

## Lesson 1 Art: Another Name for Creativity and Diversity

### ■ Ready to Read

#### - Put into English

1. 한 지역의 범죄 수준은 실직자의 수준과 거의 항상 비례한다.

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2. 그 게임은 TV와 라디오에서 동시에 방송되어질 것이다. (on TV and radio)

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3. 언어폭력은 한 사람의 자존감을 파괴하기 때문에 매우 해롭다.

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4. 그 사안을 다른 관점에서 보도록 노력하라.(issue)

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5. 일본은 한국의 역사를 왜곡해서는 안된다.

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6. 그 서류는 불완전한 정보에 근거하고 있다.

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7. 많은 외국인들은 한국의 역사와 음식, 그리고 K- Pop에 매료되어있다.

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8. 그가 죽은 후, 그의 제국은 네 개의 나라로 나뉘어졌다.

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9. <since>

오늘은 날씨가 화창하기 때문에, 나는 나의 친구들과 함께 산책하고 싶다.

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지난 여름방학 이후로 나는 그 도서관에서 자원봉사를 해왔다.

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그는 한 유명한 과학자를 만난 이후로 우주의 신비에 관심을 가져왔다.

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## Lesson 1 Art: Another Name for Creativity and Diversity

### ■ Schema- activating Reading

How do you feel when you read a novel...sing a song...paint something...or play a musical instrument? Relaxed? Happy?

Do you work out your mind too while dancing?

Does it make you happy to attend a good concert, a play, a movie or an exhibition?

There definitely is a connection!

Art in any form, whether while creating or observing, reduces the stress hormone called cortisol. It also releases the feel-good hormones called endorphins which helps you combat stress and pain. By letting you enjoy a sense of fulfillment, it transforms you into a more positive, well-rounded human being.

It increases dopamine that leads to positive sensations in us. It improves the connectivity between memory, self-monitoring and introspection. It maximizes our power to focus and betters our problem-solving abilities. By enhancing the health of your mind and body, it also delays ageing.

Art can be created by anyone who is creative. That said there is no one in this world that is not creative. If you haven't created any form of art till now, it only means you haven't tried doing it. That leaves us with one question - if anyone can create art, why can't everyone be an artist?

It is not that artists are lucky enough to be able to enjoy the ability to paint or write. In fact it is not about luck; it is about hard work - the number of hours they put into their art. They are not just creative; they are hard-wired for creativity. They have honed themselves to their craft. You can do it too; you have to try.

### ► Self-Writing:

Art

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## Lesson 1 Art: Another Name for Creativity and Diversity

### How Art Therapy Is Used to Help People Heal

The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. Art, either creating it or viewing others' art, is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

It may surprise you to learn that art can be an effective tool in mental health treatment. What could art possibly have to do with psychotherapy? As an expressive medium, art can be used to help clients communicate, overcome stress, and explore different aspects of their own personalities.

#### What Is Art Therapy?

Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well-being. The American Art Therapy Association characterizes art therapy as an approach to mental health that utilizes the process of creating art to improve mental, physical, and emotional wellness.

The goal of art therapy is to utilize the creative process to help people explore self-expression and, in doing so, find new ways to gain personal insight and develop new coping skills.

Techniques used in art therapy can include drawing, painting, coloring, sculpting, or collage. As clients create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors.

People do not need to have artistic ability or special talent to participate in art therapy, and people of all ages including children, teens, and adults can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health.

A 2017 study found that art displayed in hospital settings contributed to an environment where patients felt safe. It also played a role in improving socialization and maintaining an identity outside of the hospital.

## History

People have been relying on the arts to communicate, express themselves, and heal for thousands of years. But art therapy didn't start to become a formal program until the 1940s.

Doctors noted that individuals suffering from mental illness often expressed themselves in drawings and other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques.

## Uses

Art therapy can be used to treat a wide range of mental disorders and psychological distress. In many cases, it might be used in conjunction with other psychotherapy techniques such as group therapy or cognitive-behavioral therapy.

Some situations in which art therapy might be utilized include:

Adults experiencing severe stress

Children suffering from behavioral or social problems at school or at home

Children or adults who have experienced a traumatic event

Children with learning disabilities

Individuals suffering from a brain injury

People experiencing mental health problems

Some conditions that art therapy may be used to treat include:

Aging-related issue

Anxiety

Cancer

Depression

Eating disorders

Emotional difficulties

Family or relationship problems

Medical conditions

Psychological symptoms associated with other medical issues

PTSD

Psychosocial issues

Stress

Substance use

One review of the effectiveness of art therapy found that this technique helped cancer patients undergoing medical treatment improve their quality of life and alleviated a variety of psychological symptoms.

### Limitations

While research suggests that art therapy may be beneficial, some of the findings on its effectiveness are mixed. Studies are often small and inconclusive, so further research is needed to explore how and when art therapy may be most beneficial.

### How It Works

An art therapist may use a variety of art methods including drawing, painting, sculpture, and collage with clients ranging from young children to the elderly. Clients who have experienced emotional trauma, physical violence, domestic abuse, anxiety, depression, and other psychological issues can benefit from expressing themselves creatively.

Inpatient offices, private mental health offices, schools, and community organizations are all possible settings where art therapy services may be available.

**► Summarize:**

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