



JABATAN PERDANA MENTERI  
JABATAN PERKHIDMATAN AWAM



# ICOPW2024

INTERNATIONAL CONFERENCE ON PSYCHOLOGICAL WELL-BEING

In conjunction with  
2024 Public Service Psychology Conference



DATE: 1<sup>ST</sup>-2<sup>ND</sup> OCTOBER 2024  
VENUE: GRAND BALLROOM, HILTON KUCHING



STRATEGIC PARTNERS:



INTERNATIONAL COUNSELING  
ASSOCIATION OF MALAYSIA  
(PERKAMA INTERNATIONAL)



MASTI  
MAJLIS PERSATUAN PENTADBIRI  
UNIVERSITI AWAM MALAYSIA



SARAWAK  
CSO-SDG  
ALLIANCE



# Interactive Session 2

## “Creative Arts Therapy: Exploring the Healing Power of Arts and Music”

**Madam Mutia Ribowo**  
Founder,  
ART+i Art Therapy Jakarta



In conjunction with  
2024 Public Service Psychology Conference



SUPPORTING :



STRATEGIC PARTNERS :





Where Art Fosters Meaning

# Art Therapy

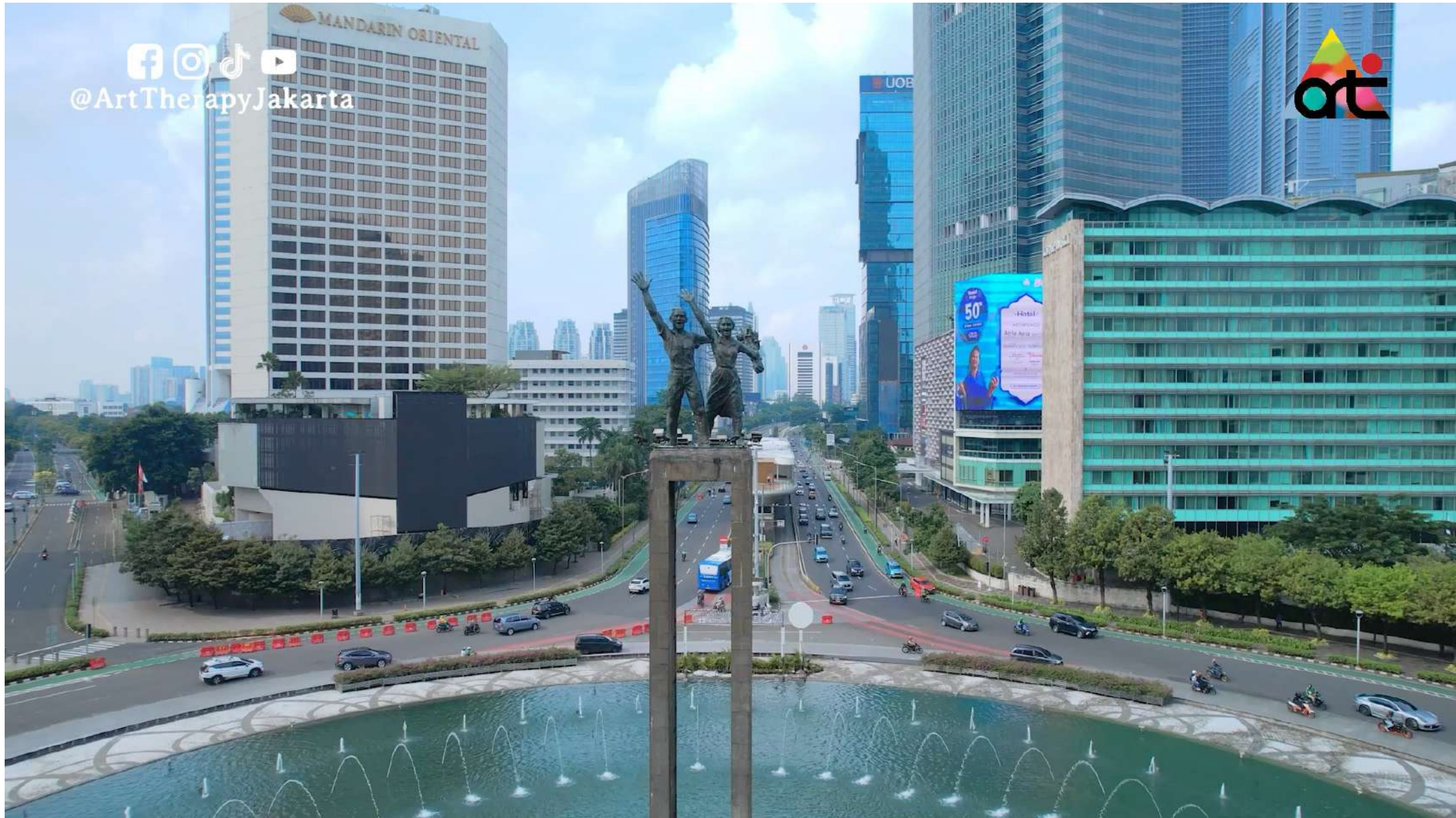
Exploring the Healing Power of Art

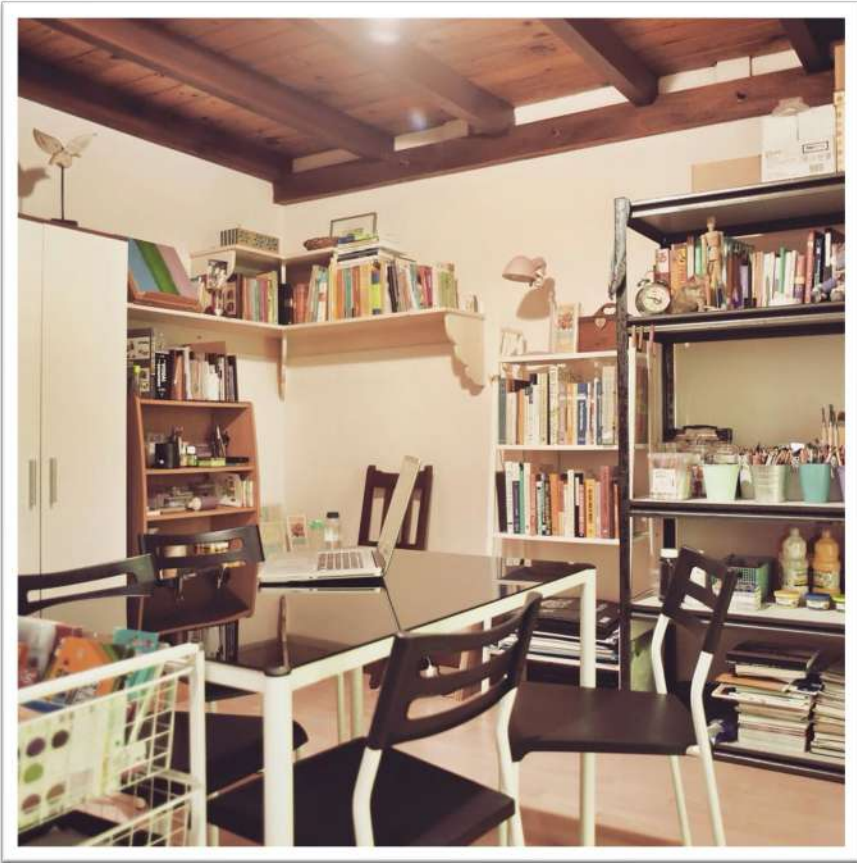
Mutia Ribowo, MA.ed, MA, AThS

Salam Sejahtera! My Name is Mutia Ribowo..  
You can call me Muti..



