

PROJECT ON

# “ARTS AND MEDICAL SCIENCE”

SUBMITTED BY

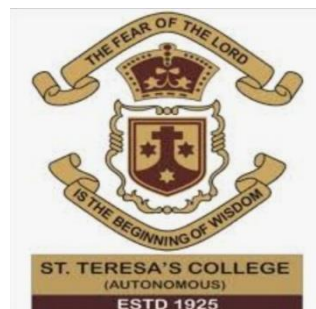
ASWATHI.K.K

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FINAL YEAR B.A.BHARATHANATYAM

**ST.TERESA’S COLLEGE**

DEPARTMENT OF BHARATHANATYAM

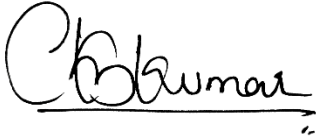


AFFILIATED TO M.G. UNIVERSITY

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# **CERTIFICATE**

Certified that this is a confined record of final year project on “Arts and Medical science” submitted by Aswathi.K.K (SB19BHA016) and submitted in partial fulfillment of the requirement of award of B.A.Bharathanatyam this college.



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I would like to take this opportunity to express my sincere thanks and gratitude to our beloved Director Rev. Sr. Vineetha and Principal Dr. Lizzy Mathew, who have been support and inspiration.

# **ARTS AND MEDICAL SCIENCE**

## INTRODUCTION

Here I'm doing my final year degree project in the basis of Arts and Psychology on the topic, 'ARTS AND MEDICAL SCIENCE'.

Art Therapy is the main subtopic of the project. And which defines, it is a combination of art and psychology and it is the therapeutic use of art making. Through creating art and reflecting on the art products and processes, people can more aware of self and others. Art Therapy is also known as expressive therapy, uses art as a means of communication and lets people explore and express their emotions and thoughts.

Here the project deals with : art therapy and types of creative therapies, techniques, uses, benefits, effectiveness, things to be consider, information collected from doctors and centres working in India that bring mental health to the fore using art therapy. More about the topic is followed by this page.

# **ART THERAPY**

The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. It is a technique rooted that creative expression can foster healing and mental well-being.

People have been relying on the arts for communication, self-expression and healing for thousands of years. But art therapy didn't start to become a formal program until the 1940s.

Doctors noted that individuals living with mental illness often expressed themselves in drawings and other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques.

## **TYPES OF CREATIVE THERAPIES**

Art Therapy is not the only type of creative art used in the treatment of mental illness. Other types of creative therapies include:

- 1) Dance Therapy
- 2) Drama Therapy
- 3) Expressive Therapy
- 4) Music Therapy
- 5) Writing Therapy

### **DANCE THERAPY:-**

Dance or Movement Therapy, or DMT, is the psychotherapeutic use of movements to promote emotional, social, cognitive and physical integration. DMT can help people with physical health by increasing strength, improving flexibility, decreasing muscle tension and boosting coordination. It can also offer important mental health benefits including stress reduction and even symptom relief from conditions such as anxiety and depression.

According to a board-certified DM Therapist ; Katie Bohn, LPC, BC-DMT,SEP,RYT, “DMT is a creative art psychotherapy that utilizes movement and dance to support the physical, intellectual, and emotional health of an individual”.

In a dance therapy session, a therapist may:

- A) Help you explore and make meaning on the connection between movement and your emotions.
- B) Encourage tracking of bodily sensations and breathe.
- C) Help guide you through self-expressive and improvisational movements.
- D) Offer specific movement or verbal therapeutic interventions to promote healing.
- E) Help you process the feelings evoked by the movement

Dance Therapists may utilize a technique known as mirroring, which involves copying another person's movements. It can be a way to help people feel more connected to others and to build feelings of empathy. Therapists provide the space for individuals to experience an invitation, a sense of choice, validation and to tolerate internal sensations.

DMT can be used to treat a number of physical and mental health issues. It can be helpful for improving self-esteem and can be useful for people who struggle with body image issues.

