

Slide/ Scene	Script
1.	Art Therapy By: Marianne Roy
2.	<p>The lesson is about Art Therapy. So what is Art Therapy?</p> <p>The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. The American Art Therapy Association characterizes art therapy as an approach to mental health that utilizes the process of creating art to improve mental, physical, and emotional wellness.</p>
3.	<p>History of Art Therapy:</p> <p>The earliest forms of art comes from cave paintings that date back to the paleolithic period. According to Packard (1980), humans from this time period may have used art to psychologically prepare hunters for their long and dangerous hunting expeditions. These paintings portrayed the hunter's fears hopes and wishes and represented symbolic offerings to their gods.</p> <p>The formal practice of art therapy has its origins in the mid-20th century Europe, with the coining of the term being attributed to British artist Adrian Hill in 1942. Hill, a World War I artist who later suffered from tuberculosis, saw the benefits of drawing had on the healing process while hospitalized for his illness. Eventually he began to lead drawing and painting classes for other patients who, he believed, benefited from the class it took their minds off of their ailments and relieved their mental distress. Doctors noted that individuals suffering from 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.</p>
4.	<p>Uses of Art Therapy:</p> <p>Art therapy can be used to treat a wide range of mental disorders and psychological distress. Anyone can use art therapy. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioral therapy.</p> <p>Some situations in which art therapy might be utilized include:</p> <ul style="list-style-type: none"> <li>● Children suffering from behavioral or social problems at school or at home</li> <li>● Adults experiencing severe stress</li> <li>● People experiencing mental health problems</li> <li>● Children or adults who have experienced a traumatic event</li> </ul>

	<ul style="list-style-type: none"> <li>• Individuals suffering from a brain injury</li> <li>• Children with learning disabilities</li> </ul>
5.	Some conditions that art therapy may be used to treat include: 1. Aging-related issues, 2. Anxiety, 3. Cancer, 4. Depression, 5. Eating disorders, 6. Emotional difficulties, 7. Family or relationship problems, 8. Medical conditions, 9. Psychological symptoms associated with other medical issues, 10. PTSD, 11. Psychosocial issues, 12. Stress, 13. Substance use
6.	<p>An art therapist may use a variety of art methods including drawing, painting, sculpture, and collage with clients ranging from young children to the elderly. Clients who have experienced emotional trauma, physical violence, domestic abuse, anxiety, depression, and other psychological issues can benefit from expressing themselves creatively. Some specific setting where art therapy might take place include:</p> <p>Art studios, Colleges and universities, Community centers, Correctional facilities, Elementary schools and high schools, Group homes, Homeless shelters, Hospitals, Private therapy offices, Residential treatment centers, Senior centers, Wellness center, Women's shelters.</p> <p>Limitations: 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.</p>
7.	<p>Question:</p> <p>Who can use art therapy?</p>

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