

Title: Art Therapy for Artist

Materials: Canvas, Acrylic Paint, Black Ink, Silver Glitter, Paint Brushes, Water, Palette, Notebook, Pens.

Question: Can doing art on your own help reduce panic attacks?

Hypothesis: I believe that if I use painting as a therapy tool every time I have a panic attack they will reduce in duration, intensity, and occurrence.

Method: Every day for 6 weeks I will paint on the same canvas each time I have a panic attack at home. I will record in my journal the date, the duration, and the intensity on a 1-10 scale, as well as any notes I feel necessary to this project and of the tracking of my progress. There will be no set direction for what I want to paint and I will do only what feels right in the moment. I will stop painting once I feel my anxiety has passed. After painting, I will put my canvas under my bed and will not look at it until the next time I start to paint. In the end, I will make a series of graphs to show my data. In the first graph, I will try to show all of the data point by converting the time into seconds then multiplying the time by the intensity and adding together any sessions from the same day. I will graph the time x intensity on the x-axis and the days on the y-axis. The second graph will show the number of times each intensity occurred during the experiment. Graph 3 I will average together the times in the same intensities. Graph 4 will show the time per day, without being multiplied by the intensity.