Conditions that DMT can help with:

- a) Anxiety
- b) Arthritis
- c) Chronic pain
- d) Communication issues
- e) Dementia
- f) Depression
- g) Disordered eating
- h) Low self-esteem
- i) Post-traumatic stress disorder (PTSD)

Benefits of DMT:-

- a) Promotes calm
- b) Self-awareness
- c) Copying skills



While DMT can be an effective treatment options, factors to be considered :-

- a) Comfort and safety
- b) Health limitations
- c) Difficult feelings

## **DRAMA THERAPY:-**

It takes a unique approach by using drama and/or theatre techniques , including improvisation , role-playing , using puppets and acting out stories. It is an active, experiential form of creative therapy that may help you or someone you love gain self-confidence and explore new problem-solving skills. Drama Therapy combines drama and psychotherapy methods to offer new ways to express what you are thinking or feeling in order to cope more effectively with behavioral and emotional problems.

Depending on the therapeutic goals, drama therapy can take on many forms and include a range of techniques, including:

- 1) Drama exercises
- 2) Enactment
- 3) Improvisation
- 4) Puppetry
- 5) Role play
- 6) Storytelling
- 7) Theatre games

Drama therapy has been found effective in the general population as well as among the following:

- a) Abuse survivors
- b) At-risk youth
- c) Developmentally disabled persons
- d) Dysfunctional families

- e) Homeless persons
- f) Older adults
- g) People with aids
- h) People with behavioral health issues
- i) People recovering from addiction
- j) Prison inmates

Drama therapy can be beneficial in many ways, including helping people to:

- a) Feel less isolated
- b) Learn how to solve problems
- c) Express how they're feeling
- d) Set goals
- e) Relate better to other people
- f) Understand themselves and their experiences more clearly
- g) Improve self-esteem and self-worth
- h) Develop better coping skills at home, school, and /or work
- i) Broaden the range of expression of emotion
- j) Use creativity, imagination, and play to practice reacting to difficult situation
- k) Get to the point of addressing problem quickly
- l) Escape from the pressures of life in to the imagination for a little while
- m) Interact with others in a safe, comfortable environment

Drama therapy is just one form of expressive or creative therapy that can help draw on your creative abilities and personal expression.

## **EXPRESSIVE THERAPY:-**

Supportive-expressive therapy is an evidence –based , psychodynamic psychotherapy that has been found to be effective in treating certain substance use disorders.

The goal of the therapy is to help clients achieve mastery over their difficulties, gain self-understanding, and practice self-control over substance use problems.

It is based on the theory that the development of problematic substance use, as with the development of personality, is influenced by formative life experiences. The therapy draws from the psychodynamic orientation that originated with Freud's psychoanalytic theory, which claimed that psychological problems originate in early childhood. The belief is that these psychological problems can occur alongside problems associated with substance use and can be treated by becoming more aware of, working through, and overcoming internal conflicts and unhelpful patterns in relationships.

Supportive-expressive therapy is a manualized and time-limited intervention for individuals with more severe substance use disorders. It focuses on substance use within the context of the person and their relationships with other people. A typical course of therapy consists of 16 to 30 sessions, which last about an hour each.

Supportive-expressive therapy is a combination of two main components:-

- a) Supportive techniques to help clients feel comfortable in discussing their personal experiences
- b) Expressive techniques to help clients identify and work through central relational patterns

This is done through working on three areas of focus:

- a) Emotional experience, for example, through the person identifying and labeling the emotions they have been experiencing
- b) Communication between the therapist and the person receiving treatment
- c) Interpretation of what comes up in therapy sessions

Through supportive-expressive therapy, the therapist and client explore and gain insight into conflicts that developed within the client through early experiences and how these are represented in current situations and relationships.

Like other forms of therapy, supportive-expressive therapy can be used to treat a variety of mental health problems, including: 4

- a) Anxiety
- b) Depression

- c) Eating disorders
- d) Interpersonal problems
- e) Personality disorders
- f) Psychological distress
- g) Post-traumatic stress disorder (PTSD)
- h) Social anxiety disorder
- i) Substance use disorders

Supportive-expressive therapy has been recognized by the National Institute on Drug Abuse (NIDA) as an evidence-based approach to treating substance use disorders.<sup>5</sup> The best outcomes have been found by combining drug counseling and supportive-expressive therapy, especially for people with severe co-occurring psychiatric problems.<sup>6</sup>

This approach to therapy also works to influence how people think, feel, and act, promoting better coping skills, self-reflection, insight, and emotional growth.

