

**THE PSYCHOLOGY OF ART THERAPY:  
AN EFFECTIVE APPROACH FOR MENTAL DISORDERS**

**Umema Minhaj**

Federal Urdu University of Science, Arts and Technology  
Karachi-Pakistan

**&**

**Khalida Rauf\***

Social Sciences and Education Department  
SZABIST University, Karachi-Pakistan

**ABSTRACT**

*This study focused on exploring the effectiveness of art therapy in relation to different mental disorders and age groups. It was based on the questions i.e. Is art therapy effective in treating mental disorders? Is there any difference between pre and post treatment in symptom reduction? Qualitative research approach was followed. Fifteen professionals practicing art therapy were purposively selected. One to one interviews were conducted until saturation was reached. All of the interviews were recorded and transcribed verbatim. Results showed that the use of art therapy by practitioners was effective, with differences in symptom reduction between pre and post treatment. Art therapy was found effective with different age groups and for wide range of disorders. The results of the study have positive implications. Given the effectiveness of art therapy, it should be organized according to professional standards, like specialized academic training and certificates.*

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**Keywords:** Art Therapy, Creative, Expression, Mental Disorder, Emotions, Effectiveness

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\* Correspondence Address: Khalida Rauf, PhD; Professor, Social Sciences and Education Department, SZABIST University, Karachi-Pakistan. khalida.tanweer@szabist.edu.pk

## **INTRODUCTION**

Art has been a source of expression and gratification throughout the history. Almost all societies engage in some sort of art work be it music, poetry, dance or written work. Keeping in mind that if, art has been so impactful so why not utilize this medium for improving mental health. According to available literature Art therapy is one of the impactful therapies that boosts the cognitive capabilities and emotional regulation of individual under treatment.

Art therapy as defined by the American Art Therapy Association (2018), art therapy, as facilitated by a professional art therapist, is a therapeutic modality used over ongoing sessions to “improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress and advance societal and ecological change.”

Art therapies cover multiple modalities like Performing Art which includes Drama, Dance and Music. The other is known as expressive art which includes written expression in the form of poetry, novel or script in any form. It draws on and makes use of different mediums that Cathy Malchiodi has very helpfully organized for us into the MSSS model that stands for Movement, Sound, Storytelling, and Silence which is solely based on creative expression with various mediums at a time (Malchiodi, 2022).

The main purpose of an art therapist is to train the client beyond any verbal and written aspect. With the use of creativity, an individual unveils new perspectives with the help of sensory and motor modes of expressing themselves which translate their inner feelings in an expressive way. Many practitioners use art as a therapeutic medium in combination with other therapies like talk therapy, and aromatherapy. Hence art therapy could be one of the best effective approaches to different mental disorders, even the use of art work displayed in hospitals has been found to have profound effect on the recovery of patients (Trevisani et al., 2010).

In the world of Art Therapy, there are numerous techniques and methods such as drawing, painting, sculpting, and collage work which are more than creative techniques that are not only used for art purposes but can also be very effective for therapeutic approaches. In order to practice art therapy, there should be a licensed art therapist who can guide and help individuals suffering from

different psychological disorders with regard to investing in the deepest parts of the innermost and hidden emotions of a person by examining the psychological aspects behind their imagination and thinking which may help to indicate the issue. This sort of practice has proven to be one of the best interventions for underlying psychotic issues which can be helpful for the clients. There is always a certain amount of expression that is observed every now and then from art therapy which is self-expression. It is almost like a natural process that art stimulates such emotions that trigger individuals and motivates them to express what they can't physically, verbally, or emotionally, thus art therapy combines psychotherapy and some form of visual art. With regard to the American Art Therapy Association, art therapists explore the understanding behind how a colour, texture or any other medium of art may have a psychological effect which enables the progress of therapeutic process by revealing an individual's thoughts, emotions, and overall disposition (Stuckey & Nobel, 2010).

Drama Therapy: has been reported to be an experiential and active approach that helps people identifies their emotions and past experiences by identifying themselves with the characters displayed in drama. This approach is based on an assumption that each individual has potential for expression through drama they can discover their latent self. In 2021, a nine -week drama therapy program was run on schizophrenics, Bipolar and depressive patients, a moderate reduction the in the ratings of these patients on Brief Psychiatric Rating Scale was noted by Lawrenz and Sherrell (2022).

