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therapy : : theory  
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Art therapy (not to be  
confused with arts  
therapy, which includes  
other creative



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therapies such as drama therapy and music therapy) is a distinct discipline that incorporates creative methods of expression through visual art media. Art therapy, as a creative arts therapy profession, originated in the fields of art and psychotherapy and may vary in definition.

## **Art therapy - Wikipedia**

However, there is some

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evidence that art therapy can enhance traditional CBT and that CBT-based art therapy may be as effective as psychodynamic-based approaches (Rosal, 2001). With regards to the direction of the argument, it is most probable that no single definitive approach will ever be adequate to cover the complexity of individual client needs.

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with a range of distinct  
philosophical and  
theoretical  
underpinnings, but as  
yet there has been no

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therapy positions art as the focus of the therapeutic work ().It originates from the early days of the art therapy profession, when artists, influenced by humanistic approaches to psychiatry, brought the studio into psychiatric hospitals (Hogan, 2001).As the art therapy profession evolved, it adopted theories from clinical psychology in order to

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