Facebook Instagram TikTok YouTube  
@ArtTherapyJakarta









**Multipurpose Room**

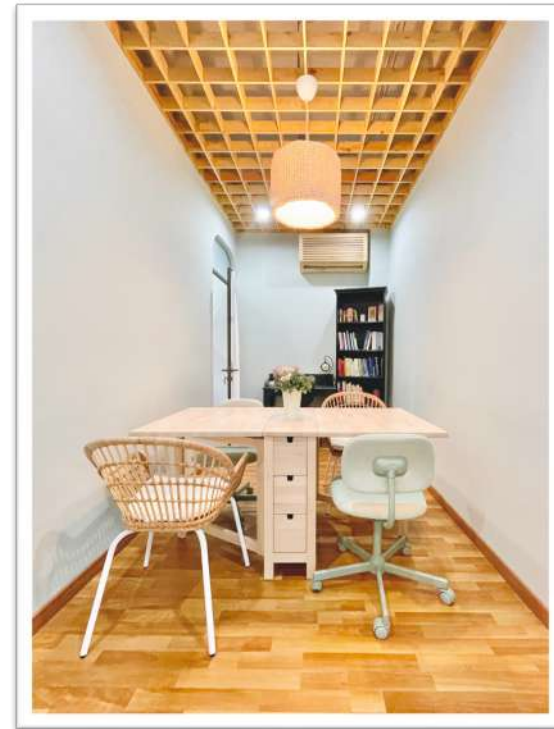


**Prayer Room**





**Consultation – Counseling Room**



**Assessment Room**



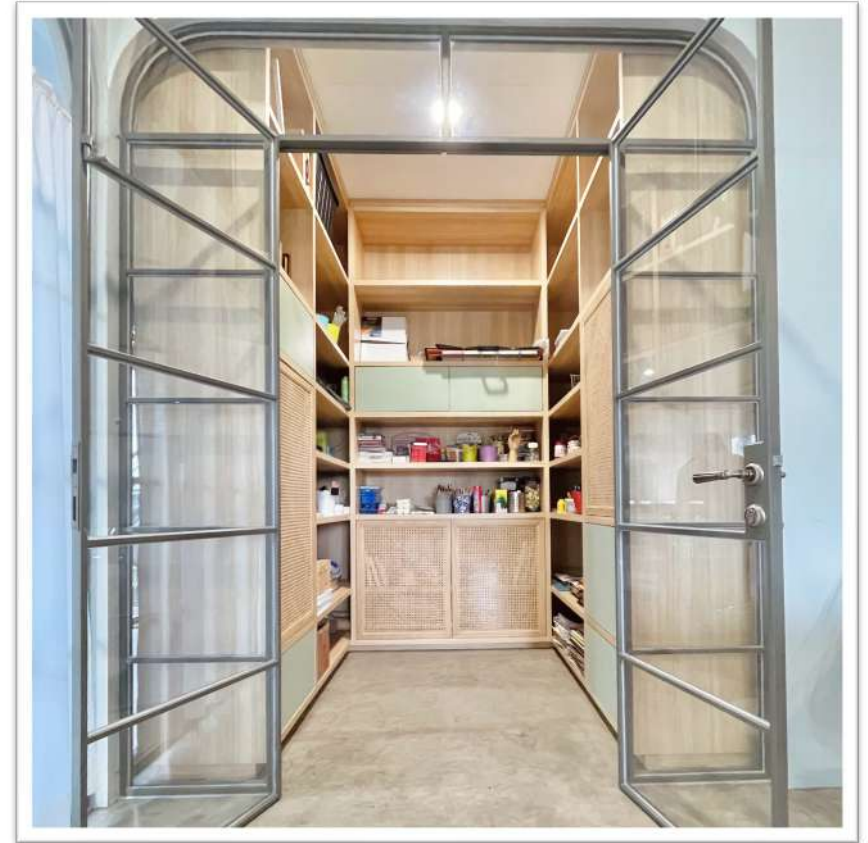
**Play Therapy Room**



**Music Therapy Room**

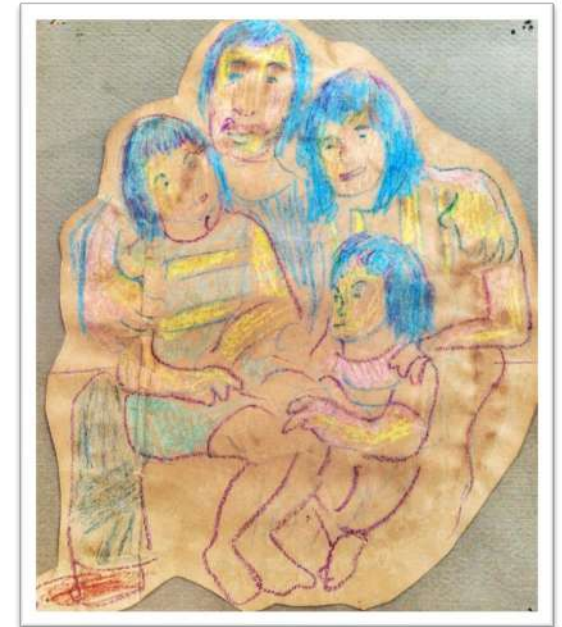
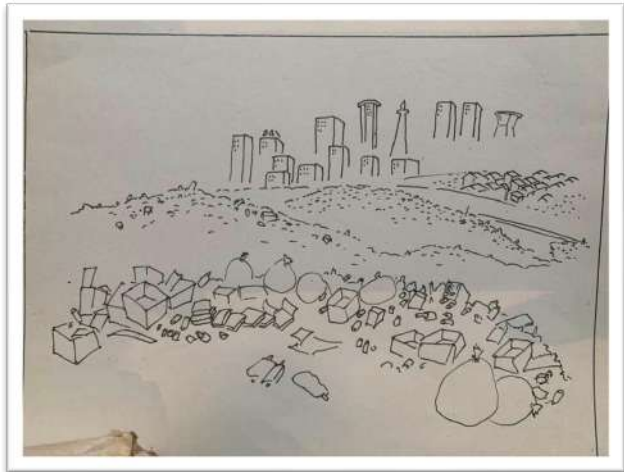


**Art Therapy Room**



**Art Walk in Closet**

# Art for Me is Personal





A Garden In Heaven – Digital illustration: Procreate



Motherhood– Digital illustration: Procreate

# Free Association

The free drawing encourages individuals to engage in free art expression without any specific guidelines or instructions.