Skills of Drama therapists may be utilized in the following mental health and community settings, such as: mental health facilities, schools, substance use treatment centers, correctional facilities, community centers, programs for older adults, programs for persons with disabilities and nursing homes. In which they rely on the use of these methods such as storytelling, games, play acting, improvisation, role playing, puppetry, creative writing exercises and guided visualization (Lawrenz & Sherrel, 2022).

Walker (2016) worked with PTSD patients successfully with Art therapy utilizing sensory motor modality and found its use very effective with PTSD patients. Van Lith (2016) research from the years 1994 and 2014 was elaborated to determine whether or not art therapy can be a useful approach when working with individuals with psychotic issues along with the description of how this approach can be helpful for clinical setup and hospitals. Thirty articles were taken that demonstrated the art therapy practice to some certain mental disorders. This

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resulted in the forming of four disorders/ symptoms for diagnostic perspectives, such as depression, borderline personality disorder, schizophrenia, and post-traumatic disorder (PTSD). A composite structure of these articles gave certain research that needed improvements. It also stated that the critical views of art therapists who have practical experience in the application of art therapy can help enhance the approaches along with the assistance of evidence-based reasoning to polish art therapy applicability as per need.

In the same year, Attard and Larkin articulates the effectiveness of Art Therapy (AT), especially for the subjects who were suffering from psychosis and the meaningfulness and acceptability of intervention of Art Therapy were analysed. Seven electronic databases were recruited for empirical papers that discussed the usage of the art therapy approach with adults having psychosis that was reported from 2007 onwards. This search was consisting of eighteen papers in total. Among these articles, a highly qualified paper including quantitative articles contributed deficient evidence for the affectivity of Art Therapy. The top-notch quality of qualitative articles demonstrated that the therapists and clients acknowledged art therapy as a beneficial, meaningful, and adequate intervention but this was predicted from the databases of limited studies. A certain amount of divergence was observed between the quantitative evidence related to the art therapy effectiveness and the qualitative shreds of evidence with respect to the value given to it by clients and the therapists (Attard & Larkin, 2016).

Akhtar and Lovell (2018) represented the use of art therapy with refugee children, from the perspective of art therapist's and their experiences. Three semi-structured interviews were conducted to gain insights through capturing experiences and stories. Using thematic analysis to analyze data, five themes were discovered these are: (1) Giving Voice, (2) Rebuilding Trust, Opening Wounds, (3) Sharing Stories, Healing Pain, (4) Exploring Identity, Discovering New-Self, and (5). From the findings of the study discovered, it was concluded that art therapy has proven to be a useful form of psychotherapy for refugee children. It can provide these children with a safe space to heal, and give them a voice to be heard and can provide these children with a safe space to heal, and give them a voice to be heard. In conclusion, art therapy appears to be a useful therapeutic intervention for this client group (Akhtar & Lovell, 2018). Further Habib and Ali (2022) research conducted in Pakistan, applied art therapeutic techniques with 14 ADHD and comorbid ID for 25 sessions, they USED Attention Deficit Hyperactivity scale to find the difference between pre and post therapeutic scores of children. They

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found that art therapy was effective in significant symptom reduction of impulsivity.

In the light of the results of quoted literature following research questions were formulated. 1) What is the impact of Art Therapy with respect to different mental disorders? 2) Is there any difference in symptoms between baseline and after receiving Art Therapy using by the professionals? 3) Whether art be a possible therapeutic approach for mental illness? The following objectives were followed: 1) To explore the impact of Art Therapy with respect to different mental disorders. 2) To identify the rate of improvements in clients problems after using Art Therapy by the professionals.

### **METHOD**

#### ***Research Design***

The research followed qualitative study design to explore the mental health provider's perspectives on the effectiveness of art therapy on different mental health disorders.

#### ***Participants***

Fifteen participants from different mental health care centers in Karachi Pakistan were selected using a purposive sampling technique. The sample consisted of ten clinical psychologists, one special educator, two child psychologists and two neuropsychologists based on their MS or M.Phil qualification with minimum two years of experience. Also they use art therapy in any form to psychological disorders.

#### ***Measures***

The questions mainly revolved around such factors as the efficacy of art therapy and how it can be used as a therapeutic intervention. On the basis of the following questions the interviews were taken respectively:

1. Are you aware of the term "Art Therapy"? Also, does your clinical setup/ organization use Art as a therapeutic practice?
2. Does your work experience involve art or art therapy? If yes, mention the working experience including the span of time.

