

Art Therapy in Mental Health: The Relevance of Art in Multidisciplinary Workshops in the Treatment Process of Psychic Suffering

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Abstract (limit 600 words)

The holistic approach to psychiatric patients, a theme that has been increasingly discussed in the literature in recent years, encompasses health promotion activities that are part of the multidisciplinary mental health team, working in different population groups. Widely used in the field of occupational therapy, art therapy is gaining space as a way of approaching the patient with psychological distress in the treatment process in other areas of health, especially in psychiatry. Art therapy aims to carry out psychic changes in the patient, expansion of consciousness, identification and internal reorganization of emotional conflicts, individual development, diversity of forms of expression of psychic suffering and self-knowledge, helping to resolve the patient's conflicts. The importance of art therapy as an ally in the process of treatment and re-insertion of the patient in the social environment in which they live encompasses the idea of valuing the patient's creativity and individuality, identifying and reconciling problems and interior reflections, stimulating intellectual skills and helping in the process of breaking down the stigmatization and exclusion of the patient. During bibliographical research, it was identified that the vast majority of articles emphasized the expansion of art therapy not only in the context of mental health, but also in the context of cancer patients, terminal patients, pediatrics and the elderly population. Most of the works analyzed also report experiences that took place in CAPS and in hospital services as a psychology initiative, with publications in specific journals of psychology and nursing. The participation of physicians or publication in specific journals of psychiatry or other areas of medicine was scarce, but all studies pointed to the need for an integrated and multidisciplinary team to plan and develop art therapy workshops.

Important of research (limit 200 words)

Art as an expression of the patient's subjectivity was discussed a lot, from works on art in psychotherapy, fruits of Jung's studies, to art in a psychoanalytic approach by Freud. The use of art in workshops as a therapeutic resource was based on the idea that non-verbal expression in images and the use of materials that awaken the development of senses and creativity would be the reproduction of the individual's internal world, encompassing thoughts, feelings and derivations of the unconscious.

Biography (limit 200 words)

Physician trained at the University of Grande Rio Prof. José de Souza Herdy - UNIGRANRIO/ Barra da Tijuca Campus. She worked as a physician at the Family



Health Strategy of the municipality of São José da Tapera-Alagoas- for 1 year. Physician on duty at the Mini Emergency Room Noélia Lessa - Annex of the General Hospital of the State of Alagoas (HGE).

Information of Institute (limit 200 words)

The University of Life Sciences in Lublin (Polish: Uniwersytet Przyrodniczy w Lublinie) is a multi-profile higher education institution, which integrates a wide range of agricultural, biological, veterinary, technical and socioeconomic sciences in Poland. Although the university was established in 1955, its history stems back to 1944 with the creation of the Agrarian and Veterinary Faculties within the new Maria Curie-Skłodowska University (UMCS).



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