Through free art expression, individuals are encouraged to create art intuitively, allowing their subconscious thoughts and emotions to guide the creative process.

This technique fosters self-expression, exploration, and the discovery of new insights.



“Talking to Each Other Nicely”

Anna 9 yrs - Free Drawing – Marker on paper

# **Questions about Art Therapy**

**What is it? Is it an Art Class?**

**Are you able to interpret drawings?**

**Do you do therapy for artists?**

**Do you provide coloring books?**

When people think of therapy, people often picture sitting on a couch and talking to someone, maybe with a tissue in hand.

Talk psychotherapy is one effective form of support, but there are others as well. And it does not always require verbal expression.





## Verbal Therapy



## Art Therapy



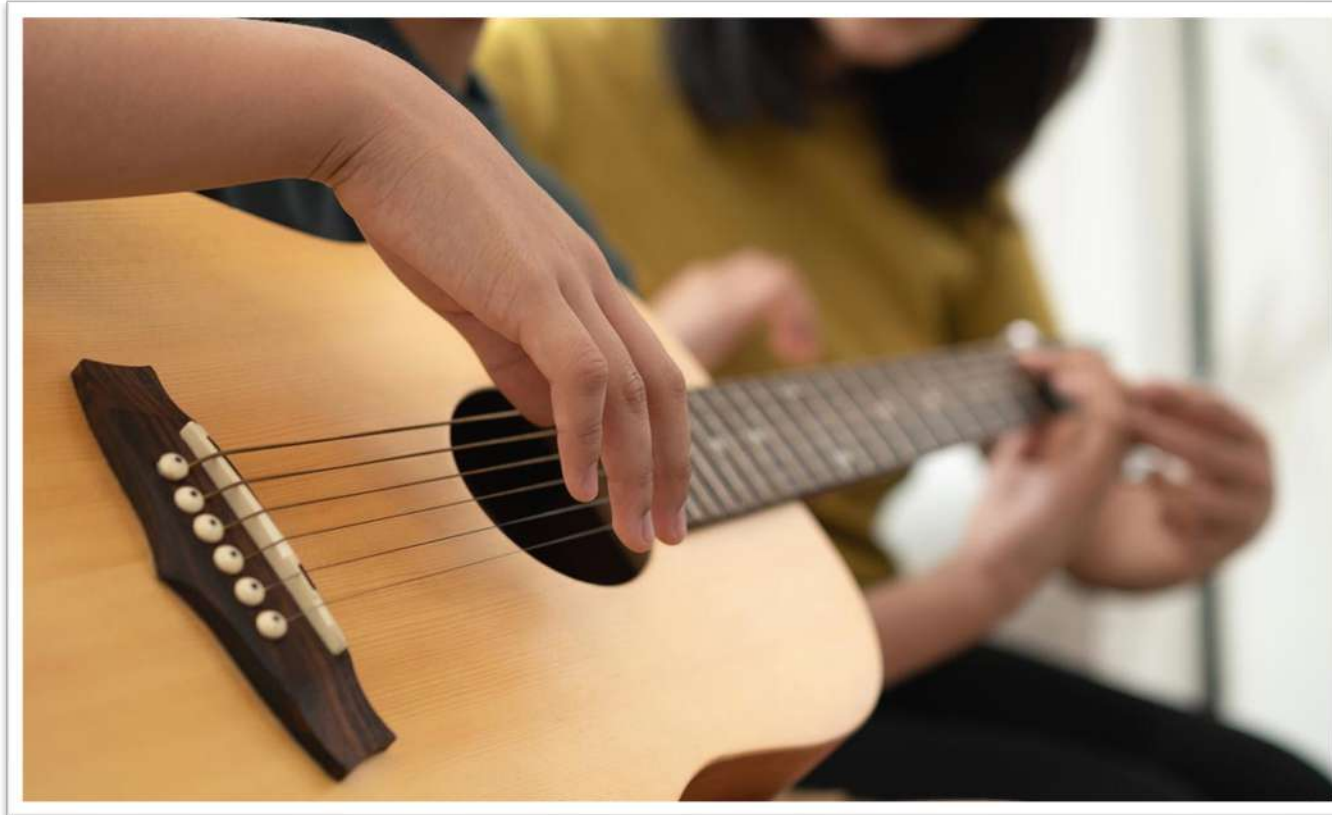
### **Art Therapy**

Art serves as a global language where individual can facilitate self-discovery and personal insight, helping individuals to reflect on their thoughts and emotions in a tangible way



### **Play Therapy**

Play therapy allows clients and especially children to express their feelings and process their experiences through play, making it a more natural and less intimidating way to explore emotions.



