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

NOTABLE PROGRAMS & MODELS

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

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.

BIBLIOGRAPHY

RESOURCES

- Find An Art Therapist
- Corporate & Foundation Grants
- Government Grants
- Useful Links
## 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>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children's National Medical Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program brings the creative arts to inpatients and their families through a variety of session options.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CHILDREN / New York, NY</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mt. Sinai Medical Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program helps young patients cope with fears and anxieties through tailored therapeutic activities.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMMUNITY CLINIC / Los Angeles, CA</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loyola Marymount University</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program offers clinical art therapy interventions to underserved children and families.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GENERAL / Gainesville, FL</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shands HealthCare</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program aids patients, families, and staff-individually or in group workshops.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GENERAL / Kalamazoo, MI</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronson Healthcare</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program helps improve quality of life by allowing patients to express feelings through the creativity.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GERIATRIC / Philadelphia, PA</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Of Pennsylvania School Of Nursing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The center-based program provides all-inclusive care to low-income adults.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MILITARY / Bethesda, MD</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Intrepid Center of Excellence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The state-of-the-art facility advances TBI treatment and psychological health, research, and education.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONCOLOGY - PEDIATRIC / Washington, DC</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Georgetown University Children's Medical Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program works in hospitals, freestanding clinics and other appropriate settings.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONCOLOGY / Los Angeles, CA</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCLA Integrative Oncology</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program provides offers healing through self-expression and emotional renewal.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ONCOLOGY / Ann Arbor, MI</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Of Michigan Cancer Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A board certified art therapist guides participants through in indivudual, family, and group settings.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PSYCHIATRIC – ADULT / Harrison, NY</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Vincent's Hospital Westchester</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program enhances independent functioning in cognitive/social skills and and daily activities.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PSYCHIATRIC – ADULT / Baltimore, MD</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johns Hopkins Bayview</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creative Alternatives' team of professionals serves adults with serious and persistent mental illness.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PSYCHIATRIC – YOUTH / Hampton, VA</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riverside Behavioral Health Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Offers short-term acute care services to assist children and adolescents, ages 6 through 17.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REHABILITATION – PHYSICAL / West Orange, NJ</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kessler Institute For Rehabilitation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Art therapy is used for nearly all levels of injury and is adapted to the needs of each diagnostic group.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REHABILITATION – SUBSTANCE ABUSE / Mobile, AL</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>AltaPointe Health Systems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The program and Hope of Recovery exhibit work to treat mental illness and substance abuse issues.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TRAUMA / Morgantown, WV</th>
<th>Funding</th>
<th>Post A Job</th>
<th>Contact Us</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intensive Trauma Therapy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outpatient clinic utilizing individual art therapy sessions in marathon format.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

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

“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, Dance, & Music Therapy
Art Inquiry & Living With A Chronic Pain Condition
Art Therapy & Children With Asthma
Art Therapy & Obese Patients
Art Therapy And 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, Healing & Public Health
Creative Art Therapy Groups: A 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
Medical Art Therapy With Children
Mental Health, Report Of The Surgeon General
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 Trauma Patients
Understanding The Near-Death Experience Through Art
Women Living With HIV & Art Psychotherapy

BIBLIOGRAPHY
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:

**Corporate & Foundation**

- 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
- National Association 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 & Outreach
- Pearson
- Samuell Institute 2010 CAM Hospital Survey Summary
- State Departments & Divisions Of Mental Health
- State Health Facts
- Substance Abuse & Mental Health Services Administration
- 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

**Government**

- 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 Section
- 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

*The American Art Therapy Association neither endorses any specific training, service, or provider listed; nor is responsible for the content found on the websites listed.
“Children and adults who have been exposed to unspeakable trauma, as well as those suffering from depression, anxiety, or other serious mental or physical illnesses, can reap enormous benefits from the healing process of art therapy . . . art therapy can be a way for people with physical or emotional pain to heal.”

–University of Pittsburgh Medical Center