

# What is Arts in Healthcare?

- A diverse, multi-disciplinary field dedicated to transforming the healthcare experience by **connecting people with the power of the arts** at key moments of their lives.
- A rapidly growing field **integrates the arts** — e.g. art, dance, music, poetry & design— into **a various healthcare & community settings** for therapeutic, education, and expressive.

# Studies using **Creative Writing** and **Poetry Therapy** as an intervention report:

- improved lung function in students & adults with asthma after written emotional expression

*(Bray, Theodore, Patwa, Margiano, Alric, and Peck, 2003)*

- fewer visits to physicians and reduced symptom complaints

*(Pennebaker, 1997, 2004)*

*Source: Society for the Arts in Healthcare*

# Positive outcomes achieved thru **Music Therapy & Music Interventions** report:

- improved executive function and emotional adjustment with Neurologic Music Therapy (NMT) in traumatic brain injury rehabilitation

*(Thaut et al., 2009)*

- increased capacity for flexibility and tolerance of change in children diagnosed with autism

*(Gold and Wigram, 2006)*

- decreased use of sedatives during medical procedures

*(Loewy, Hallan, Friedman, and Martinez, 2005; Walworth, 2005)*

# Documented benefits participating in **Visual Arts & Art Therapy** **Activities** report:

- improved depression & lower fatigue levels in cancer patients on chemotherapy

*(Bar-Sela, Atid, Danos, Gabay, and Epelbaum, 2007)*

- reduced acute stress symptoms in pediatric trauma patients *(Chapman, Morabito, Ladakakos, Schreier, and Knudson, 2001)*

- improved care for veterans returning from Iraq with symptoms of combat-related post-traumatic stress disorder (PTSD) *(Collie, Backos, Malchiodi, & Spiegel, 2006)*