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3. How does a clinical setup or organization measure the efficacy of Art Therapy?
4. Does therapeutic setup promote Art Therapy?
5. How many cases have you witnessed with the involvement of Art or Art Therapy?
6. At which rate Art therapy has proven to be a successful therapeutic approach? Circle anyone of the following:  
a. Never b. Rarely c. Sometimes d. Often e. Always
7. Elaborate the effectiveness of Art Therapy with respect to different disorders. Explain with case studies.
8. Is art therapy age specific? Elaborate the differences with respect to different age criteria. (involve previous cases)
9. List the number and names of some disorders that were managed by Art Therapy.
10. Describe differences between pre and post treatment symptoms from Art Therapy.
11. Mark out the after effects of Art Therapy.
12. Can Art be a possible treatment for mental illness? Justify.
13. Do you suggest or recommend art therapy as a therapeutic intervention?

### *Procedure*

Initially researchers took the permission from the supervisor and authorities of the University. After getting approval researcher approached different mental health professionals working in different organizations and psychological clinics to collect the data. Only those participants were included in the study who use art therapy in their clinical practice and who were willing to take part in the study on voluntary basis. After establishes the rapport with the participants and taking informed consent, on the basis of the self -developed interview form, the information was gathered in individual setting in their respective workplace. The responses were scores in the form of frequency and percentages and description.

For example the researcher asked the participants regarding the use art therapy as a medium of treatment for mental disorders. The effectiveness of art therapy was considered in comparison to any mental disorder with the baseline measures in terms of number of symptoms and symptoms reduction in post-therapeutic phase. Questions mainly composed of the factors including in the effectively of art therapy and how it can be used as a therapeutic intervention.

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All the participants were assured of the confidentiality about their identity and secrecy of data. They were allowed to withdraw from the study during any stage of data collection. The researchers made sure to provide the safe environment and do not harm to the participant.

### ***Statistical Analysis***

The researchers followed the mixed method design, in which the Responses on Questions that were asked in Interview were noted, and the frequencies of answers were calculated in percentages, descriptive analyses were also noted.

## **RESULTS**

Table no 1 shows the frequency of participants and their position in which they were serving. Whereas, according to the table no 2, art therapy is not age specific but it works well and have significant changes in children/ teenagers. For children, art can be a means whereby they reconstruct and assimilate their experiences. It is observed that art is often described as the subject on the timetable through which children release their feelings and they make good progress in therapy. Moving forward to adults, since many adults are facing crises like relationship, career, and workload related issues they might become oblivion to notice the significance of creativity and a colourful approach. But with elderly, it's quite same as children because at this age period, an individual becomes sensitive and vulnerable to their needs, just like children

Moreover, the interviewed responses showed significant symptoms reduction in post treatment intervention where the symptoms reduced to almost 80% and proved art therapy as a considerable intervention. As shown in table no 3 where different disorders i.e Anxiety, Depression, Autism Spectrum, ADHD, Post traumatic stress disorder, Personality Disorders and Schizophrenia were treated with Art Therapy. Hence it was deduced that art therapy might be a possible cure for mental disorder but it might also need the concurrent application of other therapeutic approaches for effective results. As shown in table no 4 which signifies the usage of other therapeutic techniques with conjunction to Art Therapy to achieve the desirable outcomes

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Table 1  
*Descriptive Statistics for Participants' Demographic Characteristics (N=15)*

Variables	<i>f</i>	%
Gender		
Female	10	66.66
Male	05	33.33
Profession		
Clinical Psychologist	10	66.66
Special Educators	01	06.0
Neuropsychologist	02	13.0
Child Psychologist	02	13.0
Age		
25-35	10	66.66
36-45	05	33.33
Education Level		
Masters/ MS	08	53.33
M.Phil	05	33.33
PhD	02	13.33



Table 2

*Age Specific Criteria for the Clients in Art Therapy used by the Participants (N=15)*

Age	Therapy Analysis	
	Effectiveness (%)	Functionality (%)
Children	100	Up to 90
Adults	60	Up to 65
Elderly	75	Up to 80

*Note.* This table demonstrates the percentages on the basis of the answers reported by therapists, that art therapy has a significant effect on children. Adults and elderly's response to art therapy might be subjective or depends on the severity of mental disorder

Table 3

*Symptoms Reduction in Mental Disorders during Baseline and After the application of Art Therapy by the Participants (N=15)*

Disorders	Therapy Analysis	
	Baseline (SI) (%)	After Art Therapy (SR) (%)
Anxiety	80	05
Depression	75	10
Autism	65	10
ADHD	80	15
PTSD	80	5
Personality Disorders	65	15
Schizophrenia	80	10

*Note.* This table demonstrate the symptoms reduction as reported by respondents during baseline through Art Therapy. Here SI is "symptoms increment" of a mental disorder, namely baseline symptoms and SR represents "symptoms reduction" after art therapy.

