

**Art, A Creative Process
for Self-Internalization:
Utilizing Art Therapy
Techniques for
Self-Discovery**

Senior Honors Project
Whitney Balzan



HP 3153: Investigating Cultural Identity



Emotions and Color

Black: Unknown, darkness, emptiness, mystery, beginning, unconsciousness, death, depression, sorrow

Red: vital significance, “burning problem”, birth, blood, fire, emotion, warmth, love, passion, wounds, anger, heat, life

Pink: resolution to a problem or recent illness, like the healthy pink hue of cheeks

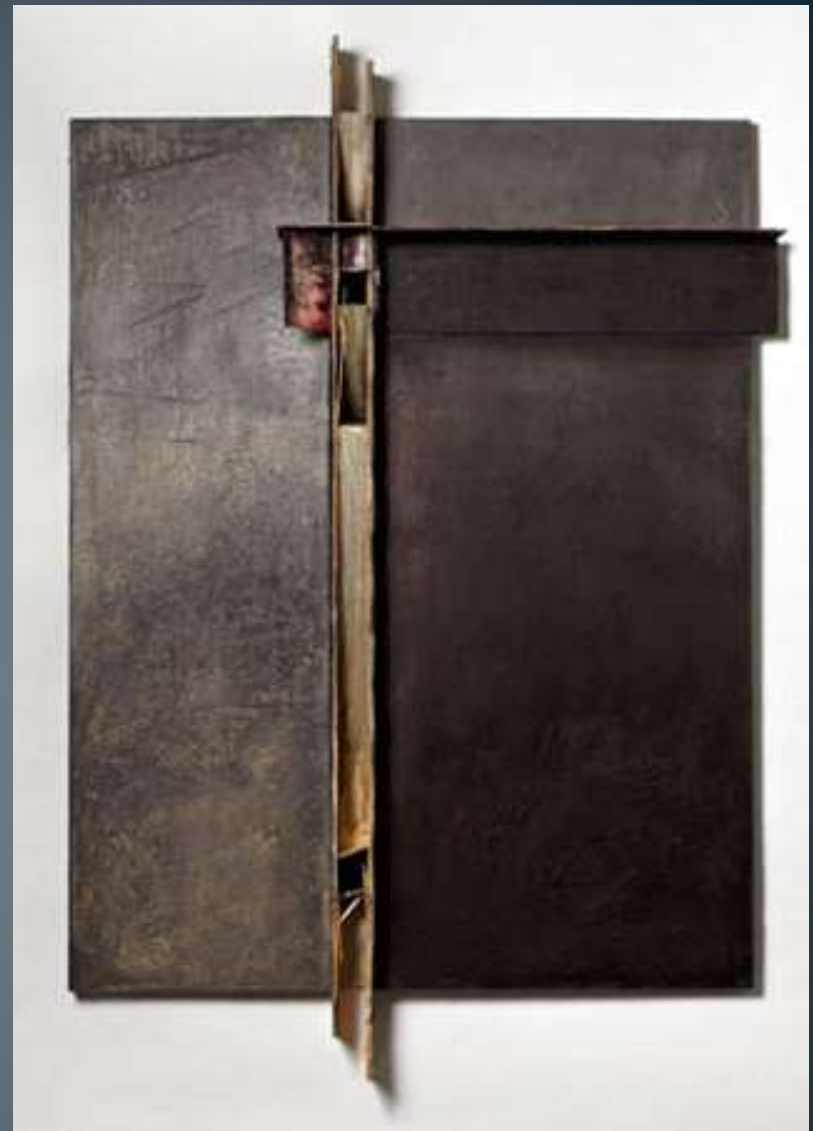
Golden Yellow: emphasis on spiritual or intuitive nature; something of great value, sun, light, warmth, wisdom, intuition, hope, expectation, energy, riches, masculinity

Green: growth or newness of life, as in the healing process, earth, nature, cycle of renewal, envy, over protectiveness, creativity