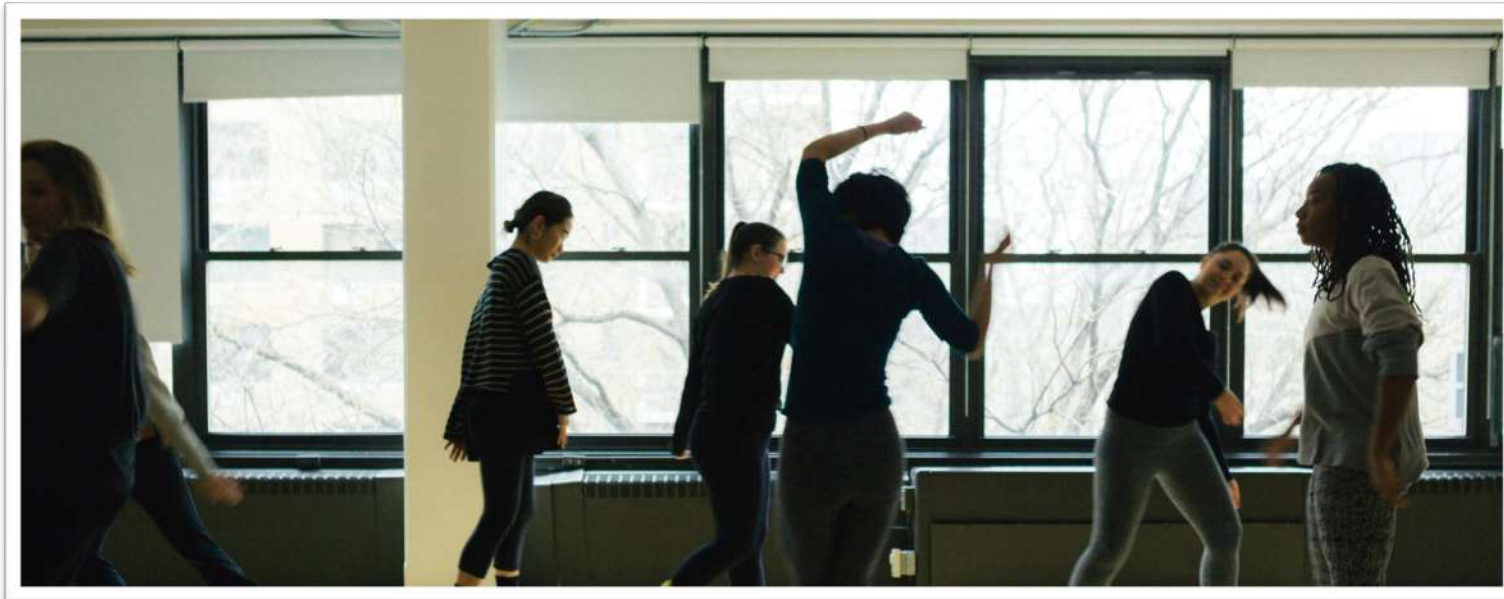
## **Music Therapy**

Music therapy allows individuals to engage in playing instruments, singing, writing songs, or listening to music that can evoke feelings, memories, and insights that may be difficult to articulate.



### **Drama Therapy**

Clients engage in creative role-play and storytelling, drama therapy allows clients to have deeper emotional expression and exploration, even to help change personal narratives.