Table 4

*Use of Art Therapy with other therapeutic interventions (N=15)*

Disorders	Psychodynamic Approach	Eeclectic Approach	Cognitive Behavior Therapy	Dielectical Behavior Therapy
Participants	8	10	3	5

*Note.* The table demonstrates the number of participants who reported the use of other therapeutic techniques with Art therapy

## DISCUSSION

Art therapy allows a person to translate their inner sensations into fresh views and expressive ways. This study aimed to explore the impact of Art Therapy with respect to different mental disorders. It has been reported by participants that during the therapy sessions with art that clients were usually interested in what creativity and imagination could offer them and how they expressed the unexpressed or unspoken emotions with the fact that no prior experience with the art was requisite. Drawing and painting have been a part of psychology since long. But now the researchers observed that it also not only a facilitative method for the client to open up and share their feelings, and emotions, it is a method of treatment as well. After reviewing 413 articles they wrote that the application of art therapy is successfully worked in the reduction of symptoms of mental disorders, notably depression, anxiety, cognitive disorders, dementia, schizophrenia, and autism (Hu et al., 2021). Although there is limited information available on the effectiveness of art therapy exploring the relative studies all over Pakistan, one study has been conducted by Habib and Ali in 2015, utilizing pre and post research design quasi experimental design with the application of art therapy (drawing, and mandala) with children having special needs this study showed that art therapy is effective in the reduction of impulsivity in children with ADHD age range between 6 to 12years.

Exploring the literature revealed only a few studies that demonstrate the use of AT thoroughly. For instance Abbing et al. (2019) collected the data of 57 adult female and reported that art therapy is found to be effective treatment modality for the reduction in the symptoms of anxiety disorders and increase in quality of life. Art therapy found to be very effective in the treatment of PTSD ( Schouten et al., 2019) showed that Found that 30 % of the client suffering from

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PTSD do not improved with cognitive behavioral trauma focused therapies, hence they investigate the trauma focused art therapy and reported the therapeutic benefits, those were these clients felt more relax, they externalized their memories and emotions into artwork, they have less intrusive thoughts of traumatic experiences and they were more confident. Our research findings are also supported the earlier literature and we can say that the results reported from all 15 participants reflected on the use of Art therapy, its efficacy as well as the broader outcome measures to evaluate the potential impact on clients with mental disorders.

In the current study participants mentioned that although there is enough education and awareness regarding AT, however due to lack of resources in the clinical setup, the implications for practice are less applicable. As Pakistan as an underdeveloped country has made many advancements in the academic field but psychology itself is a sprouting bean profession which keep moving forward, spreading its roots in different criterion from country to country, which still need more time to flourish. Some therapist shared their experience that art can be useful but it might take a lot of patience, practice, time, material (art material is usually expensive) and not to mention individual differences as well. To some extent, some clinical institutes or setups promote art therapy while others don't see it as a practical therapeutic implication. On the other hand, some therapist shared their good experience with art therapy as well. Positive outcomes were seen as compared to pre-treatment resulting after the exposure of Art Therapy.

When we asked about how many cases have you witnessed where Art or Art Therapy was involved, about 70% of the research participants included Art Therapy during their clinical experience with regards to various mental disorder, among these participants about 30% of them disagreed with complete reliance on AT and suggested the usage of other therapies with AT. Many suggested that it cannot work solely but instead we should follow eclectic approach; by converging other therapies with art therapy. The therapists who were involved in using art in their therapies mentioned that art therapy worked best in patients with anxiety or extremely stressed out patients, hence many cases were involved with Anxiety, Depression or PTSD.

