

The Effects of Art Therapy on PTSD

Elizabeth Davies

Art therapy is a nonverbal, nonthreatening therapy used to approach patients with traumatic experiences. One of the main characteristics of post-traumatic stress disorder (PTSD) is the inability of patients to verbally communicate their trauma, emotions, and feelings. Thus, it is believed that art therapy may be an effective way to approach patients with symptoms of PTSD and other related disorders. Not only is the patient's sense of threat lowered during an art therapy session, but research suggests that patients who participate in art therapy are less likely to drop out of therapy. The focus of this research is to determine whether art therapy is an effective approach. If so, is it only effective on its own, or would concurrent therapies also need to be implemented?