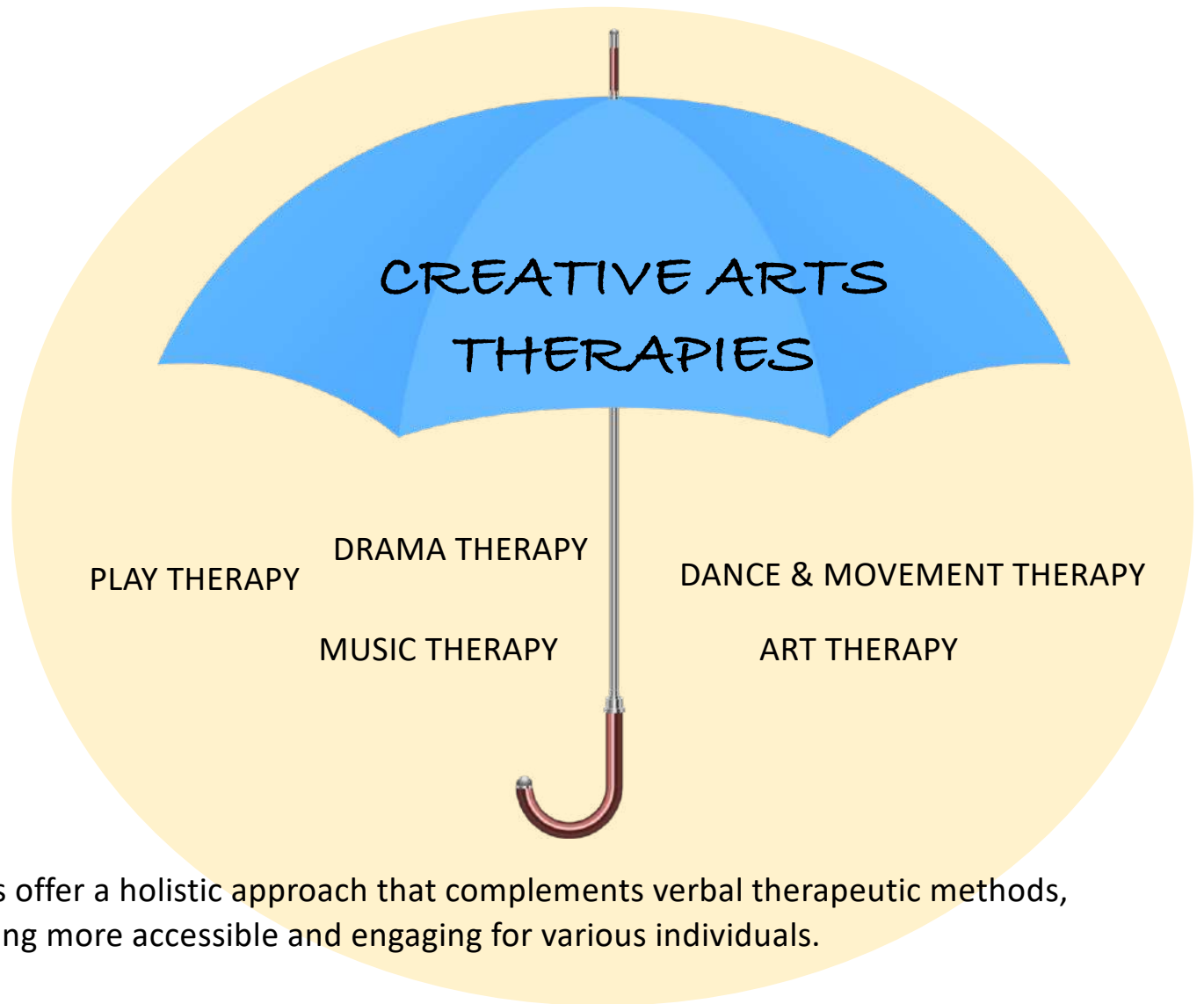
### **Dance and Movement Therapy**

Dance and movement therapy allows individuals to express emotions and experiences through physical movement, promoting self-awareness and emotional release in a dynamic way that can often feel more liberating and engaging compared to other expressive therapies.

Creative arts therapies is a modality that provide diverse ways for individuals to express emotions and experiences that may be difficult to articulate verbally.

These therapies promote:

- emotional healing and self-discovery by
- facilitating non-verbal communication,
- enhancing self-esteem, and fostering a sense of agency or empowerment.
- encourage mindfulness and relaxation, which can alleviate anxiety and stress.



Overall, creative arts therapies offer a holistic approach that complements verbal therapeutic methods, making healing more accessible and engaging for various individuals.

