensory-motor functions, enhance self-esteem and self-awareness, develop emotional resilience, enhance insight, enhance social skills, reduce and resolve conflict and distress, and promote societal and environmental change.(The American art therapy associations , 2017).

Art therapists are master-level clinicians who work with people of all ages across a wide range of practices. Guided by ethical standards

and scope of practice, their supervised education and training prepares them for culturally proficient work with diverse populations in a variety of settings. Honoring the values and beliefs of individuals, art therapists work with people who face health and mental challenges, as well as individuals who seek emotional, creative, and spiritual growth.

Through integrative methods, art therapy engages the mind, body, and spirit in ways that differ from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities call for alternative modes of receptive and expressive communication, which can overcome the limitations of language. Visual and symbolic expression gives voice to experience, enabling individual, social and societal transformation. (The American art therapy associations , 2017).

2.2 History of Art Therapy

The founder of art therapy is Adrian Keith Graham Hill. In his 1945 book *Art Versus Illness*, Hill documents the birth of art therapy. During the period of his treatment for tuberculosis, which he was infected with and was being treated for in a sanatorium, Hill became bored, so he began using some simple drawing exercises for the purpose of breaking the boredom routine in the sanatorium. Until Hill became using drawing as a way to break boredom and express what he feels.

At the suggestion of Hill's doctor, Hill then taught the art to a small group of patients recovering from tuberculosis at the sanitarium. This art therapy was considered a magical, mysterious medicine that breaks boredom, and it was a form of escape that combines creativity and therapy, until Hill began organizing a special art therapy program in this sanatorium. (Hill, 1945, p.14)

Modern art therapy is based on the basic principle that art can heal. Hill realized his

potential with cases in sanitariums who were recovering from tuberculosis during World War I. Hill used several techniques in order to engage patients more in this program and increase their appreciation for art. For those who were beginners in drawing, Hill encouraged them to make doodles. This simple task helped them build basic skills and increase their confidence in their abilities. The degree of skill in drawing varied between patients from one case to another, and Hill dealt with them according to their learning needs.(Hill, 1945, p.30-47)Many of them were initially apprehensive about art therapy, but Hill was able to promote in each patient an appreciation of art and its treatment, as well as their physical ailments. For one of them, a young Canadian pilot who was on the verge of death, art therapy proved to be a stimulating and healing effort. Hale claims that by encouraging this young man to try his hand at watercolor painting, he actually extended his life.(Hill, 1945, p.59-63)Hill coined the term "art therapy" in 1942. Although his work had humble beginnings, Hill's influence spread as more people joined him in promoting healing through the arts. In the mid-1940s, the National Tuberculosis Prevention Society implemented a special art therapy program in more than seventy hospitals and sanatoriums. This was only the beginning of Hale's vision. In 1964 the British Association of Art Therapists was established. which Hill, along with other influential members of art therapy, was instrumental in paving the way for future generations of art therapists. Today, Hill is an inspiration to anyone who wants to conquer an illness with some guidance and a little creativity.(Hill, 1945, p.105)

2.3 Art as Therapy and Art in Therapy

Since the advent of art therapy until its development, it has been on two parallel paths: art as a therapy and psychotherapy with art. Art as a therapy involves full confidence and belief in the healing process inherent in the performance of the creative process of making

art. This path supports the idea of the process of making art as a therapeutic process. It is also considered This process is sometimes in art as therapy. Art production is viewed as an opportunity for spontaneous, pure and unchanging self-expression while spontaneous, and is an experience through which self-realization, emotional compensation and change can take place. This path is also pervasive. The creative process itself can be a health-promoting and growth-producing experience. (Therapeutic Interventions with Children,(2017),P.50).

While the second path, which is psychotherapy with art, is based on the idea that art is a means of symbolic communication. This approach, often referred to as art psychotherapy, emphasizes products—drawings, paintings, and other artistic expressions—as useful in communicating issues, feelings, emotions, and conflicts. The artistic image that is produced becomes important in enhancing the verbal exchange between the person and the therapist and in achieving insight. Through therapeutic guidance and support, art can facilitate new understandings and ideas, and can help resolve conflicts, solve problems, and craft new perceptions that, in turn, lead to positive changes, growth, and healing for the person.

In fact, most therapists who practice art therapy incorporate both art as therapy and art psychotherapy into their work to varying degrees. On the other hand, the idea that making art can be a healing process and that art products convey information relevant to healing is important. Therapists may differ in their approach from one area to another, depending on their philosophy and the person's art therapy needs and goals. (Therapeutic Interventions with Children,(2017),P.50).

