The Second International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 1-3 October, 2014
The Neuroscience Journal of Shefaye Khatam
Volume 2, No.3, Suppl 1

Workshop Presentation

The Role of Art Therapy (Music and Painting) on Reduction of Anxiety in Children and Adults

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Published: *1 Oct, 2014*

Abstract

Anxiety disorders are a group of psychiatric disorders which can have negative effects on the human life. Children and adults can have anxiety disorders and these disorders can lead to secondary problems such as cognitive, perceptual, emotional and behavioral problems. For treatment of anxiety, the practitioners and psychologists can apply psychotherapy approaches such as: cognitive therapy, Gestalt therapy and logo therapy. Art therapy is one of the psychotherapy approaches in which the relation between "*Id*", "*Ego*" and "*Super Ego*" will be facilitated. Art as a projective activity that consists of beautiful elements can cause the release of fears, feelings, emotions, and it can show all of the subjects which are in the unconscious level of clients. Therefore, in art therapy methods, art therapists can apply free association, transference and interpretation. Studies in art therapy suggests that art elements can be applied for both of evaluation and treatment of patients with anxiety disorders because it can help them to have better perception of themselves and also they can change their mental image and help to integrate their ego. Studies of practitioners such as Hill (1942), Numberg (1960), Uhlin (1972), Andreas (2005), Case and Dalley (2009) show that art therapy can reduce anxiety, depression and negative effects in patients. To achieve the best results it is better to apply art therapy methods in the peer groups. In art therapy sessions we can apply music, painting, poem, drama and clay. Materials and instruments such as clay, painting colors, crayons, pastels, music instruments (piano, keyboard, violin and etc.) can be applied.

Keywords: Ego, ID, Super Ego, Art Therapy, Anxiety, Psychotherapy.

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