

Introduction to Art Therapy Research

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Chapter 2: How Art Informs Art Therapy Research

Applied and Creative Problems

1. What did Daley mean when she wrote that “learning to see is fundamental to both artists and scientists”?
2. Through journal writing, reflect on an art therapy session that you found particularly challenging. Write a narrative description of the setting, the clients, treatment goals, and the events or feelings that you remember about the session. Then re-imagine the session as a painting. What relationships of colors, forms, and textures would you use to depict what happened and what it felt like being in the session with the clients? Finally, share your painting with others and discuss in terms of the aesthetic-relational worldview of the art therapist.
3. Read a small number of published art therapy research reports that include art as data. Create an imaginary interview with one of the art images from the reports as if the art image was a participant in the study. How would the image respond to the questions “Were your rights as an image honored and respected? Did the study protect your best interests?”
4. Design a simple art evaluation that assesses either what brought the person to therapy or how the person feels while making art.
5. Create an autobiographic art piece that rejects the scientist versus artist binary and re-imagines yourself as an artist-scientist, scientist-artist, or artist-researcher. Present your image to others and discuss.