

Studio Project Statement :

For my final Studio project, "Duality", I decided to start with the topic of art as therapy and whether or not art alone can act as a therapeutic tool. I conducted my own experiment on the topic. Every day for 6 weeks, I painted on the same canvas each time I had a panic attack at home.

I recorded in my journal the date, the duration, and the intensity on a 1-10 scale, as well as any notes I felt necessary to this project and of the tracking of my progress.

There was no set goal for what I wanted to paint in the end and I did only what felt right in the moment.

I stopped painting once I felt my anxiety had passed. After painting, I put my canvas under my bed and did not look at it until the next time I started to paint. In the end, I made a series of graphs to show all of my data. In the first graph, I tried to show all of the data points collectively by converting the time into seconds then multiplying the time by the intensity and adding together any sessions from the same day. I graphed the time x intensity on the x-axis and the day on the y-axis. The second graph showed the number of times each intensity occurred during the experiment. Graph 3 I averaged together the times in the same intensities. Graph 4 shows the time per day, without being multiplied by the intensity. I ended with a downward trend, which is what I had hoped for. Also, in the beginning the points fluctuated greatly and by the end the line was smoother. Towards the middle of the experiment I realized I should've been keeping track of my daily mood as I noticed it was improving. Through my project, I proved that art does help like therapy would.

I believe, with a longer amount of time, art could continue to reduce the panic attacks, maybe even get rid of them.

Seminar Abstract :

This research paper looks through different sources to prove that art is a form of therapy on it's own and without the need of an outside professionally trained art therapist.

By using qualitative data I found opinions on relating topics of art therapy from many different sources as well as cases from art therapists. Using case studies, theories, and quotes from artists, among more, I prove that art making is a therapeutic process on its own.

Starting with the basic form known to all art therapists, the triangular relationship, I showed how all art therapists agree the therapist could be more or less important in the therapy. Some also gave examples where the therapist says they were merely spectators to the artistic process and gave no feedback in certain situations.

Then I gave examples of artists who say their art is their therapy for themselves and even others in some ways. One of these people is a trained art therapist reflecting on her own work, and another was an artist with this opinion of a close artist friend of theirs. One artist is quoted saying she is using art to cure herself. Then I look at a philosopher and art historian teaming up to write a book about how just observing art can help people in many different ways, like understanding themselves better.

To combat the people who doubt alternative therapy, I give examples of other alternative therapies which have also been proven to work. Through this research, I have decided that, in certain cases, art can act alone as a therapy tool for people with various mental disorders. In any case, It will depend on the person's experience and personality, but solo-art therapy is a viable option for some people.

“ Every day you have to abandon your past or accept it, and then if you cannot accept it you become a sculptor. ”

Louise Bourgeois

1



26



6



38



Brittany BEZDEK