Moreover, the therapist revealed that they used AT in accordance with their clinical experience or availability of art therapy facilities in the clinical setups. Many were agreed with the notion that art therapy is not the entire solution to any psychological issue. To address and resolve any psychological barrier in

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mental disorders we need more tools and interventions in order to attain the desirable results. Some demonstrated their support of art therapy as they observed some clients as art enthusiast who already has an attachment to art activities or has subjective interests in art-related therapies. As there are individual differences as well, some clients were seen showing positive outcomes after the exposure to art therapy while others were seen with no change or a slight change but no impactful results were obtained. Some therapists even recommended other therapies with the conjunction of art therapy that might bring better results i.e CBT. In addition, participants informed that in children, 90% of the time art therapy worked. However, majority emphasized that AT is not age specific and that children are more vulnerable than adults are, to seek out solutions to any psychological distress/issue and art helps them to express their difficult emotions easily.

On the basis of their work experience with clients who were exposed to Art Therapy as a mode of treatment. The number of cases and the level of cure in patients with mental disorders namely anxiety, depression, stress, personality disorder; ADHD, autism etc. were mentioned. Almost 85% of the therapist mentioned anxiety, stress and depression which were healed by Art Therapy. Mostly young adults were reported to suffer from depression and anxiety cases, found cured and relaxed after Art Therapy. Some therapists gave examples by elaborating how they practiced art therapy, some used colourful objects, some used different brush/paint technique or “Paint your emotions” exercise where client paint their emotions and felt relaxed afterwards. Almost all therapists mentioned Dementia, Manic Disorder, Cognitive Impairment, Autism Neuro-Developmental Disorders, Obsessive Compulsive Disorder, Eating Disorder, Alzheimer, and

Interestingly, according to the detailed discussions with different therapists, it was observed that Art Therapy does “not” have any age specific criteria. According to one of the participants, they deduced that “Art Therapy works like magic!” especially with children, they love it and experience immense pleasure that comes with it.” See table no 2 for more clarification, the percentages for effectiveness of art therapy increased in children more than adults and elderly individuals.

As mentioned in question no.4, patients with mental disorders namely anxiety, depression, stress, personality disorder, ADHD, autism, and stress have a high rate of getting treated by Art Therapy. Moreover, only a few cases were involved namely Dementia, Manic Disorder, Cognitive Impairment, Down syndrome, Neuro-Developmental Disorders, Obsessive Compulsive Disorder,

Eating Disorder, Alzheimer, and Substance Abuse Disorder respectively. Approximately 300 (maximum) cases were practiced from 5 participants through Art Therapy, while 4-10 cases (minimum) were mentioned by 3 participants. On an average level, 7 therapists mentioned 60-100 cases regarding the use of Art in therapies. Those who deliberately implied the use of AT in eclectic approach involved 8 participants with more than 200 cases where they use art in collaboration of other techniques such free association etc. 10 participants recommended using CBT while 3 recommended DBT, moreover 5 participants mentioned using Psychodynamic approach with Art Therapy. Most participants claimed: a) The use of Observations , b) Client's feedback/subjective report c) The outcomes/after effects of art therapy d) Checking stability and differences in behaviour e) Through comparing post-test assessment with pre-test scores. Although the participants mentioned the use of pre and post treatment surveys, there is no exact degree of to which questionnaire was specifically used to gauge the pre post differences except one participant mentioned "Self Expression and Emotional Regulation in Art Therapy Scale (SERATS)" which is explicitly designed to monitor the specific effects of art therapy.

The findings from the interview explored the differences between pre-test and post-test scores that were noticeable. A participant mentioned that "Art Therapy was very effective in managing psychological issues; the post-test results were very low as compared to the pre-test scores. It shows the effectiveness of therapeutic intervention". Another participant informed, "They (clients) were more anxious, depressed, and stressed before art therapy but after art therapy, they were focused and relaxed". Some mentioned that checking stability during therapy and marking out differences in behaviours helped them to understand the efficacy regarding art therapy. Some added that determining the differences with time taking process, it was explored that the differences depend on the individuals and of course the symptoms too. Thus it was explored that pre-test has the inclusion of symptoms like distressful state of mind and intense situation with their specific disorders, however post-test clients reported the symptoms improvement where focus, sleep cycle, attention span was improved. This is to assure that the responses shared here by the participants are based on their experience with art therapy.

Therapist reported that there was a marked changed in the symptoms after using art therapy with the clients. On average they were More relaxed, contended and focused; helped reduce psychological disturbances; helps out in the catharsis which sometimes is not possible for the client because of resistance and lack of articulation; clients seem happier, refreshed and stressed free; attention gradually

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increased; sleep cycle improved; attention and concentration issues were catered in children; decrement in level of anger, stress and other psychological issues; clients became more aware of how to handle their symptoms; overthinking, anxiety, depression became manageable through art therapy; understanding about self; development of insight, creative and conceptual expression.

