

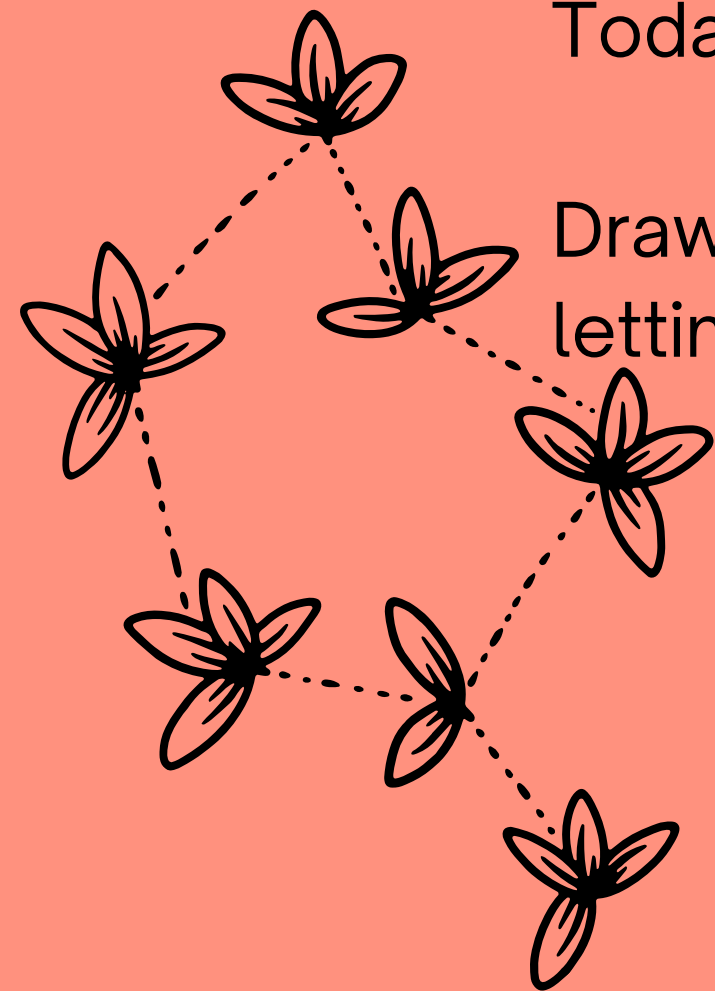
ART THERAPY



OBJECTIVES

Today, we are going to:

Draw art as a method of relieving stress and letting go of past trauma.

