



ART THERAPY

A Non-Verbal Treatment Method to Enhance the Healing Process

At Foundations Recovery Network, we utilize art therapy during integrated treatment at our inpatient and outpatient centers.

What does art have to do with drug and alcohol treatment?

Plenty. Treatment professionals know that by using a wide variety of therapeutic methods, they create a comprehensive program that addresses the needs of the whole person, not just the addiction. This can include physical activity like yoga, Pilates or hiking, as well as interactive methods like art therapy, equine therapy, informational lectures and cooking classes, which can all enhance the usual group and one-on-one therapy sessions. Each of these activities engages a different part of the individual, activating the healing process in new ways. At Foundations Recovery Network, we utilize art therapy at our inpatient and outpatient centers in order to help patients grow and develop in their individual recovery process.



Atlanta | Santa Monica | Memphis | Malibu
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Art therapy helps patients grow and develop in their individual recovery process.

Art Therapy in Addiction Treatment

Art therapy in the context of substance abuse treatment can increase a patient's creativity through art interactions, helping to build self-esteem and enhance the individual's strengths while exploring issues that may not be as easy to address in traditional therapy sessions. Methods may include collage, painting, drawing and other forms of art,

each of which can help teach different lessons and enhance different areas of creativity.

Since so much of treatment is verbal—discussing issues and talking through problems and barriers to sobriety—a non-verbal option like art therapy can provide a welcomed break and allow patients to explore themselves and their addictions in a new way, often leading to fresh insights and a new perspective.

A History of Art Therapy

Early art therapy took a psychoanalytic approach in which a patient made art and then the therapist interpreted the patient's symbolic self-expression as communicated in the art. This then elicited interpretations from the patient. Today, analysis is no longer always a component. The method has definitely grown, with current art therapy incorporating a vast number of other approaches, such as person-centered, cognitive, behavioral, gestalt, narrative, adlerian, family (systems) and more. Whichever way it is practiced, at its core, all art therapy involves creativity, reconciling emotional conflicts, fostering self-awareness and moving practitioners toward personal growth.

Art therapy is a relatively young therapeutic discipline, only getting its start around the mid-20th century in English-speaking and European areas. But over time, psychologists across the globe have seen value in the method and the healing that can happen when patients are allowed express themselves through art.

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The creative process involved in artistic self-expression helps people resolve conflicts, develop interpersonal skills, manage behavior, reduce stress and achieve insight.

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About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to effectively address a Dual Diagnosis. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

The Basics of Art Therapy

Art therapy has its origins in both art and psychotherapy, with the art-making process proving to be therapeutic in and of itself. This form of psychotherapy uses art media as its primary mode of communication. Art



therapy

helps individuals of all ages deal with emotional, behavioral or mental health problems, learning or physical disabilities, brain injury, neurological conditions and physical illness.

Through creating art and reflecting on the art products and processes, patients in recovery can increase their awareness of self and others, helping them to better cope with emotional highs and lows, stress and traumatic experiences.