## **MUSIC THERAPY:-**

Music therapy is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health and overall well-being. It's a goal-oriented intervention that may involve:

- Making music
- Writing songs
- Singing
- Dancing
- Listening to music
- Discussing music

This form of treatment may be helpful for people with depression and anxiety, and it may help improve the quality of life for people with physical health problems. Anyone can engage in music therapy; you don't need a background in music to experience its beneficial effects.

Music therapy can be an active process, where clients play a role in creating music, or a passive one that involves listening or responding to music. Some therapists may use a combined approach that involves both active and passive interactions with music.

There are a variety of approaches established in music therapy, including:

- A) Analytical music therapy: Analytical music therapy encourages you to use an improvised, musical "dialogue" through singing or playing an instrument to express your unconscious thoughts, which you can reflect on and discuss with your therapist afterward.
- B) Benenzon music therapy: This format combines some concepts of psychoanalysis with the process of making music. Benenzon music therapy includes the search for your "musical sound identity," which describes the external sounds that most closely match your internal psychological state.
- C) Cognitive behavioral music therapy (CBMT): This approach combines cognitive behavioral therapy (CBT) with music. In CBMT, music is used to reinforce some behaviors and modify others. This approach is structured, not improvisational, and may include listening to music, dancing, singing, or playing an instrument.
- D) Dancing, singing, or playing an instrument.
- E) Community music therapy: This format is focused on using music as a way to facilitate change on the community level. It's done in a group setting and requires a high level of engagement from each member.
- F) Nor doff-Robbins music therapy: Also called creative music therapy, this method involves playing an instrument (often a cymbal or drum) while the therapist accompanies using another instrument. The improvisational process uses music as a way to help enable self-expression.
- G) The Bonny method of guided imagery and music (GIM): This form of therapy uses classical music as a way to stimulate the imagination. In this method, you explain the feelings, sensations, memories, and imagery you experience while listening to the music.
- H) Vocal psychotherapy: In this format, you use various vocal exercises, natural sounds, and breathing techniques to connect with your emotions and impulses. This practice is meant to create a deeper sense of connection with yourself.

During a music therapy session, you may listen to different genres of music, play a musical instrument, or even compose your own songs. You may be asked to sing or dance. Your therapist may encourage you to improvise, or they may have a set structure for you to follow.

Music therapy is often one-on-one, but you may also choose to participate in group sessions if they are available. Sessions with a music therapist take place wherever they practice, which might be a:

- A) Clinic
- B) Community health center
- C) Correctional facility
- D) Hospital
- E) Private office
- F) Physical therapy practice
- G) Rehabilitation facility

Music therapy may be helpful for people experiencing:  
Alzheimer's disease

- A) Anxiety or stress
- B) Autism
- C) Cardiac conditions
- D) Chronic pain
- E) Depression
- F) Diabetes
- G) Difficulties with verbal and nonverbal communication
- H) Emotional deregulation
- I) Feelings of low self-esteem
- J) Headaches
- K) Impulsivity
- L) Negative mood
- M) Post-traumatic stress disorder (PTSD)
- N) Problems related to childbirth
- O) Rehabilitation after an injury or medical procedure
- P) Respiration problems
- Q) Substance use disorders
- R) Surgery-related issues
- S) Traumatic brain injury (TBI)
- T) Trouble with movement or coordination

Music therapy is also often used to help children and adolescents:

- A) Develop their identities
- B) Improve their communication skills
- C) Learn to regulate their emotions

- D) Recover from trauma
- E) Self-reflect

Music therapy can increase positive feelings, like:

- A) Calmness
- B) Euphoria
- C) Confidence and empowerment
- D) Emotional intimacy

The uses and benefits of music therapy have been researched for decades. Key findings from clinical studies have shown that music therapy may be helpful for people with depression and anxiety, sleep disorders, and even cancer.

## **WRITING THERAPY:-**

Writing therapy is used by many therapists to help teens verbalize their feelings in written words. Sometimes called journal therapy, writing therapy uses various exercises to open a dialogue between teens and therapists that can help improve their mental, emotional and spiritual well-being.

There are therapists who are trained specifically in writing or journal therapy, just as there are art and music therapists.

