

Art Therapy

for Older Adults

What is CNNH?

CNNH is an innovative and integrative neurohealth organization that provides diagnostic and treatment services for children, adolescents and adults with neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns.

What is Art Therapy?

Art therapy is a specialized form of psychotherapy that uses art-making as a means of self-expression, self-discovery, and stress reduction. It has also been used to encourage focus, attention, memory, self-confidence, and interactional skills. Art therapy has been utilized in nursing homes, hospitals, schools, day programs, wellness centers, as well as mental health facilities.

For more information please contact:

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In the older adult population, art therapy can be a cognitively stimulating, engaging, and social activity, as well as above all else, simply fun! An art therapist can facilitate both group and individual sessions to the individual physical, emotional, and cognitive needs of participants.

Art therapy can provide opportunities for:

- Expanding communication
- Regulating mood and affect
- Reducing stress and anxiety
- Engaging in the process of life review
- Improvement overall mental health
- Decreasing social isolation and offering support
- Instilling sense of hope

Individual or Group sessions:

- May last 30-45 minutes
- Are highly tailored to the participant's individual interests, strengths
- Art media may include drawing, painting, watercolor, clay and sculpting, among others and activities will be structured for creative exploration and growth.

No art experience or skill is necessary to participate in art therapy!

It is often the participants who have never made art before who express gaining the most from the experience!

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