



# Art-Based Group Therapy

13 Therapeutic Essentials

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## **Art-Based Group Therapy, Bruce Moon**

1. Making art in a group setting creates a sense of ritual that provides psychological safety and promotes interpersonal emotional risk-taking.

2. Making art with others is a safe way to express pain, fear and other difficult feelings.
3. Making art in the presence of others is an expression of hope.

4. Making art is a way to communicate that does not depend solely on verbalization.

5. Making art in the presence of others reduces isolation and creates a sense of community.

6. Making art in a group setting provides ways to symbolize and express feelings regarding interpersonal relationships.

7. When members of a group make art they create shared experiences in the present.

8. Making art with others fosters a sense of personal and communal empowerment.

9. Making art in a group setting promotes positive regard for the other members of the group.

10. Making art with others is a gratifying and pleasurable experience.

11. Making art in a group setting is an act of self transcendence.

12. Art making in a group setting often leads to expression of the ultimate concerns of existence.

13. There is healing power in the process of making art and being witnessed by others in a group setting.