Therapeutic writing includes:

- A) Poetry
- B) Storytelling
- C) Narratives
- D) Dialogue
- E) Humorous stories
- F) Journaling

It is one approach that can help relieve stress, figure out problems, work through painful feelings, make connections between feelings and behavior and much more.

- A) It can be easily adapted to any problem or situation that a teen is dealing with.

- B) Research has shown that this type of expressive therapy is effective in improving both mental and physical health.
- C) Writing therapy is often used to enhance individual and group therapy sessions. Teens can write about issues that come up in therapy or painful experiences that are difficult to discuss.

Teens most likely to benefit from writing therapy are those who are introspective and enjoy writing. Any type of teen problem can be addressed through the process of writing therapy. The therapist can guide a troubled teen through productive writing exercises that target specific issues and problems. They will also assist the teen in using their written words to explore the issue in-depth and, hopefully, come to a solution or alternative behavior.



# TECHNIQUES

The goal of art therapy is to utilize the creative process to help people explore self-expression and, in doing so, find new ways to gain personal insight and develop new coping skills.

The creation or appreciation of art is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

Techniques used in art therapy can include:

- A) Collage
- B) Coloring
- C) Doodling and scribbling
- D) Drawing
- E) Finger painting
- F) Painting
- G) Photography
- H) Sculpting
- I) Working with clay

## USES

Art therapy can be used to treat a wide range of mental disorders and psychological distress. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioral therapy (CBT).

Some conditions that art therapy may be used to treat include:

- a) Aging-related issues
- b) Anxiety
- c) Cancer
- d) Depression
- e) Eating disorders
- f) Emotional difficulties
- g) Family or relationship problems<sup>5</sup>
- h) Medical conditions
- i) Psychological symptoms associated with other medical issues
- j) Post-traumatic stress disorder (PTSD)<sup>5</sup>
- k) Psychosocial issues
- l) Stress
- m) Substance use disorder

## **BENEFITS**

According to a 2016 study published in the Journal of the American Art Therapy Association, less than an hour of creative activity can reduce your stress and have a positive effect on your mental health, regardless of artistic experience or talent.

An art therapist may use a variety of art methods, including drawing, painting, sculpture, and collage with clients ranging from young children to older adults. Clients who have experienced emotional trauma, physical violence, domestic abuse, anxiety, depression, and other psychological issues can benefit from expressing themselves creatively.

Some situations in which art therapy might be utilized include:

- a) Adults experiencing severe stress
- b) Children experiencing behavioral or social problems at school or at home
- c) Children or adults who have experienced a traumatic event
- d) Children with learning disabilities
- e) Individuals living with a brain injury
- f) People experiencing mental health problems

## **EFFECTIVENESS**

While research suggests that art therapy may be beneficial, some of the findings on its effectiveness are mixed. Studies are often small and inconclusive, so further research is needed to explore how and when art therapy may be most beneficial.

In studies of adults who experienced trauma, art therapy was found to significantly reduce trauma symptoms and decrease levels of depression.

One review of the effectiveness of art therapy found that this technique helped patients undergoing medical treatment for cancer improve their quality of life and alleviated a variety of psychological symptoms.

One study found that art therapy reduced depression and increased self-esteem in older adults living in nursing homes.

## THINGS TO CONSIDER

A 2017 study found that art displayed in hospital settings contributed to an environment where patients felt safe. It also played a role in improving socialization and maintaining an identity outside of the hospital.

If you or someone you love is thinking about art therapy, there are some common misconceptions and facts you should know.

- **You Don't Have to Be Artistic**

People do not need to have artistic ability or special talent to participate in art therapy, and people of all ages including children, teens, and adults can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health.

- **It's Not the Same as an Art Class**

People often wonder how an art therapy session differs from an art class. Where an art class is focused on teaching technique or creating a specific finished product, art therapy is more about letting clients focus on their inner experience.

In creating art, people are able to focus on their own perceptions, imagination, and feelings. Clients are encouraged to create art that expresses their inner world more than making something that is an expression of the outer world.