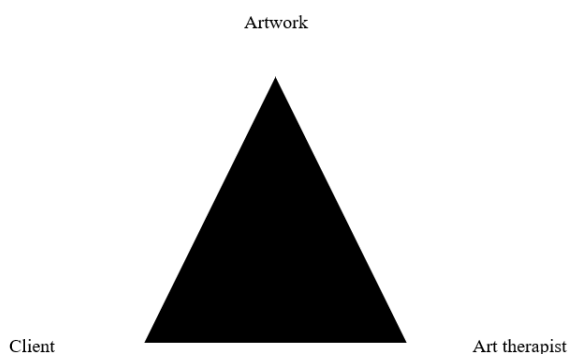
3 Chapter Two

3.1 The triangular relationship between the art therapist, the case and the artwork

This dynamic in art therapy is often referred to as the triangular relationship. Within this triangular relationship, greater or lesser emphasis can be placed on each axis (for example, between the client and his art work or between the client and the art therapist) during a single session or over time.

The importance given to these respective positions is central to the whole question of where healing or therapeutic change occurs in art therapy. That is, whether this is due primarily to the creative process itself, to the nature of the relationship forged between client and therapist or, as many art therapists in the UK are now arguing, to a combination of these factors. (Wood, C. (1990), p.7-13).

This dynamic in art therapy is often referred to as the triangular relationship, and in this triangular relationship more or less focus can be placed on each axis (for example, between the client and their artwork or between the client and the art therapist) during a single session or over time.



Within this triangular relationship, greater or lesser emphasis can be placed on each axis (for example, between the client and his art work or between the client and the art therapist) during a single session or over time. (Case, C. (1990),p.20-26).

In practice, art therapy includes both the process of making the image and its outputs (from crude scribbling to more complex forms of symbolic expression) and providing a

therapeutic relationship. Within the supportive environment fostered by the therapist-client relationship, it becomes possible for individuals to create images and objects with the express purpose of exploring and sharing the meaning they might hold for them; By these means the client may gain a better understanding of himself and the nature of the difficulties or distress he is facing. This, in turn, may lead to a positive and lasting change in the client's sense of self, their current relationships, and their overall quality of life. creativity provides a way to “come to terms with, or find symbolic solutions to, the notions and inner disconnects that all human beings suffer to varying degrees.” (Schaverien, J. (1990),p.14-19).

3.2 The goal of art therapy:

The American Art Therapy Association (AATA 2004) stated that the goals of art therapy are different according to the needs of the individual, which are determined by the art therapist, including some of the goals:

1. Enabling a person to control himself from the inside out after he used to control himself from the outside to the inside.
2. Changing the personal self and improving its image.
3. Changing the status from disabled to creative artist.
4. Enable the case to have personal independence and make his own decision.
5. Enable the situation to establish the spirit of personal identity.
6. Helping the case to reduce social isolation.
7. Improving the individual's social relations and focusing on developing his social skills.
8. Develop manual and motor skills of the case.

9. Improving the mental focus of the situation through: imagination, focus and the use of visual memory.

(Sadiq ,(1982),p. 412) points out that art therapy is a non-verbal method of great benefit with cases that need treatment. These means are excellent outlets for expressing feelings and ideas without relying on verbal expression in a direct manner. Moreover, these situations give the mentally handicapped the opportunity to know his capabilities and abilities, and also give him the opportunity to obtain the appreciation of the therapist or the group he works with.

3.3 The use of fine art in therapy

Fine art has been used in therapy by psychologists, psychotherapists, clinicians, social workers, educational and psychological counsellors, teachers of children and adults, and family teachers.

In this research, we will present some results of some studies that have succeeded and proved the effectiveness and importance of art therapy. Through this research, we will present the results of one study from each category, such as the use of art therapy with victims of violence, children with disorders, and other groups. (Brown, et al, 2001).

1. Where drawing therapy was used with mental patients in the study of Drapeau and Krunch (2007) to find out the benefit of group drawing therapy for this category of patients who suffer from mental and psychological problems, and the Drapeau and Krunch study proved the positive change of cases after treatment with drawing, and the study proved that drawing therapy has A positive effect in the treatment of mental patients and is not considered a secondary treatment, but it can be a primary treatment.(Drapeau, M. and Kronish, N. (2007),p.76-81).

2. Drawing therapy was also used with victims of violence, as the Bfalo study "2006" showed

the results of drawing therapy on children, female adolescents who were victims of sexual violence, and their ages ranged from "8 to 17" years. The treatment lasted for eight weeks in Each week, the duration of the treatment session was one hour, and the results of this study were the effective effect of drawing therapy to reduce anxiety, depression, anger and post-traumatic stress associated with sexual violence since childhood. The researcher also mentioned that this type of violence is a non-verbal type, such as drawing therapy, which is considered a non-verbal treatment. Therefore, this could be a reason for treating this type of problem, as it is considered an expressive treatment through which the patient or the case can express what he feels inside him through His drawing of this feeling, also it could be that these victims are not able to describe their feeling with words that is why their practice of drawing therapy could be a way through which they can describe what they feel.(Pifalo, T. (2006),p.181-185)

3. In the use of drawing therapy for addicts, the study of Colgan et al. (2008) proved that the use of art, "drawing", which took place in group sessions with female addicts, accelerated their recovery process, as they studied 17 addicted females, and during drawing treatment they expressed what they felt. And this helped them accelerate their treatment of addiction.(Calligan, H.,Washington, O. and Moxley, D. (2008),p,287-295).