Dark Brown: nourishment, healthy, soil, worthlessness, new beginnings

Gregg M. Furth
Cathy Malchiodi

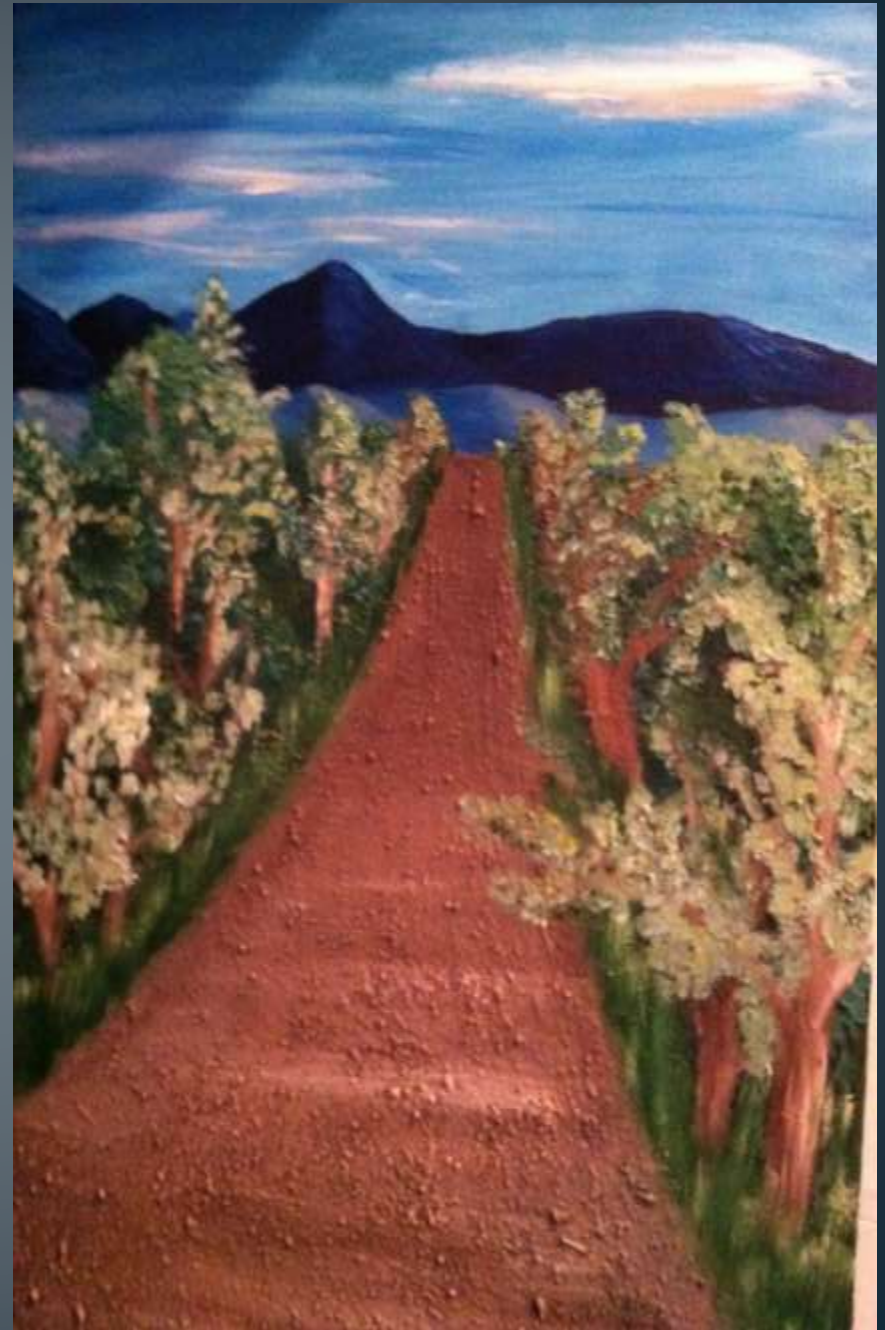
Brian Dickerson: *Roseboom*
From the Exhibit *Constructed Painting and drawings*



My personal growth...