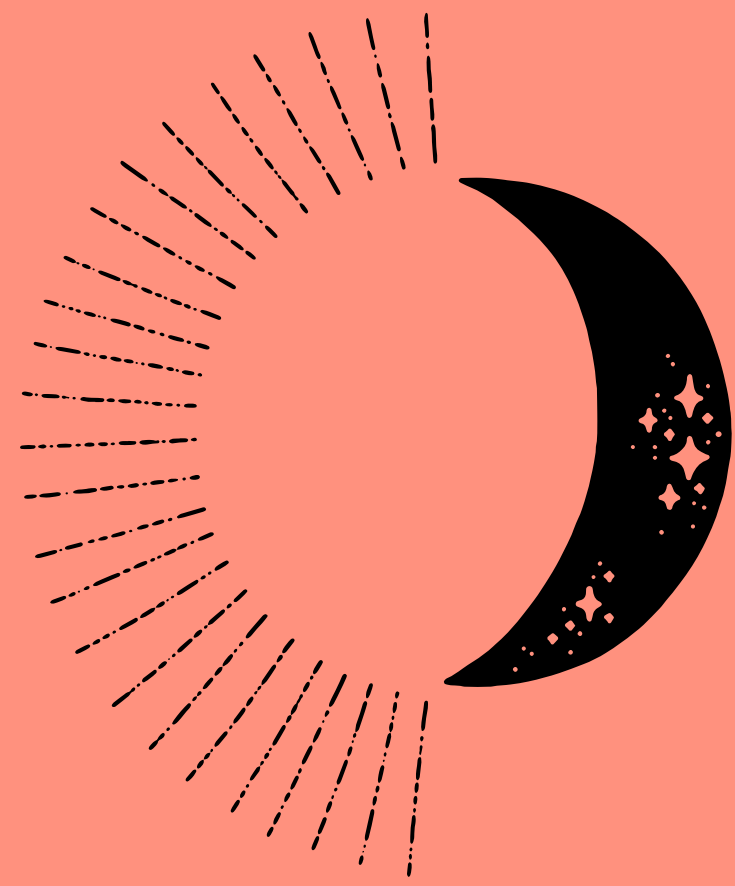




ART THERAPY

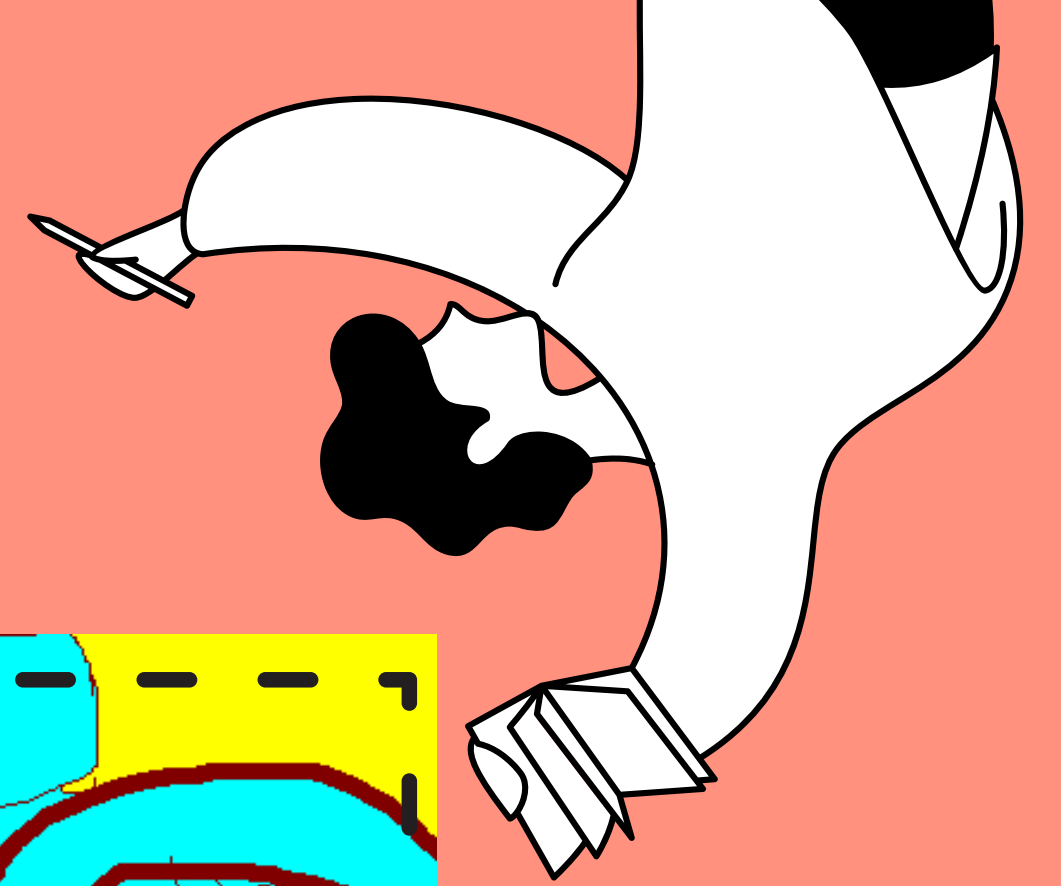
Art therapy is a method of improving mental health through art. Art therapy can only be given via a clinical art therapist. Adult colouring books are not classified as art therapy.

Using art as a coping skill though can be as complex as something given to you by a licensed art therapist or something you do when you're feeling crappy.



There can be chaos...

