

Art Therapy Supporting Patient Care In Medical Settings: Toolkit

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.

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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

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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

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[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.

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CHILDREN / Washington, DC

Children's National Medical Center

The program brings the creative arts to inpatients and their families through a variety of session options.

CHILDREN / New York, NY

Mt. Sinai Medical Center

The program helps young patients cope with fears and anxieties through tailored therapeutic activities.

COMMUNITY CLINIC / Los Angeles, CA

Loyola Marymount University

The program offers clinical art therapy interventions to underserved children and families.

GENERAL / Gainesville, FL

Shands HealthCare

The program aids patients, families, and staff- individually or in group workshops.

GENERAL / Kalamazoo, MI

Bronson Healthcare

The program helps improve quality of life by allowing patients to express feelings through the creativity.

GERIATRIC / Philadelphia, PA

University Of Pennsylvania School Of Nursing

The center-based program provides all-inclusive care to low-income adults.

MILITARY / Bethesda, MD

National Intrepid Center of Excellence

The state-of-the-art facility advances TBI treatment and psychological health, research, and education.

ONCOLOGY - PEDIATRIC / Washington, DC

Georgetown University Children's Medical Center

The program works in hospitals, freestanding clinics and other appropriate settings.

ONCOLOGY / Los Angeles, CA

UCLA Integrative Oncology

The program provides offers healing through self-expression and emotional renewal.

ONCOLOGY / Ann Arbor, MI

Univeristy Of Michigan Cancer Center

A board certified art therapist guides participants through in individual, family, and group settings.

PSYCHIATRIC – ADULT / Harrison, NY

St. Vincent's Hospital Westchester

The program enhances independent functioning in cognitive/social skills and and daily activities.

PSYCHIATRIC – ADULT / Baltimore, MD

Johns Hopkins Bayview

Creative Alternatives' team of professionals serves adults with serious and persistent mental illness.

PSYCHIATRIC – YOUTH / Hampton, VA

Riverside Behavioral Health Center

Offers short-term acute care services to assist children and adolescents, ages 6 through 17.

REHABILITATION – PHYSICAL / West Orange, NJ

Kessler Institute For Rehabilitation

Art therapy is used for nearly all levels of injury and is adapted to the needs of each diagnostic group.

REHABILITATION – SUBSTANCE ABUSE / Mobile, AL

AltaPointe Health Systems

The program and Hope of Recovery exhibit work to treat mental illness and substance abuse issues.

TRAUMA / Morgantown, WV

Intensive Trauma Therapy

Outpatient clinic utilizing individual art therapy sessions in marathon format.

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.

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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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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

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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.

- [!\[\]\(9bfa69b6b0f097b09744337d04f22d78_img.jpg\) Art, Dance, & Music Therapy](#)
- [!\[\]\(7d26c345cabf494d35782f002b741ce9_img.jpg\) Art Inquiry & Living With A Chronic Pain Condition](#)
- [!\[\]\(40fb90293499d45782783c449b0d92d0_img.jpg\) Art Therapy & Children With Asthma](#)
- [!\[\]\(7da84d8385265e3244ec94f60d0fcdb1_img.jpg\) Art Therapy & Obese Patients](#)
- [!\[\]\(ee4a2ee0ef75789bb6059be6ccb5c98b_img.jpg\) Art Therapy And Transition To A Psychosocial Residential Setting](#)
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- [!\[\]\(d8dfce360c755e91bfe4b0cd1a846b81_img.jpg\) Art Therapy With Adult Bone Marrow Transplant Patients In Isolation](#)
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- [!\[\]\(e4bce6ed6966858d14dd965750e5ace5_img.jpg\) Creative Arts Intervention With Family Caregivers](#)
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- [!\[\]\(b8de4133ef36907e53eb235f6429f500_img.jpg\) Do Gains Made In Psychiatric Group Art Therapy Persist?](#)
- [!\[\]\(2f6d1b34ad1ec667e4dd6bf9185cfe5c_img.jpg\) Drawing Experience In A Hemodialysis Unit](#)
- [!\[\]\(fc057b629484be5d1139bfc5ece23519_img.jpg\) Effects Of Art-Based Curriculum On Clinical Trials](#)
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- [!\[\]\(e59a18e0b7dd9c60bf0ea7e46859e22a_img.jpg\) Mental Health, Report Of The Surgeon General](#)
- [!\[\]\(0ddad3586e14e20830c86d23b6a7328a_img.jpg\) Mindfulness-Based Art Therapy For Women With Cancer](#)
- [!\[\]\(04c61870c7c3c3d59fe00e09c11b59d0_img.jpg\) Relief Of Symptoms Associated With HIV/AIDS](#)
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- [!\[\]\(83cba73c31150d794d5cab90aea25237_img.jpg\) Research Using Quantitative EEG Measures](#)
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- [!\[\]\(f151b52197e6e76b0a040daca2f06afe_img.jpg\) The Effectiveness Of Art Therapy Interventions in Pediatric Trauma Patients](#)
- [!\[\]\(8d5d07d482a23e787f9c4cecfc4153d4_img.jpg\) Understanding The Near-Death Experience Through Art](#)
- [!\[\]\(02e4ad88741af1b108426e0a17811364_img.jpg\) 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.

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Funding Alternatives:

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Useful Links* 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.

- [!\[\]\(c44db1e92ba1244b2894d325c806ff8a_img.jpg\) American Academy Of Child & Adolescent Psychiatry](#)
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Learn More

“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

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Articles & Videos

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- [All Things Healing](#)
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- [Efficacy Of Art Therapy: A Review Of Findings](#)
- [Grieving Children & Art Therapy](#)
- [Healing Emotional & Psychological Trauma](#)
- [Healing Grief Through Art: Art Therapy Bereavement Group Workshops](#)
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