Leaves to Change

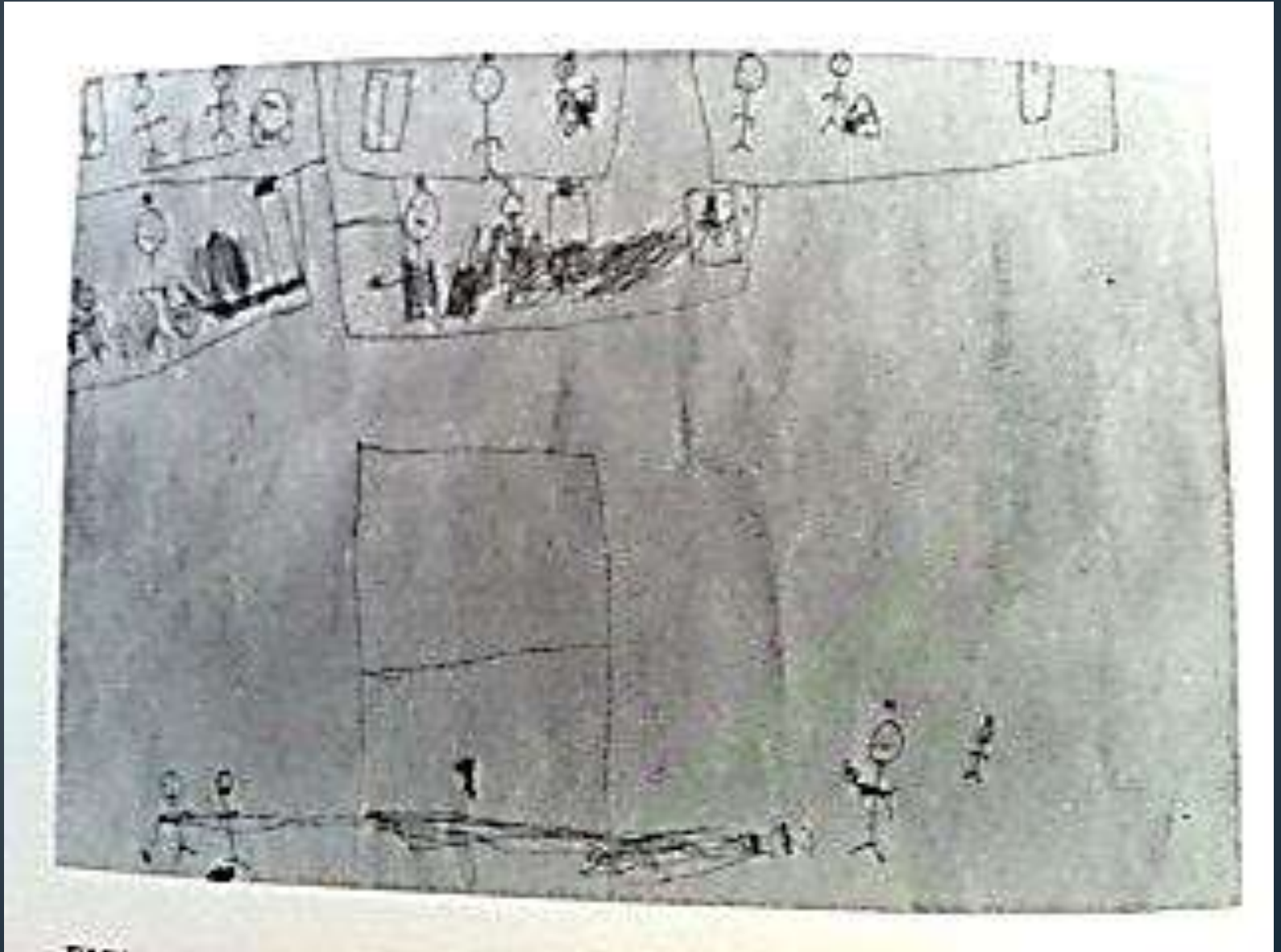


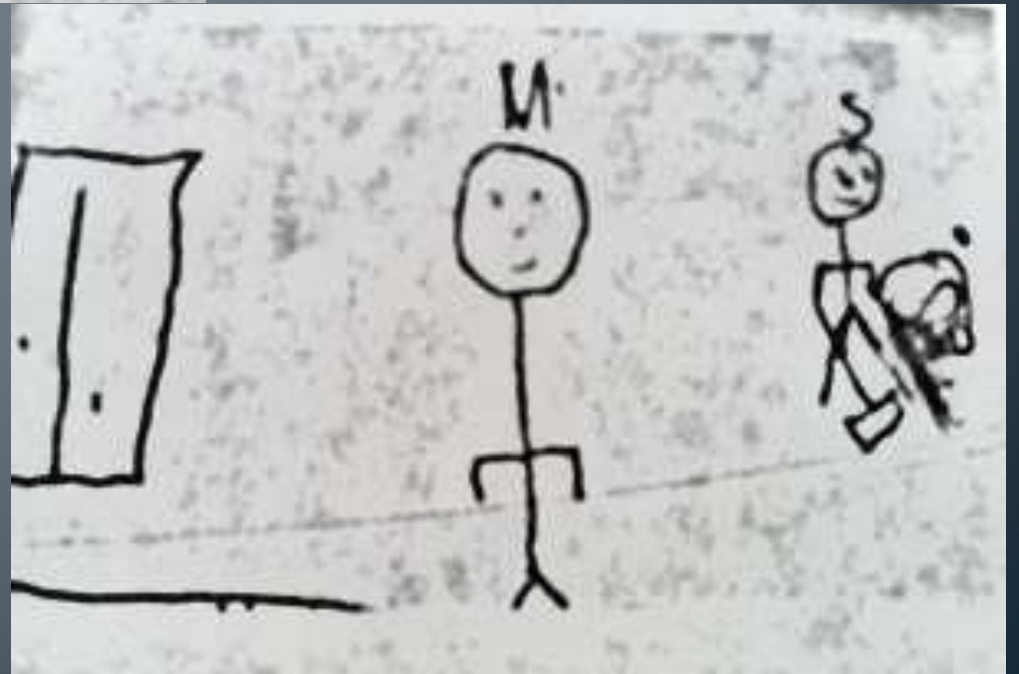