5 Minutes

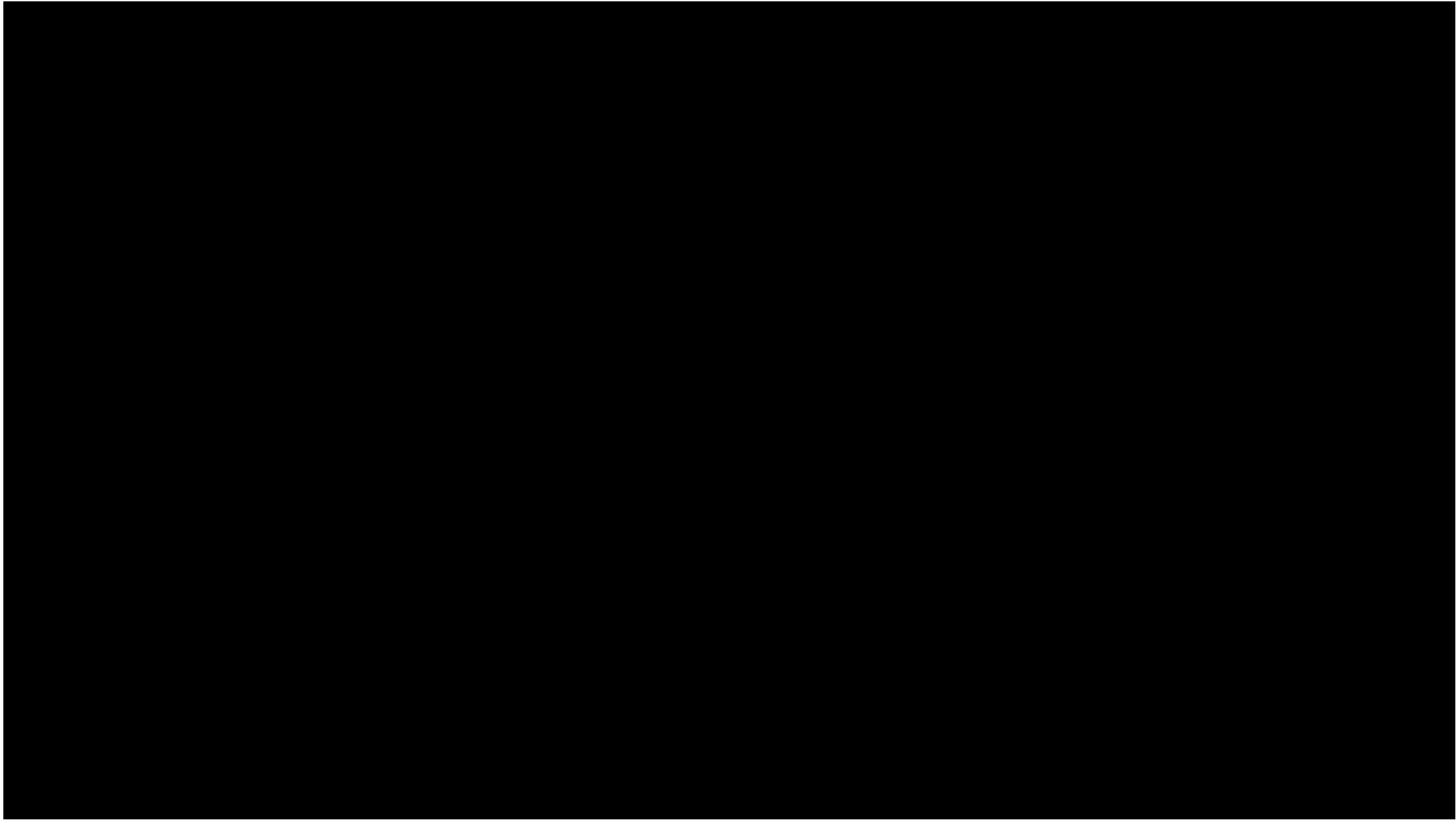


# Scribble Chase Drawing

**Ice Breaker**

Color Pencils

Paper





5 Minutes

# Reflection of Art exploration

Reflect upon this activity.

Explorations of feelings, senses and insights that you encountered before, during and after the activity.

What images did you find in the scribble chase, find associations of the images to your feelings / personal life / recent experiences. Are there any connections?

1 volunteer to share with the whole audience!