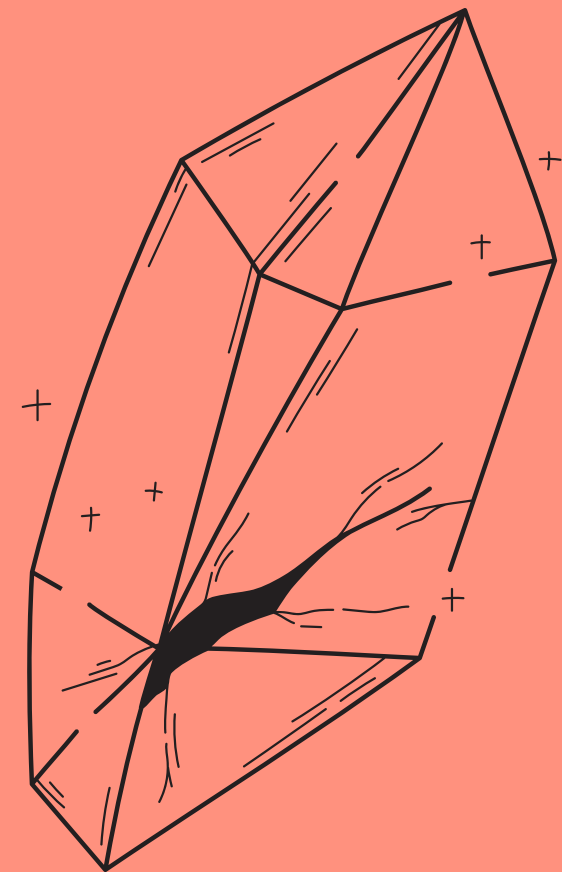
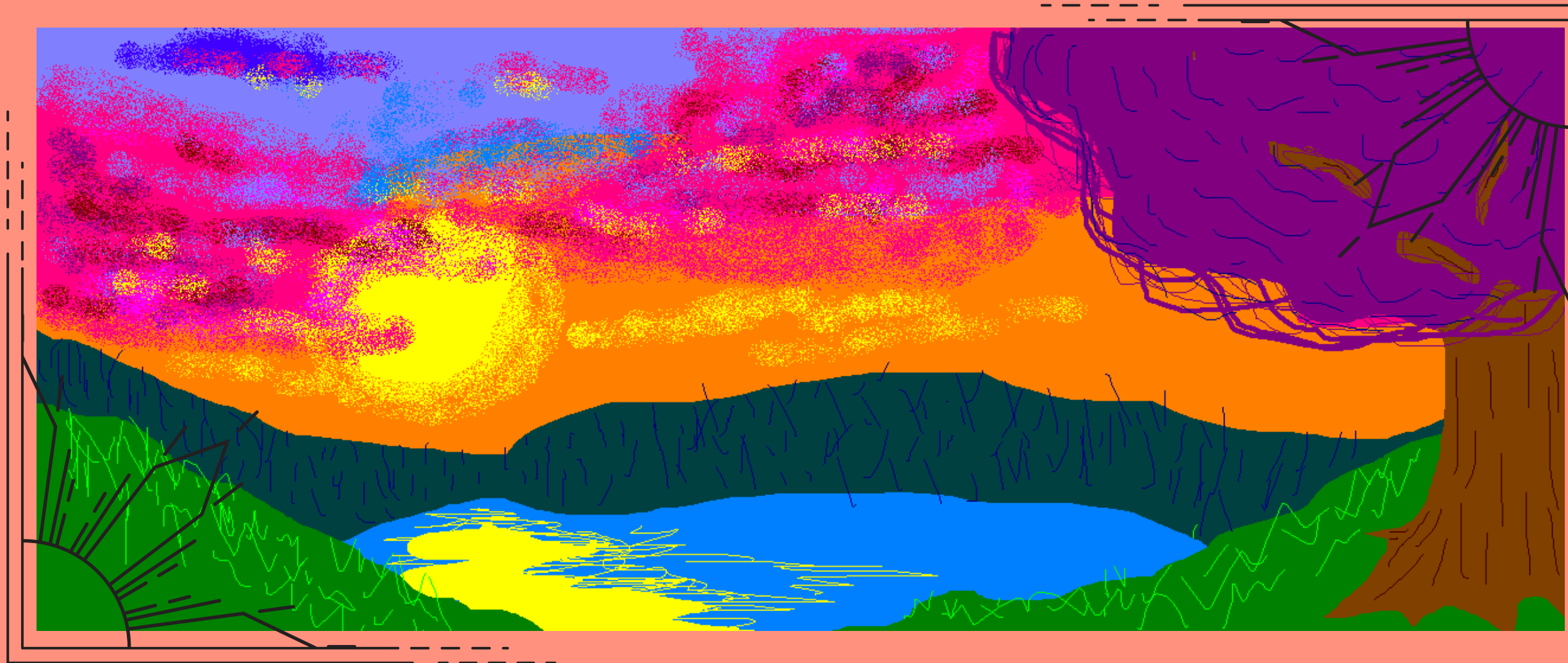
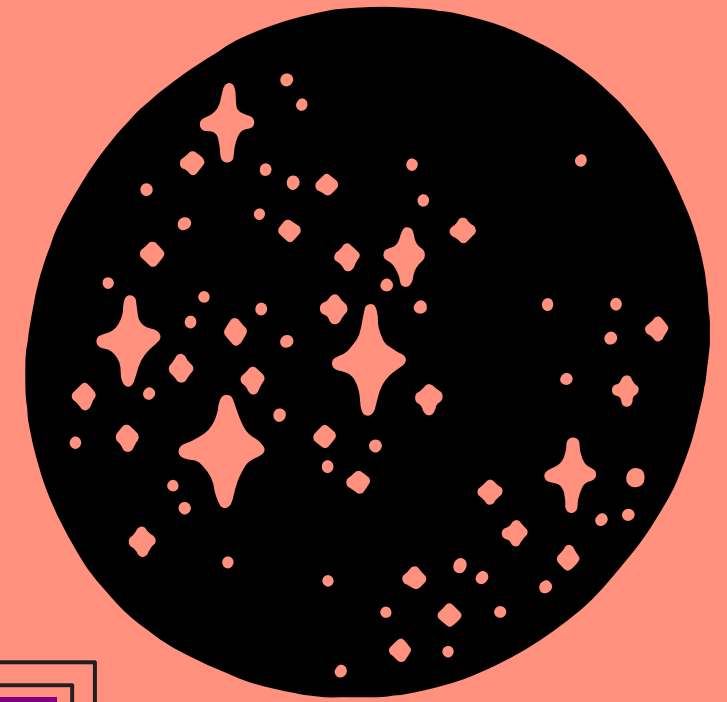
AAA