- **Art Therapy Can Take Place in a Variety of Settings**

Inpatient offices, private mental health offices, schools, and community organizations are all possible settings for art therapy services. Additionally, art therapy may be available in other settings such as:

- A) Art studios
- B) Colleges and universities
- C) Community centers
- D) Correctional facilities
- E) Elementary schools and high schools
- F) Group homes
- G) Homeless shelters
- H) Hospitals
- I) Private therapy offices
- J) Residential treatment centers
- K) Senior centers
- L) Wellness center
- M) Women's shelters

If specialized media or equipment is required, however, finding a suitable setting may become challenging.

## **INFORMATIONS FROM DOCTORS**

**DR. RAAJI**  
**MBBS**  
**MD IN GENERAL MEDICINE**

When I have a conversation with Dr.Raaji, she cleared some doubts about the topic. According to her findings, “arts or art therapy will help to reduce the stress of patients. It helps to decrease the stress of others also. There is no one in the world is without fear, I believe. When he/she hears music or sees a dance performance, it will definitely change atleast the thought of that person or change in mood of that person. Stress results in increasing hormone level. Art therapy helps to decrease that. Most hospitals like Medical Colleges are loaded with patients, there, musical therapy is not possible. But it will be possible in private hospitals if they are admitting in separate rooms. In the case of Dialysis, the treatment will long for 3 / 4 hours. If there is no entertainment, the patient will only think about the illness. If there is a TV playing something, like music, it will be feeling like a relaxation.

If a doctor is also an artist, it will definitely help the patients more than other doctors. Because he/she can patiently listen to the patient, easily understand the patient’s mental state. The patient’s illness feels like ours for such doctor who is an artist.

In Gynecology, sometimes plays music for pregnant ladies to calm down their mood swings.

**DR.V P SASIDHARAN**  
**MBBS, MD**  
**FORMER PRINCIPAL OF CALICUT MEDICAL COLLEGE**

He is the person who established music therapy among the patients in Calicut Medical College while he was working as the Principal there. It became more famous. It results in positive energy among the patients. Thus, it was a great success. It helps to reduce the pain of patients who suffering from cancer and change in mood of the psychiatric patients.



# **CENTRES IN INDIA THAT BRING MENTAL HEALTH TO THE FORE USING ART THERAPY**

## **I. Anantaraa Arts-Based Therapy**

Location: Andheri West, Mumbai.

Anantaraa offers a year-long Arts-Based Therapy course. This course uses visual art as an experiential form of therapy, as a way for a person to accomplish individualized goals within a therapeutic relationship. Additionally, their course also involved drama, theatre and music, making it an all-round experience. Admissions for the 2019-20 batch are open now!

## **II. Sankalpa**

Location: Auroville, Pondicherry

Sankalpa provides art therapy and community art programs, bridging art and intention as tools for insight, growth, empowerment, connection and healing. In an Art Therapy session at Sankalpa, the clients are encouraged to create without the judgement of their own art or that of others. They offer therapy sessions for individuals as well as groups. In fact, you can also volunteer or intern At Sankalpa! Just fill out a form [here](#).

## **III. Blissful Mind Therapy Centre**

Location: Cuffeparade, Mumbai

Among many other forms of therapy, Blissful Mind Therapy Centre in Mumbai offers Expressive Arts Therapy. This course focuses on expression, imagination, active participation and mind-body connection. Blissful Mind offers art therapy for children, individuals and families.

#### IV. Arth Counselling and Arts Based Therapy

Location: Andheri West, Mumbai

At Arth, Dr. Nivedita Challil conducts professional Art-Based Therapy. With this sort of therapy, they hope to help individuals work on personal goals related to growth and wellness, sexuality and identity, coping with an illness or care-giving, dealing with conflict and related issues. Be sure to make a prior appointment with Arth for an arts therapy session here.

#### V. Abhyaantar Healing Arts

Location: New Delhi

Abhyaantar works towards helping individuals and groups connect with their own as well as others' inner source and unravel their authentic selves. Based in the principles and techniques of Expressive Arts Therapy (EAT), the arts therapy session at Abhyaantar used a combination of visual art, dance, drama and creative writing to enable their clients to explore and fully express themselves.

## **CONCLUSION**

According to my findings, arts and art therapy helps up to a limit. I have collected the information regarding the topic from internet, some people and from some doctors. Art therapy is not a necessary one in hospitals. So I personally feels that, it should be more available for not only to the patients but also for others.