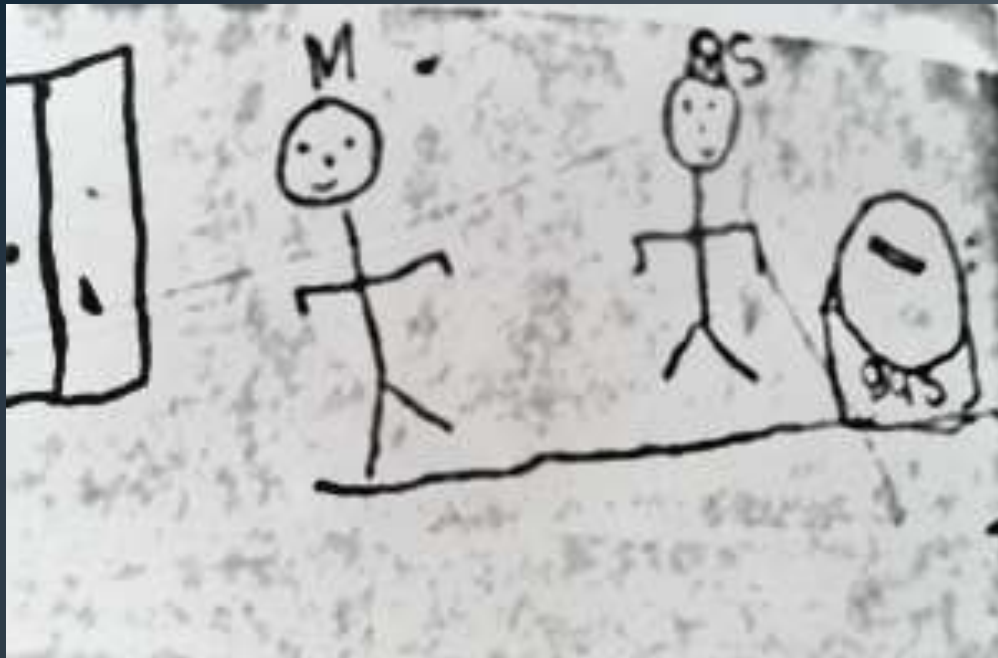
Case Study: *Mark and the Paint Brush*