4. As for the use of drawing therapy with cancer patients, in the study of Visser and Hogg "2008" drawing therapy was applied with breast cancer patients and they were "35" cases, and the study proved that the use of drawing therapy with these cases helped them express their situation and changed their situation for the better After using the drawing therapy program, it had a long-term effect on these cases, as it increased their desire to live and resist this disease.(Visser, A., Hoog, M. (2008),p.80-84).

5. Whereas in the use of drawing therapy for autistic patients, Martin's 2008 study proved that the use of art therapy with children who were autistic was aimed at focusing the child on artistic work so that he could address his lack of communication, just as drawing is non-communication. Verbal, through drawing, he can communicate with psychological comfort with whomever he wants. This study also demonstrated the improvement of the autistic patient's marginal skills through this drawing therapy, and the improvement of his non-verbal communication from the social point of view, and his greater expression of his feelings and more easily through this treatment. Therefore, the results of this study were positive because drawing therapy has a significant impact on autistic patients.(Martin, N. (2008),p.15-23).

6. While drawing therapy was used with the elderly, as Stefanon's study in 2006 proved that art therapy "drawing" was a source of strength for the elderly who were subject to the study, as they reflected their abilities and experiences in life through their artistic work, as this allowed them Work is the opportunity to express themselves and their perception of life, and the drawing therapy made them feel the value of their artistic work, being a valuable work, and made them feel that there is someone who hears them and they can talk to him, and it is the work through which they express what they want to talk about.(Stephenson, R. (2006),p.24-28).

7. In the use of drawing art therapy with children who have experienced grief, the study of Rebekah "2007" used art therapy "drawing" with children who were affected by the "Tsunami" events in Sri Lanka in 2004 when more than 30 thousand people died, and the children who were studied were Survivors of these events who were not given the opportunity to hear how they feel. The study sample consisted of "113" children, whose ages ranged from 5 to 13 years. The study proved the effectiveness and positivity of drawing therapy with these children and the amount of their help

in expressing the pain and sorrow they feel through their artwork.(Rebekah, L. (2007),p.156-162).

8. Painting therapy was used with parents who suffer from sorrows and pains, as Locke's study "2007" demonstrated the benefit of art therapy with parents who suffer from trauma such as the death of children, children's illness and other griefs. The results of this study proved the importance of art therapy for parents and the amount of The positive impact on them and the contribution of drawing therapy in accelerating their recovery from these sorrows, as they express these sorrows through artistic works.(Luck, J. (2007),EDT. 04232007 – 124952).

9. Fine art therapy was also used with imprisoned persons, as Hans's study of "2008" demonstrated the benefits of using art therapy with these cases by the art therapist, who was able through his treatment program to evaluate the cases and know their behavior and intentions, as he was able through this program to discover Cases that intend to commit suicide or harm themselves inside prisons.(Hanes, M. (2008),p78-84).

4. Conclusion

Art is of great importance in many fields, as well as in the psychological aspect of man, even if man imagines the opposite, as the human influence of songs and music is clear, and art is included in the primary educational means of man since his childhood, such as children's songs, stories, and preliminary drawings of the child. These are the primary educational means that he learns from. The child loves and expresses himself. Therefore, in our study, we reached several results and recommendations that show us the importance of using art, especially plastic art, in human psychological treatment, including the following:

4.1 Results

1. Studies have proven the effectiveness of art therapy, especially plastic art therapy, in

positively changing many cases of many psychological disorders.

2. Fine art has a major role in contributing to the development of the mental patient's condition for the better.

3. Fine art is a non-verbal communication through which the psychopath can communicate more comfortably with whomever he wants through his artistic work.

4. The psychological patient is able to describe what he feels or what he wants to express through the artistic work that he performs through the plastic art therapy program.

5. Art therapy is one of the modern treatment methods that the art therapist can use as a main treatment program.

6. The psychological patient can dispel his negative thoughts and overcome his psychological problem through the art therapy program that the art therapist uses with him.

4.2 Recommendations

1. I recommend that psychological treatment centers and hospitals in the Kurdistan region of Iraq include art therapy programs in their treatment programs, rely on them, and give them a major and non-secondary role in treatment and benefit from this program more.

2. I recommend that psychologists in the Kurdistan Region of Iraq who deal with cases more rely more on the plastic art therapy program and use it with cases and their recommendations for cases to use this program for the purpose of making more use of it as a program that was able to prove its positive results in psychological treatment for various cases.

3. I recommend the educational and teaching authorities of the Kurdistan Regional Government of Iraq in schools, institutes and universities to pay more attention to this program and include it within the teaching

materials in the educational system as it is a program through which the student can express what he feels more than words and so that we can educate students about these modern treatment programs For the purpose of using it in some stages of life in which they need treatment programs that help them with the difficulties of life.

4. I recommend academics in particular and those interested in general in the Kurdistan region of Iraq to increase awareness lectures and education courses on the art therapy program to educate the community and specialists more about this program and its benefits and positive results.

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