Cast Drawing and the Reduction of Cognitive Distortion: Using a Classical Realism Teaching Method as a Psychoeducational Art Therapy Intervention

Art Therapy Intervention

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Cast Drawing and the Reduction of Cognitive Distortion: Using a Classical Realism Teaching Method as a Psychoeducational Art Therapy Intervention

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Abstract:

This art therapy research study uses the cast drawing method, a 19th century drawing technique that was used to teach classical figure drawing and painting, as a psychoeducational art therapy intervention to reduce cognitive distortion. The use of metaphorical processing is incorporated into the cast drawing sessions to ensure the therapeutic content of this method is achieved. Cognitive distortions are intrusive and disruptive thought processes in which past and often traumatic memories cause inappropriate emotional reactions that often result in negative consequences in a person’s life. Results showed that using the cast drawing method reduces cognitive distortion by teaching individuals how to see what is “really there”, not what is “perceived”, to be there. They are then able to transfer this ability, to accurately perceive life circumstances so that intrapersonal and interpersonal health can be obtained.

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These include reducing the frequency of administration during the day and reducing the numbers of medicines a patient has to take. However, there is no evidence that such measures are effective. Nevertheless, it seems likely that adherence can be improved by taking care to explain the benefits and adverse effects of a drug. • The magnitude of the placebo response has been shown to vary as a function of the dose that the person is asked to consume. • Finally, Benedetti and colleagues (Benedetti et al., 2003) developed a methodology for assessing the placebo effect without the use of placebos. Participants gave permission to receive a medication with or without foreknowledge of the onset of administration. Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions (e.g. thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Originally, it was designed to treat depression, but its use has been expanded to include treatment of a number of mental health conditions, including anxiety.