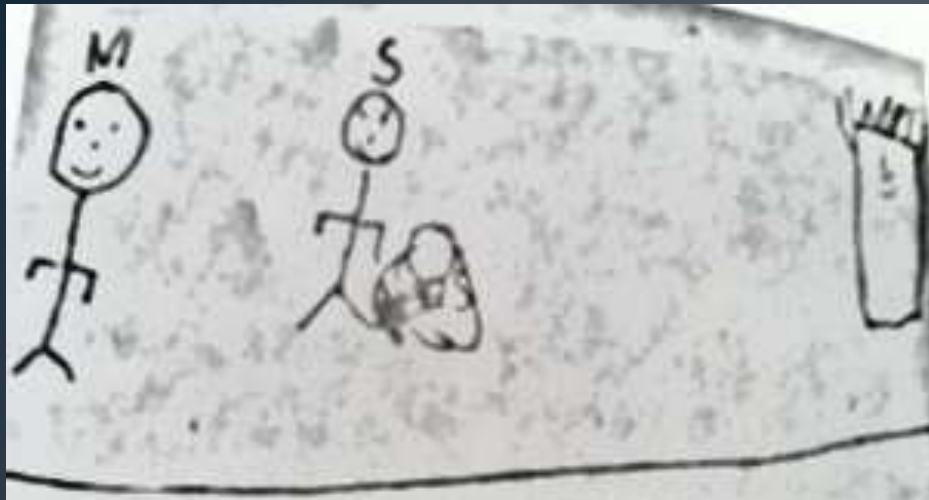
By: Felice Cohen



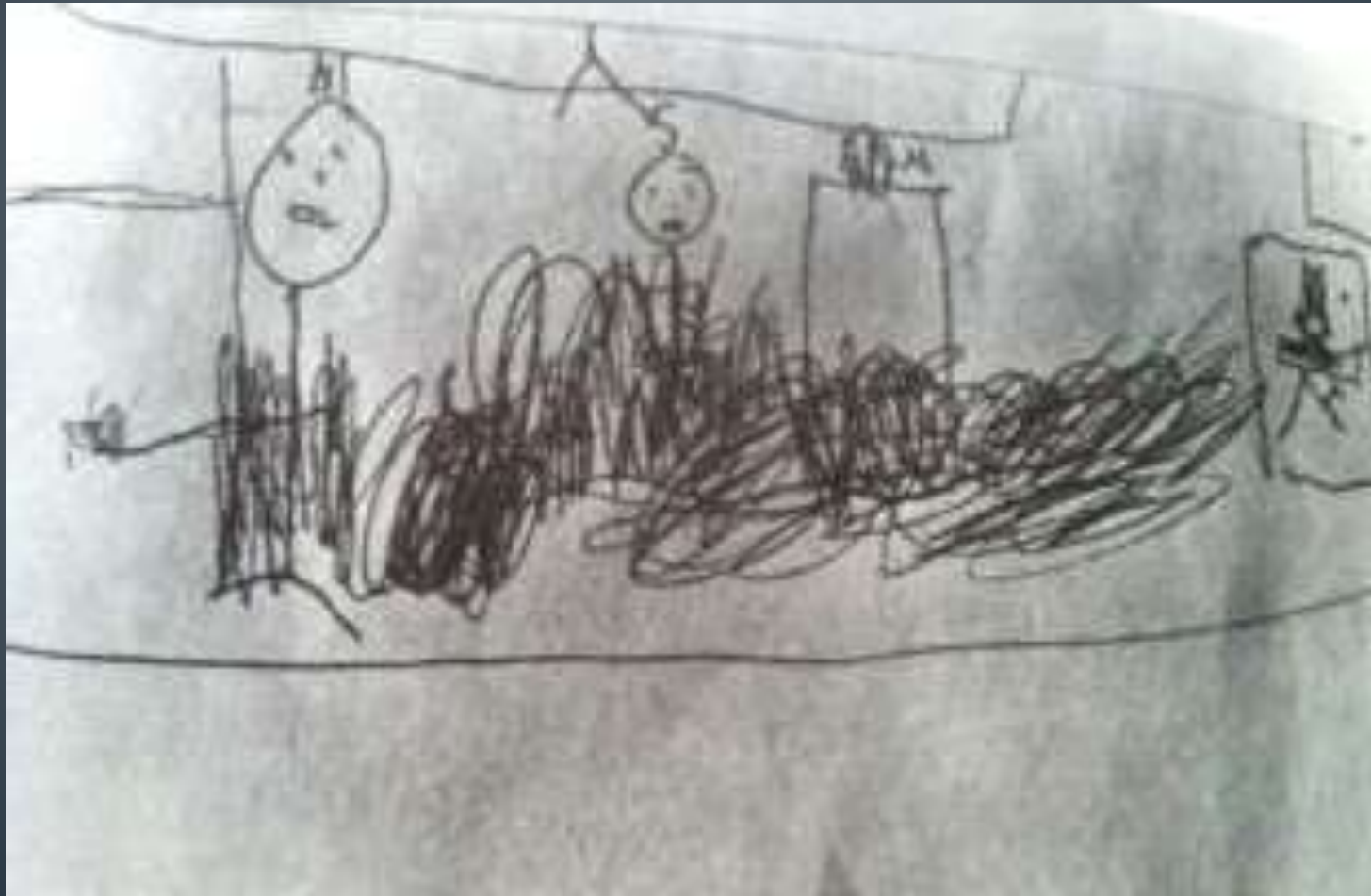
Depicting an accident: Mark's Drawing



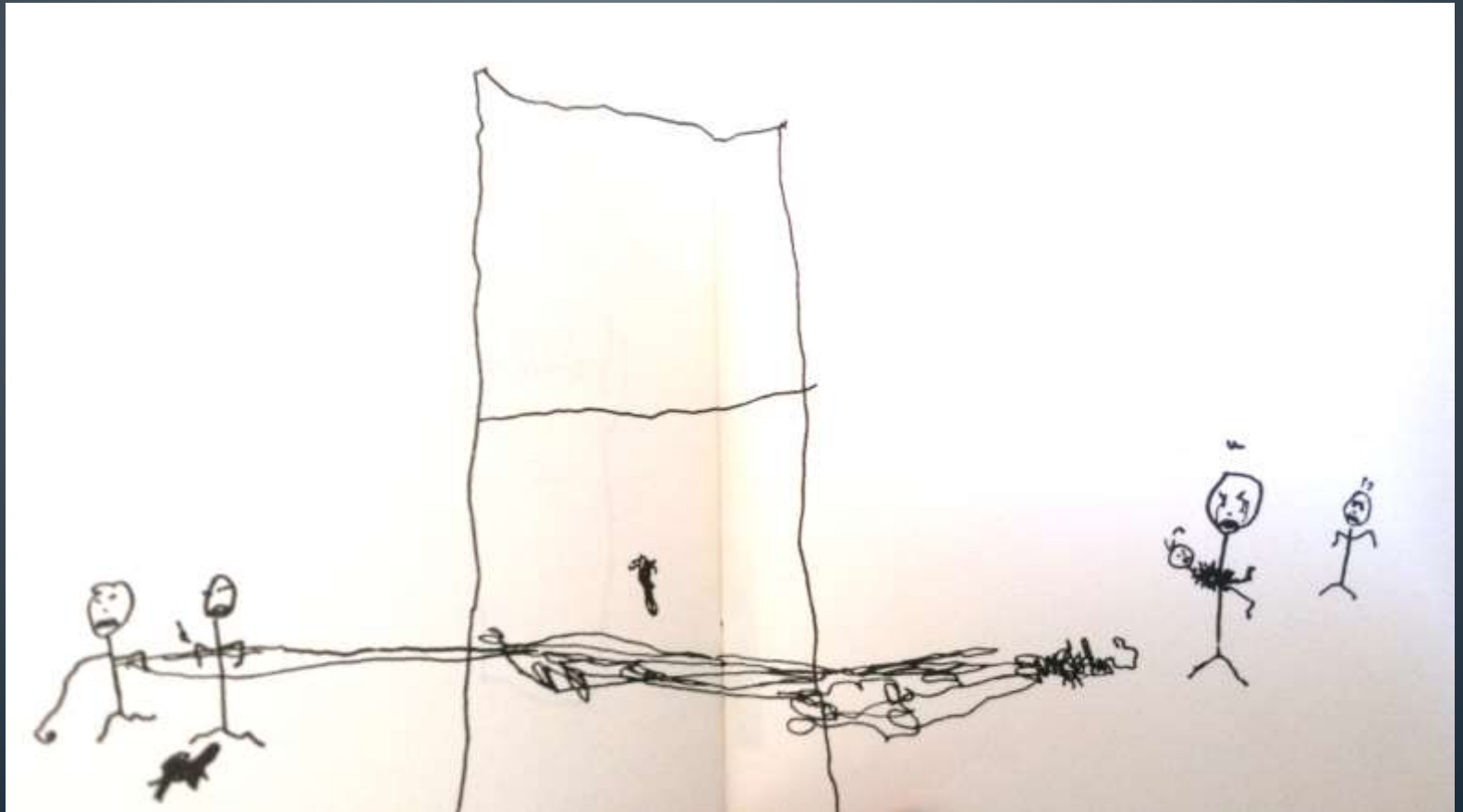




“The garage door is closed, I try to open it to get us out, but I’m too little and it won’t open—we’re trapped!”