Art Therapy provided a direction/path; as reported by some clients. The participants discussed the phase of using art therapy, at first clients are reluctant and hesitant to use art, art material or anything colourful (specifically adults and elderly), they even showed clear uninterested behaviour saying “This is very childish”, or “You want me colour now?” as many individuals were facing an emotional turmoil, it was highly likely to think that anything they’ll do for recovery will be pointless. Some clients even complained saying they are not artist; it was reported that took some therapist used rapport building measures by using art therapy.

Many therapists showed immense support on this notion that “Art can be a possible cure/solution for mental disorders. As some clients reported they found escape from their frustrations and all the life stressor they were feeling and facing at the moment, it made them pause and breathe properly for a moment. For some individuals, colourful activities might seem boring and casual but when there are colours around and the environment is filled with art and relative material like that, it gradually decreases the chaotic thoughts to rest. Some clients repeatedly reported that they found a path during art therapy sessions. Many researches involve the idea of Self-Concept which comes with Art, it helps you “Find your identity”. As life depends on identity crises as well, teenage and older adults keep asking this question “Who am I?”, Here Art Therapy has played important role for some individuals. But of course, art itself is a subjective concept to every individual, not everyone can relate or get treated by it. As per few experts, therapies that have an inclusion of Art may need more practical tools or other types of therapies that might be fruitful for curing a mental disorder, it means Art Therapy comes with the limitations as well.

During therapy it is important to build a safe space or comfortable environment in order to get information from the clients or to help them cure their psychological issues. Many therapist face issues like rapport building but according to them art can be used as a “safe space” to let out all the uncomfortable emotions.

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Furthermore, Art can depict the emotional state of the client so that the therapist will be able to understand him/her better. For example, if a patient with severe panic attacks or anxiety issues drew horrid or any grotesque figure repeatedly (Apart from the drawing skills, you will be able to assess the drawing figure by understanding the drawing as a self-portrait of an emotional/disturbed situation. Although there is no specific indicator for assessing a drawing/art (as we have in HFD; Human Figure Drawing Test) but the use of colours, theme, material, drawing shapes tells a lot about an art. Although the interpretations of using art can be subjective but the expression of art is itself a relaxation technique to feel at ease. Almost 80% of the participants recommended Art Therapy, if there would be any behaviour change in the client, then it will be used throughout the therapy sessions but if it doesn't work then some other intervention will be replaced over AT, as per requirement.

The therapy itself has a purpose and that is to solely focus on an individual's mental health issues. No therapy method can be forced on a client but it can be checked, taking chances with art therapy as to how to relax a psychologically distressed individual and give him/her space to talk about the choking emotions which may have bottled up inside may help. Despite all this, severe mental issues/ psychological disorder needs to be carefully dealt with more modified therapeutic interventions and medicated preventions respectively.

Overall, the nature of the interventions of art therapy, more detailed descriptions of this intervention might be difficult to achieve now but might fruitfully emerge as manuals and journals related to art therapy. There are no such local degree programs or training programs specifically for art therapy in Pakistan.

The study is concluded with the remark that despite some limitations it was found effective with clients of different age groups and different psychological disorders. Its use must be recommended because it is highly effective with clients who do not articulate their problems. The main limitation, which is not of study rather entire professional scenario of psychotherapeutic profession as no training or modules are taught in academia about various modes of art therapy.

There is credible declaration about art therapy that there are master degree programs, internships and post graduate certification programs according to education committee of the American Art Therapy Association and the Accreditation Council for Art Therapy Education (ACATE) which serves as a gate to a certified art therapist. Clinical psychologists or any other psychologist may get

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a formal certified course of art therapy for practicing as a therapist. Art Therapy Credentials Board. (n.d.). A country where main debate is about a psychologist's or clinical psychologist's role is slightly blurred, the role of certified art therapist seems out of question. Despite this dearth of expansion of this profession with different specialities is being underway with the utilization of online courses and internet sources. It is recommended that present study could be replicated with some standardized tools as pre and post comparison with different age cohorts along with the different level of therapeutic experience.

It is concluded that almost all communities have used art as a means of expression for centuries. It is thought to reflect both the individual and the society. Psychologists have used the same medium to support people find a method to express their emotions and turmoil. This has been used to help clients to release their trauma, oppression or serenity.

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