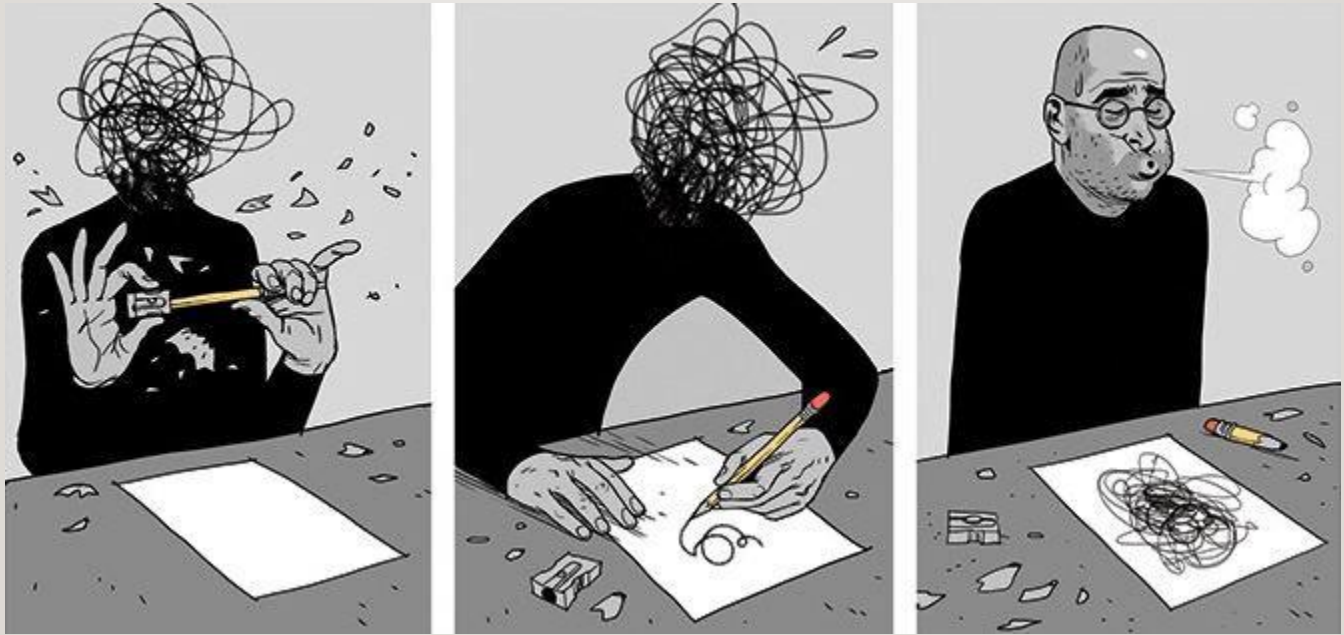


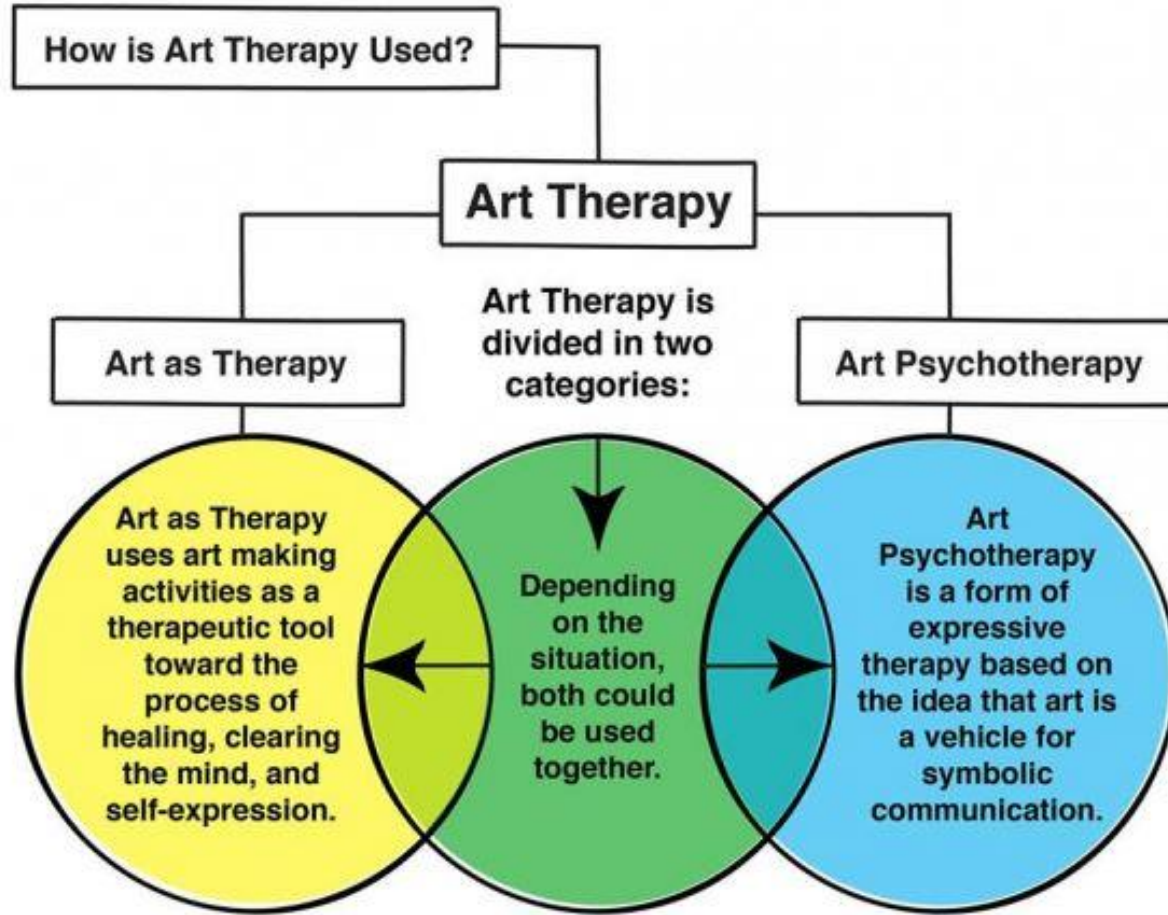
ART - THERAPY

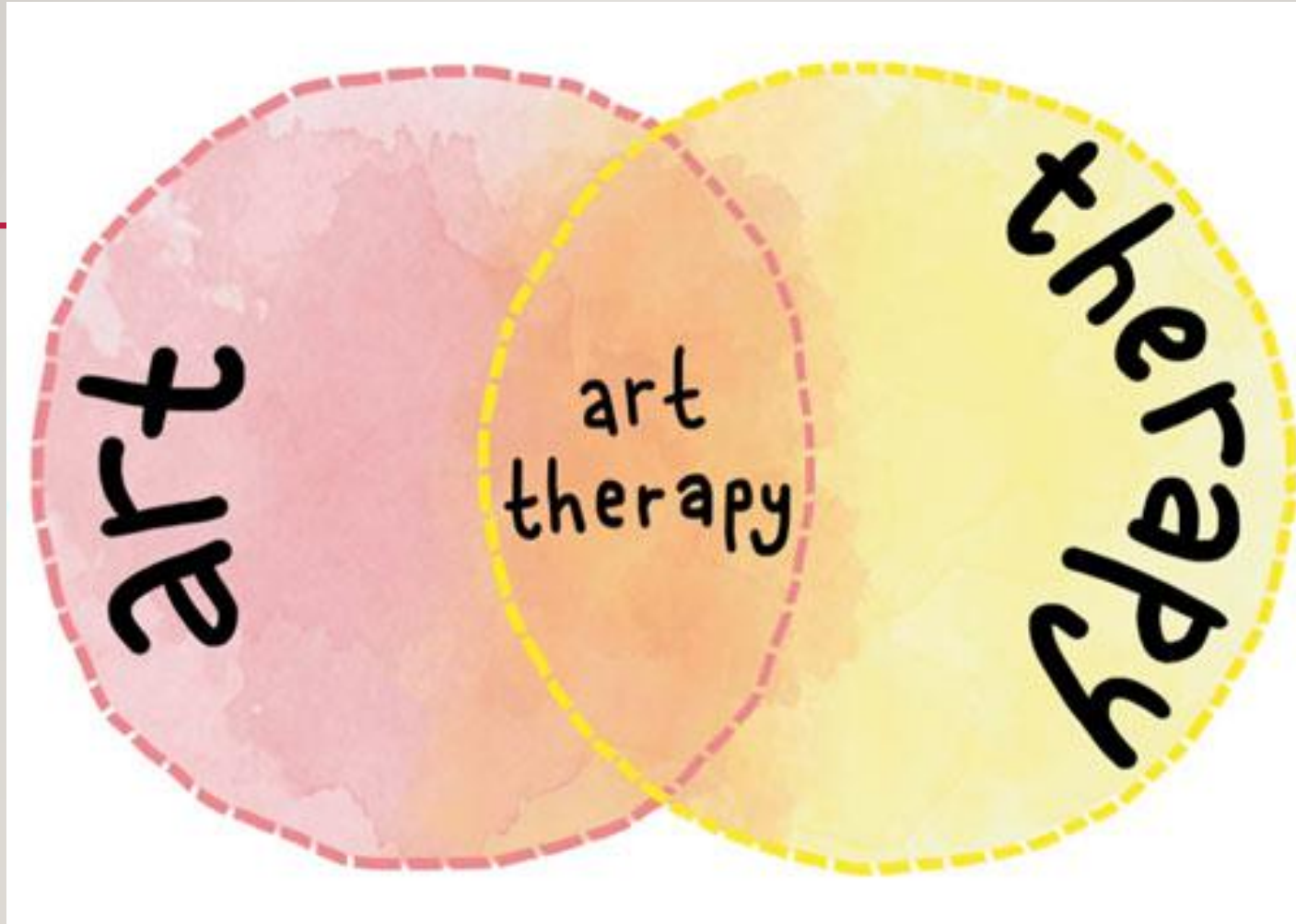




ART AS THERAPY

- In the context of time, it is necessary to draw attention to the term **artefiletics**, which has been referred to since the mid-1990s as a modification of art therapy in the sense of education through art. In the Czech Republic, this reflects the advancing trend of distinguishing between art therapy in the field of clinical psychology and pedagogy.





Art can be a useful form of therapy that can help people of all ages.

Art therapy has been around since the 1940s. Two pioneers in the field, Margaret Naumburg and Edith Kramer, used art therapy as a way to **help clients** tap into their inner thoughts, feelings and experiences through creative expression.

HTTPS://WWW.YOUTUBE.COM/RESULTS?SEARCH_QUERY=ART+THERAPY

Task:

- How can art therapy be characterized?
- What is the role of creative activities?
- How can be art therapy beneficial for people?

<https://www.youtube.com/watch?v=TdsPo9q2ZVw>

What is art as therapy?

