

The Arts

Art Therapy



Creating and appreciating art, including visual art, music, and performance art, are among our greatest joys. Besides being a great hobby or profession, art can also have therapeutic value. For decades, art therapy has successfully helped people deal with personal issues, medical conditions, and disabilities.

Pre-Reading Questions

Discuss these questions in pairs.

1. Do you enjoy creating any kinds of art? If so, what kinds?
2. To be an artist, does a person need a lot of talent?
3. How can creating art (including drawing, painting, and music) help people deal with their problems?

Vocabulary Warm-up Disk1-2

A Read and listen to this list of the unit's target vocabulary. Write the letter of the target word or phrase next to the correct definition.

- | | | |
|---------------|-----------------|----------------|
| a. aesthetic | f. in essence | k. self-esteem |
| b. certified | g. insight | l. springboard |
| c. empathetic | h. inspiration | m. tangible |
| d. evolve | i. obtain | n. therapeutic |
| e. facilitate | j. prerequisite | o. verbalize |

- ___ 1. to get or get hold of
- ___ 2. to make possible or easier to do
- ___ 3. to change over time
- ___ 4. understanding; perception
- ___ 5. sense of personal worth and value
- ___ 6. approved; licensed
- ___ 7. something you must have or do before starting a task
- ___ 8. physical; able to be seen or touched
- ___ 9. having a medical benefit; healing
- ___ 10. to put into words

B Complete each sentence with a word or phrase from the list above. Remember to use the correct word form.

1. Working as an assistant in a law firm can be a(n) _____ to a career as an attorney.
2. Being _____ to the thoughts and feelings of others makes it easier to understand their problems.
3. I appreciate the _____ quality and beauty of the vase, but it seems too fragile to be of any practical use.
4. _____, we need to decide between continuing to fund the art department and shutting it down altogether.
5. Yo-Yo Ma is a(n) _____ to many people who want to become concert cellists.

Part 1: Reading and Vocabulary Building

Reading Passage



Disk1-3

Art has been an aspect of human cultures for millennia. Long before the development of writing systems, people painted on cave walls, carved statues from wood and stone, and made decorative bowls. Besides its **aesthetic** appeal, art also provides an opportunity for self-expression and understanding. As such, drawing, dance, and drama can be used for **therapeutic** purposes, acting as visual means to communicate thoughts and feelings. Driven by a patient's creativity, art therapy can be a powerful part of the healing process.

Art therapy has existed as a formal type of psychotherapy since the 1940s. The practice involves using art as a tool to help patients understand their feelings, express themselves, and gain **self-esteem**. Almost any type of visual art can be used, from painting to sculpture to performance arts like music, dance, and even puppetry. To participate, neither artistic talent nor experience in the medium is a **prerequisite**.

Working with the patient is a **certified** art therapist, a healthcare professional who must have a strong educational background, including, typically, an undergraduate degree in art and a master's degree in art therapy. To **obtain** the MA, candidates must take coursework in subjects like psychology and human development, in addition to gaining 700-750 hours of practical experience in the field. After graduating and obtaining board certification, the therapist may work in a variety of settings such as a hospital, nursing home, prison, school, or clinic.

As well as being open-minded and **empathetic**, the therapist must be able to create a safe and supportive environment, forming a bond of trust with the patient. Doing so is essential, as the patient may have experienced severe physical



In art therapy, the patient decides the symbolic meaning of his or her work.

or mental abuse, trauma, or illness. In individual or group art-therapy sessions, patients explain their work to the therapist or to other patients. For example, a series of drawings of an angry dog may be a symbolic image which someone with PTSD (post-traumatic stress disorder) associates with an accident. Importantly, it is the patient who provides the explanation of these images, not the therapist.

A number of afflictions and conditions can be treated with art therapy. Patients suffering from depression can develop higher self-esteem and improved social relationships, while those dealing with alcoholism or drug abuse can **facilitate** recovery by, in part, simply recognizing that they have an addiction. And art therapy can help people with autism improve their imagination, hand-eye coordination, and communication skills, to name a few of the benefits. Art therapy is especially helpful for patients who have trouble **verbalizing** their feelings and for those who have been unsuccessful with traditional "talk therapy." **In essence**, the artwork provides a **springboard** for communication.

The visual record that's created may be kept in an art journal so changes in the patient's condition can be tracked over time. Because they are **tangible**, these pictures, sculptures, and designs can have an empowering effect. For instance, a sufferer of anorexia may have trouble talking about sadness or pain, yet once the feelings are given form in a work of art, they can be looked at, identified, and discussed. As the patient draws, sculpts, or dances, he or she has complete control over the work, which can be a starting point for improving his or her sense of self-worth.

Over time, the body of work may **evolve**, reflecting a growing degree of personal **insight**. Eventually, if a patient wishes, his or her art can even be publicly displayed, providing hope and **inspiration** to others. At the University of California, Irvine, a special exhibit called "Memories in the Making" showed the paintings of several people with Alzheimer's disease. Though the sufferers of the disease may have had trouble communicating in words, they were, through brush strokes and colors, able to reach out and make connections with the community.

¹ aspect - important part; feature

¹ millennium (plural: millennia) - period of one thousand years

⁶ visual - having to do with seeing

⁸ psychotherapy - medical practice involving the treatment of mental problems

¹² medium - art form or material (such as clay, metal, etc.)

²⁶ bond - connection

²⁸ abuse - bad or ill treatment

²⁸ trauma - emotionally or physically painful experience

³⁶ addiction - being dependent on drugs, alcohol, etc.

³⁷ autism - a developmental condition making it hard to form relationships, develop language skills, etc.