“Mama thought I did it, I was burned a little too, but she didn’t care—she didn’t even speak to me. They took Scotty away and never said anything, ever again, about it to me.”



Stress and Art Studies

- Effects of creative art activities markedly reduced cortisol levels within just 30 minutes. Activities included: playing the piano, molding clay, and using brush and ink. The control sat in silence, (Fukui, et.al.)



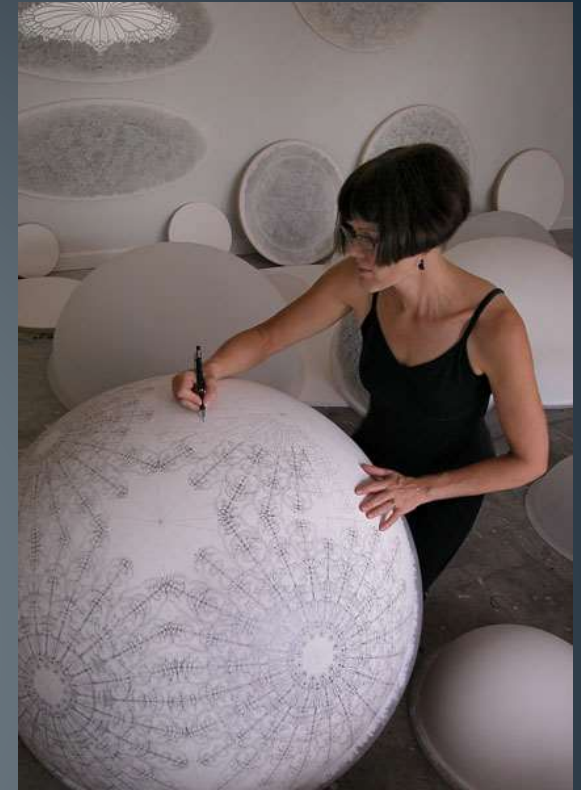
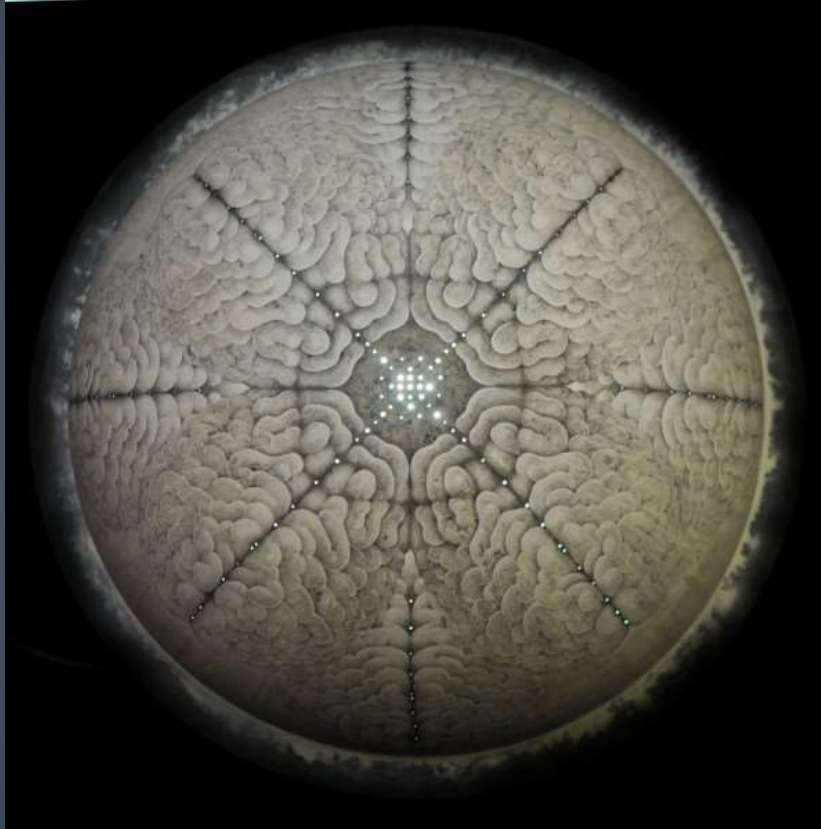
- Studied stressed construction workers during lunch break: analyzed cortisol levels before and after walking through an art gallery showed 32% reduction in cortisol (The Times, 2006).

