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Expressive therapy uses creative art as a form of therapy, including writing, art, music, drama, and dance. While these activities might seem more in line with hobbies, they have helped many people find healing through these various forms of expression – particularly those with life-threatening issues.

~~08 Oct Creative Healing: Finding Inner Truth Through ...~~

Healing through Creative Expression. By Dr Mary Pritchard November 27, 2017 Goddess Wisdom, Wisdom Blog 4 Comments. 0. A few weeks ago, I was asked to be part of a panel discussion for artist Rick Bartow ' s exhibit The Things You Know but Cannot Explain. During his lifetime, Mr. Bartow often referred to his art as “ affordable therapy. ”

~~Healing through Creative Expression | Dr. Mary Pritchard~~

Creative expression comes in many forms and for me it has been a powerful part of my ever evolving journey to better mental health. Above all I would advise to follow what feels natural for you; drawing, painting, blogging, journaling, dancing, singing, making, creating, whatever it is. . . .find what connects with you and go from there.

~~The Healing Power of Creative Expression – I am 1 in 4~~

Self healing through creative expression is considered a safe complementary therapy to help people with both physical and emotional problems. Not only is it healing, it helps us to discover hidden gifts that we may not have known existed. It helps us bring our innate abilities to the surface. At times, uncomfortable feelings may be stirred.

~~Self Healing Through Creative Expression~~

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Art therapy is a unique approach to depression treatment that helps you get in touch with your feelings and use creative expression as an outlet. This type of therapy can be used to identify and...

~~The Healing Power of Creative Therapy for Depression ...~~

Making art is intrinsically therapeutic – Just through the process of art and through authentic self expression you can experience emotional healing and growth Art provides a new way to communicate – Through your art you communicate thoughts and emotions that you may be unable or unwilling to verbalize to a therapist.

~~Understand Art Therapy: Healing Through Creative ...~~

Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. 1 Art, either creating it or viewing others' art, is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

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~~How Art Therapy Is Used to Help People Heal~~

“ At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer; A wordless trust of the same mystery is the foundation of your work and its integrity. ” ~ Dr. Rachel Naomi Remen Creative Grieving Techniques Through Art

~~Using Art For Healing—Hope and Health Through Creative ...~~

Creative expression may be a catalyst in our emotional healing process. Expressive writing has been particularly successful in long-term improvements of mood and health. Writing about our emotional states can bring us more self-awareness, but studies have also shown that it helps us manage those emotions and cope with them.

~~Self-Expression and Creativity: Managing Feelings—SMART ...~~

It is your authentic expression through art making, music, song, movement, writing, and other forms of arts-based imagination that are central to the equation of why creativity is a wellness...

~~Creativity as a Wellness Practice | Psychology Today~~

Here is a popular internet list of art therapy activities originally posted up several years ago by the Nursing School Blog, and as time has gone by over half of the links have become defunct or out of date. I have researched current links that reflect the most vibrant and inspiring art therapy directives on the internet today, while aiming to keep it as close as possible to the original list.

~~100 Art Therapy Exercises—The Updated and Improved List ...~~

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~~Healing Through Creative Expression Using Intuitive ...~~

“ It was because art making provided a means of expression for those who were often uncommunicative that art therapy came to be developed as one of the healing professions. ” The educator and psychotherapist Margaret Naumburg is credited with establishing the field of art therapy in the U.S.

~~Creative Healing Through Self-Expression | PeoriaMagazines.com~~

Our Mission is to support emotional healing through art & creative expression for those living in pain, grief, fear or stress. Art and Creativity for Healing is a 501(c3) nonprofit organization. We give pain a voice and meaning by providing expressive abstract art workshops to support emotional healing. We ' re different from other art programs.

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