

ART THERAPY

<http://www.arttherapy.org/>

How Did Art Therapy Begin?

Visual expression has been used for healing throughout history, but art therapy did not emerge as a distinct profession until the 1940s. In the early 20th century, psychiatrists became interested in the artwork created by their patients with mental illness. At around the same time, educators were discovering that children's art expressions reflected developmental, emotional, and cognitive growth. By mid-century, hospitals, clinics, and rehabilitation centers increasingly began to include art therapy programs along with traditional "talk therapies," underscoring the recognition that the creative process of art making enhanced recovery, health, and wellness. As a result, the profession of art therapy grew into an effective and important method of communication, assessment, and treatment with children and adults in a variety of settings. Currently, the field of art therapy has gained attention in health-care facilities throughout the United States and within psychiatry, psychology, counseling, education, and the arts.