



## **ART THERAPY**

Art therapy is a specialty of artistic activity that exploits the power and effects of art for therapeutic and humanitarian purposes to relieve people suffering from physical, mental or socio-relational deficits.

Art therapy is indicated for vulnerable people who have difficulty expressing themselves and relating to others, which is why it can be a solution for disoriented people suffering from Alzheimer's disease. Working with the "healthy part", the art therapist accompanies the patient towards wellness. In the creative process, the patient's success contributes to restoring self-esteem.

Art therapy can allow the patient to improve his depressed, anxious state, to improve his attention, his socialization, and his communication as well as his mental state in general.

To create, the patient must make choices (color, tool, support, etc.). These choices increase cognitive work and self-esteem as well as autonomy.

Through this workshop, the resident can become an actor and not a spectator of what is happening around him, and reaffirm his identity.