

## ARTTHERAPY

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### **Abstract :**

Human adopt some medium to express their feelings through different mediums like paintings, colouring , sculpting etc. Takes support of art one can tries to display his state of mind through art. Colour therapy is based on idea that colour and coloured lights can help and treat physical and mental health. Art therapy is a discipline developed in the 1940 and became popular in the 1970. In the expressive art therapies people can understand and respond to their emotions and thoughts with a valuable new irrespctive and that artistic expression is good for mental health. In this paper an attempt has been taken how an art therapist works for others mental growth.

Key words - Mental, health, adopt, therapies, discipline.

Life is full of challenges. Art speaks where words are unable to explain.

“Art washes away from the soul the dust of everyday life.”

– Pablo Picasso

Painting is a powerful medium of expression of human feelings and a creative process which not only helps in getting pleasure but also helps in getting rid of mental stress and depression. In today's world, no one is untouched by gadgets. In such a situation, painting relieves a person from stress, as well as helps in treating patients suffering from anxiety, depression, lack of attention, impulse control, nervousness, restlessness, etc.

At present, every person is working day and night to achieve some or the other goal, in such a situation, many times he has to face disappointment. Generally he hesitates to disclose these situations to his loved ones and he suffers from anxiety which sometimes become root cause of a big problem. People look for different ways to get rid of it. Art therapy is one of them.

A lot of research shows that art therapy is helpful for people who are feeling depressed.

Under such a situation, along with adopting a healthy lifestyle, diagnosis can be found through creative activities. Through art therapy, not only people get health benefits, but the things which children can't discuss with parents or other outsiders, they can express their feelings through this art.

British artist Adrian Hill coined the term art therapy in 1942. While recovering from tuberculosis in a sanatorium, Hill discovered the therapeutic benefits of drawing and painting while convalescing. A number of research shows that art therapy is helpful for people feeling stressed. In such a situation, diagnosis can be found through creative activities along with adopting a healthy lifestyle.

What is Art Therapy?

Humans adopt some medium to express their feelings, one of them is art in which they can express their feelings through different mediums like drawing, painting, colouring, collage, sculpting etc. Takes support of art and tries to display his state of mind through art.

Benefits of creativity therapy:-

1. Through painting, creative methods will increase.
2. Concentration will be gained.
3. Patience skills will be developed.
4. Negativity will disappear.
5. There will be happiness.
6. Psychopaths - Helpful for heart patients.
7. Emotionally empowered.
8. Helpful in increasing self-confidence.
9. Self-awareness will increase.
10. It is also effective in trauma and Alzheimer's problem.

At the same time, it can reduce the effect of long-term diseases (chronic diseases) such as cancer, heart related diseases in problems like head injury, dementia, physical and mental development disabilities. Painting activity is very effective in enhancing and strengthening the child's brain development and gross motor skills-fine motor skills. Drawing helps children improve their fine motor skills and hand-eye coordination. Drawing helps children improve hand-eye coordination. This gives them the opportunity to make connections between what they see and what they do. As an activity, you can ask your child to draw a picture of the object he is looking at. you don't have to be an artist for this, even a common man can use it. It helps people to get back to their normal lifestyle. During my 11 years of art teaching experience, I have helped many children with behavioural and learning problems. An attempt has been made to cure disabilities through art by understanding their internal aspects. According to the British Association of Art therapists, art therapy can be helpful for people of all ages and walks of life, as well as for people who are dealing with difficult personal and social experiences, illness and disability. are staying

The Art Therapy Credential Board of Examinations (ATCBE) has certified over 6,200 art therapists within the last two decades.

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many children with behavioural and learning problems. An attempt has been made to cure disabilities through art by understanding their internal aspects. In which many were slow learners, hyperactive, dyslexic, depressed.

With the increasing knowledge and awareness among people about mental health, psychology has widened its scope from global level to India and its importance is increasing every day and the demand for psychologists and art therapists has increased exponentially.

Colours play an important role in human life. Colours have mental effects which have a deep connection with our feelings

Colour is the property flight rather than of bodies. It is not an entity but a sensation conveyed to the mind through media of the eyes.- F. A. Taylor.

### **What is Colour therapy?**

Colour therapy is also known as chromo therapy. Colour therapy is based on the idea that colour and coloured lights can help treat physical or mental health. According to this idea,

they cause subtle changes in our moods and biology. Colour therapy has a long history. Colour therapy involves the use of coloured lights and imagery to help cope with the symptoms of a number of mental health conditions. It was first developed in ancient times and was believed to have a positive effect on a person's chakras. In modern days, it can be used to help treat depression, anxiety, PTSD, etc.

## Colours and their effects-

1. WARM COLOUR-The colours that make you feel warm are called warm colours.

EX-RED, YELLOW, ORANGE.

\*RED- Excitement, Festivity, Revolution, Passion, Love Heat and fire, Anger and power etc.

\*YELLOW- Cheerful, Wisdom, Glow, Gaity and closeness, sunshine.

\*ORANGE- Knowledge, Bravery, Stimulating, Flame.

2. COOL COLORS-The colours which make you feel cool or provide peace are called cool colours.

Its create claiming effects atmosphere

EX-BLUE ,GREEN,PURPLE.

\*BLUE- Coolness, Truth, Pleasure, Despair, Sadness, Mental Depression.

\*GREEN- Relaxing, Pleasant, Abundance, Jealous, Weakness.

\*PURPLE- Royalty, Dignity, Mystery and Death.

<b>Red</b> Excitement Strength Love Energy	<b>Orange</b> Confidence Success Bravery Sociability	<b>Yellow</b> Creativity Happiness Warmth Cheer	<b>Green</b> Nature Healing Freshness Quality	<b>Blue</b> Trust Peace Loyalty Competence
<b>Pink</b> Compassion Sincerity Sophistication Sweet	<b>Purple</b> Royalty Luxury Spirituality Ambition	<b>Brown</b> Dependable Rugged Trustworthy Simple	<b>Black</b> Formality Dramatic Sophistication Security	<b>White</b> Clean Simplicity Innocence Honest

## Conclusion :

In conclusion we can say that people who cannot express their feelings can use art therapy to show their emotions without any verbal communication.

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