⁴⁵ anorexia - a mental illness leading to a severe loss of appetite and weight

⁵⁴ Alzheimer's - a disease affecting memory (common among older people)

Reading Comprehension Choose the best answer to each question.

Main Idea

- () What is the main idea of the reading?
 - Art therapy has been used for more than half a century.
 - Art therapy can only treat a narrow range of conditions.
 - Art therapy provides a visual platform for treating various problems.
 - Art therapy is an excellent treatment for autistic people.

Detail

- () Who interprets the symbols in a patient's work?
 - The therapist
 - The patient himself or herself
 - Other patients in group sessions
 - Family members

Vocabulary

- () In line 33, what does "afflictions" mean?
 - diseases
 - confusions
 - accidents
 - emotions

Analysis

- () What does the article imply about art therapists?
 - They should tell patients about any abuse they've experienced.
 - They are usually famous artists or art critics.
 - They need to be well educated and highly trained.
 - They receive board certification before obtaining their MA.
- () In what way is an art journal empowering for a patient?
 - Its contents are directed by the art therapist.
 - Journals are always shown to people in the community.
 - The patient controls the types of images he or she creates.
 - It helps patients ignore their problems.

Short Answers Write a full-sentence answer to each question.

- What are three types of performance art that can be used for art therapy?

- To obtain an MA, how many hours of practical experience does a therapist need?

- How can art therapy help people with an addiction?

Vocabulary Building

A Choose the answer that is a synonym for the word or phrase in italics.

- Manuela says her interests have *evolved*, so these days she does more pottery than painting.
 - created
 - changed
 - identified
- In essence*, our challenge is to redesign the car so it's half as heavy and twice as fast.
 - Faithfully
 - Casually
 - Basically
- The pool needs a lifeguard, but you have to be *certified* for the position.
 - licensed
 - experienced
 - motivated
- Complimenting a shy person can help him or her build *self-esteem*.
 - self-worth
 - self-doubt
 - self-control
- City residents appreciate *tangible* improvements like new sidewalks and upgraded street lights.
 - costly
 - promised
 - recognizable

B Complete each sentence below with one of these words. Remember to use the correct word form.

therapeutic prerequisite verbalize springboard insight

- Speaking Spanish isn't a(n) _____ for working at the trading company, but it is a big asset.
- Peter's analysis showed a deep _____ into the meaning of the painting.
- Some feelings which are hard to _____ may be expressed through art.
- After a hard day at work, a relaxing evening can be very _____.
- An internship or part-time job on a movie set makes a great _____ to a career in the film industry.

C Circle the correct form of the words in parentheses.

- (Obtain/Obtaining) everyone's approval for the proposal will not be easy.
- It's important for children to learn to feel (empathy/empathize) towards others.
- Many people are (inspiration/inspired) when they visit the Grand Canyon.
- Mr. Torez will help (facilitating/facilitate) your transfer to the new branch.
- There's no question the chair is (aesthetic/aesthetically) beautiful, but how comfortable is it?

Focus on Language

Word Parts

Study the word parts in the chart. Then read the pairs of sentences that follow. Decide if the second sentence is true or false.

Word Part	Meaning	Examples
ob-	against	obscene; obtuse
-psych(o)-	mind	psychotic; psychology
-er	performer of an action	farmer; explorer

- Ms. Marriot, the lawyer for the defense, objected to the question.
Ms. Marriot did not approve of the question. (True / False)
- The young man's psychosis caused him to see things that weren't there.
His problems were caused by a mental disorder. (True / False)
- Michael's dream as a child was to become a circus performer.
When he was young, he had no interest in working in the circus. (True / False)

Grammar

Modal + Passive Voice

Using the passive voice with a modal allows us to construct many useful sentence types. For example, we can use the passive voice to describe an action that someone should, could, may, or might do.

Structure: **s + should / might / could / etc. + be + pp (past participle)**

Ex: All packages should be delivered to the mailroom.

Ex: The air quality could be improved by people driving less.

Complete each sentence using the passive voice and the past participle of the verb in parentheses.

- Joe might _____ (punish) for surfing the Web so often at work.
- The application form must _____ (fill out) in black ink.
- Should people with pets _____ (allow) into stores?
- The prices may _____ (reduce) later this month.
- The furniture could _____ (make) more cheaply in Mexico.

Listening Listen to the conversation. Then answer these questions.



- () Where are the people?
(A) At a magazine company (B) At a design school
(C) At an art gallery (D) At a friend's house
- () What does the man suggest about Harrington's work?
(A) It has changed over the last decade.
(B) It isn't very inspiring.
(C) It is similar to that of other artists.
(D) It looks like ad work.
- () What would the woman like to see Harrington do?
(A) Take the man's advice (B) Paint in darker colors
(C) Develop a personal style (D) Use classical techniques

Reading Read this letter. Then answer the questions below.

Dear Ms. Philips,

Thank you for your e-mail regarding internship opportunities at Silverton Academy. There is an opening next semester, which starts in three weeks. The only prerequisite is an art background, which, since you're a junior in art college, I see you have. Also, since we work with special-needs children, all staff must be very patient and empathetic.

If the timeframe works for you, the next step would be an interview, which I could fit in next Wednesday afternoon. Before then, please send me a short letter introducing yourself (not a résumé, as I have that already.). We'd especially like an insight into your philosophy of art and how art relates to working with children.

Adrian Diaz

- () What is the purpose of this e-mail?
(A) To respond to an inquiry (B) To offer a position
(C) To announce a policy (D) To reject an application
- () The underlined word "timeframe" is closest in meaning to
(A) semester (B) concept
(C) scheduling (D) internship
- () What does Mr. Diaz want Ms. Philips to send him?
(A) A written introduction (B) A detailed résumé
(C) A letter of recommendation (D) A short proposal