or a pretty scene...

SUNSET TREE

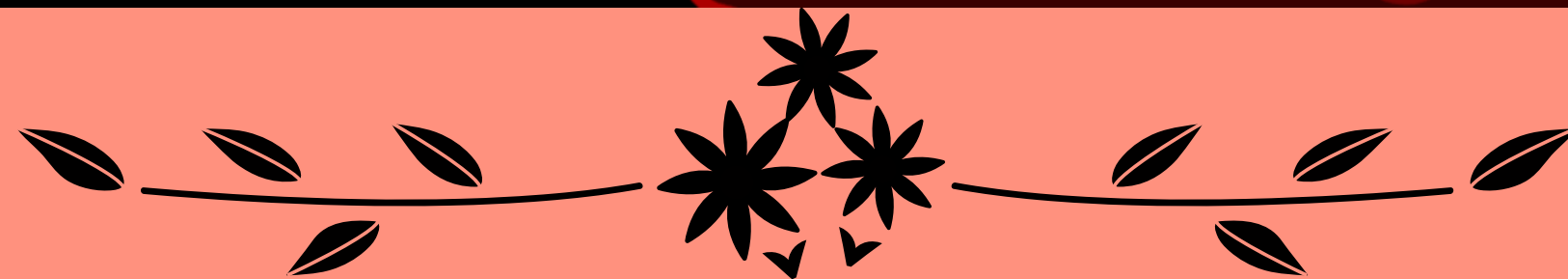


or something of your own!



Even something with multiple meanings.

REDWOOD FOREST



ART IS *unique*

An important key aspect to drawing is that anything can be art. You don't have to be "good at drawing" to be good at art. Art is meant to interpret the world, not reflect it. Every person on Earth can make art. You would yell at a baby that their scribbles are trash, so why do that to someone who is a baby in realistic art?

