The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Oral Presentation

Art Therapy and PTSD in Children

Kaveh Moghaddam*

Department of Exceptional Children Psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran

Published: ***23-24 November, 2016***

Abstract

PTSD or post traumatic stress disorder is one of the most important psychological disorders in children in which symptoms such as anxiety and depression can be seen. Beside the strategies like CBT or Cognitive Behavioral Therapy and psychotherapy art therapy is one of the most important strategies which can help to children with PTSD to cope with this disorder. According to art therapy studies and researches, painting,clay and music can help to projection of their feelings and emotions and then these can help to reconstruction of their "Ego". Also, their insight will be changed through art elements. Indeed art therapy is a palliative strategy and can be applied along with other psychological interventions.

Keywords: Art therapy, PTSD, Children

Corresponding Author: Kaveh Moghaddam
E-mail: *kaveh_m_2000@yahoo.com*

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