Art for Stress Management



Carol Prusa

Grey Matter

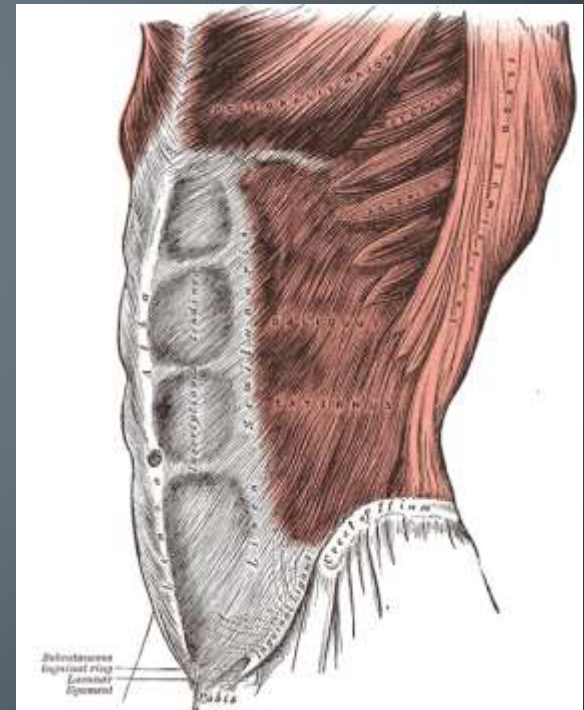


Silverpoint, graphite, titanium white pigment with acrylic binder on acrylic hemisphere with aluminum leaf, fiber optics

2010

Anatomy and Art

- Broken glass to free me of the need for precision

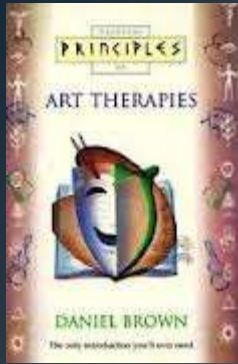




- One of Carol's art projects incorporating her children:
 - Painting a plate before breakfast everyday



There are no boundaries for the creative process



Allow yourself to create: Six ways of getting started

- 1: Establish a routine.
 - Make time to create, after a while you can develop a habit
- 2: Fear not the blank page.
 - Don't worry about the end result, or tarnishing the blank page. Just go for it!
- 3: Enjoy yourself!
- 4: Banish your inner critic.
 - Don't judge
- 5: Be discerning about feedback.
 - Art is a process, sometimes it's not ready for others to see, & maybe it never will be...
- 6: Commit (make a creative contract).

Daniel Brown, 1997

Creativity

- It is not important how others perceive your interpretation; rather, it is what you can get out of it for yourself. There will always be those who see art therapy as relying too heavily on coincidence rather than actual healing...
- So the next time you get the urge to create, make time for it! Who knows, you may discover something about yourself.



Resources

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