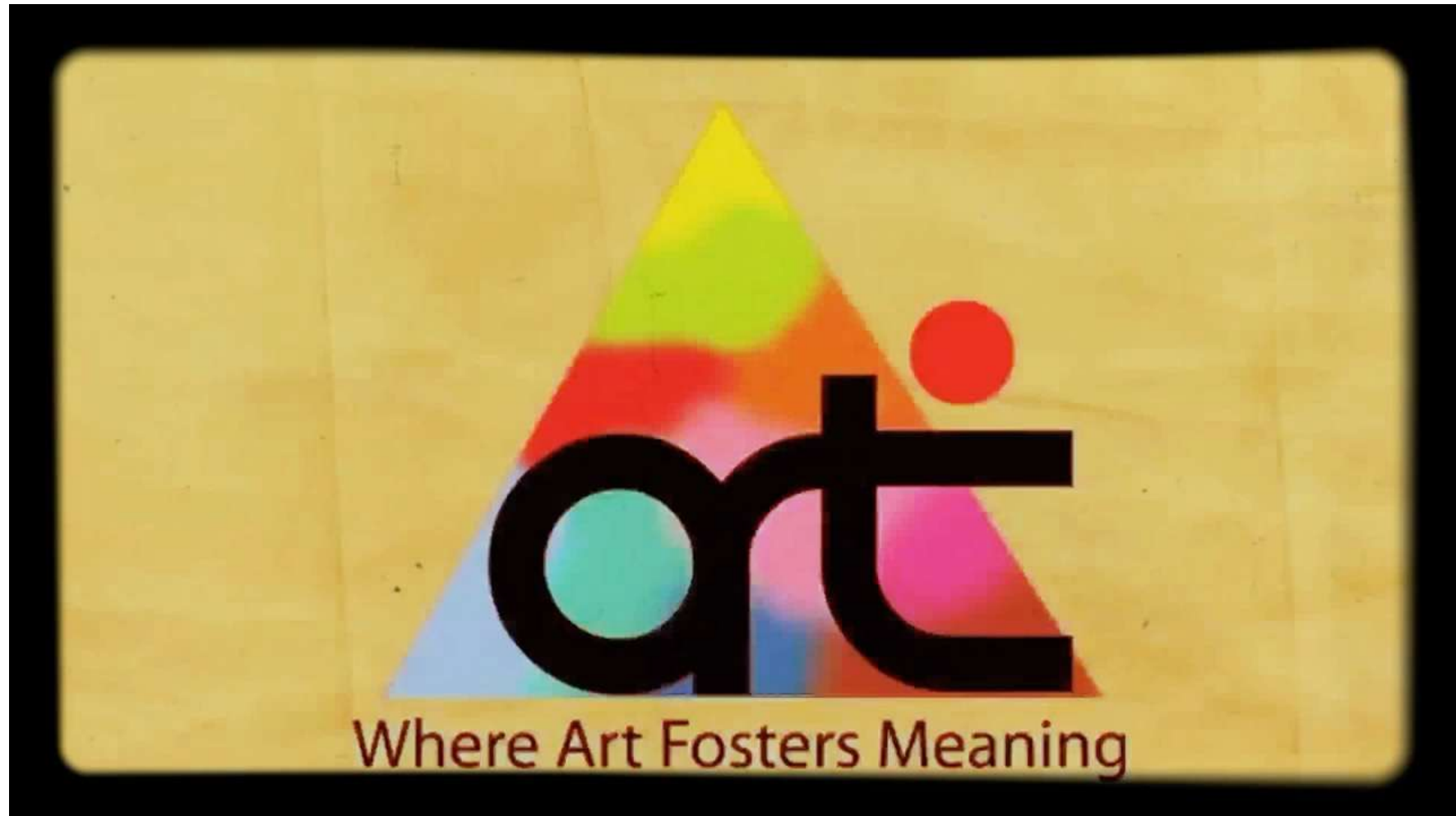
# The Relationship between Scribble Chase and your Subconscious

- 1. Unfiltered Expression:** The act of scribbling bypass rational thought and censorship, offering a direct line to subconscious feelings and thoughts.
- 2. Symbolism:** The shapes, colours, and patterns created during the drawing process can represent subconscious fears, desires, or memories. Analysing these elements can provide insights into a person's psychological state.
- 3. Creative Flow:** Engaging in spontaneous drawing can facilitate a flow state where the individual is more in tune with their subconscious mind. This state can lead to new discoveries about oneself.
- 4. Accessing Repressed Memories:** Sometimes, engaging in free-form art can evoke repressed memories or experiences that the conscious mind might avoid, allowing for a deeper exploration of unresolved issues.
- 5. Therapeutic Exploration:** In therapy, the artwork can serve as a starting point for discussions that explore deeper issues, helping individuals understand and integrate elements of their subconscious into their conscious awareness.

# True or False?

- **Art Therapy is only for children**
- Art Therapy is for all ages
- **Making an ugly picture is OK in Art Therapy**
- Art Therapy is all about expressing yourself to create meaning and in a healthy and more acceptable way
- **To be in art therapy, clients need artistic skills**
- You do not need artistic skills like drawing or painting to benefit Art therapy. Art therapist are there to support clients to facilitate any limitations
- **Art Therapist can interpret drawings and paintings**
- Even though art therapists have the knowledge, Art Therapists are more interested in helping the person come up with his own interpretation and have insights based on their own findings.
- **Coloring books are also a form of art therapy**
- Coloring book is a form of recreational art or therapeutic art

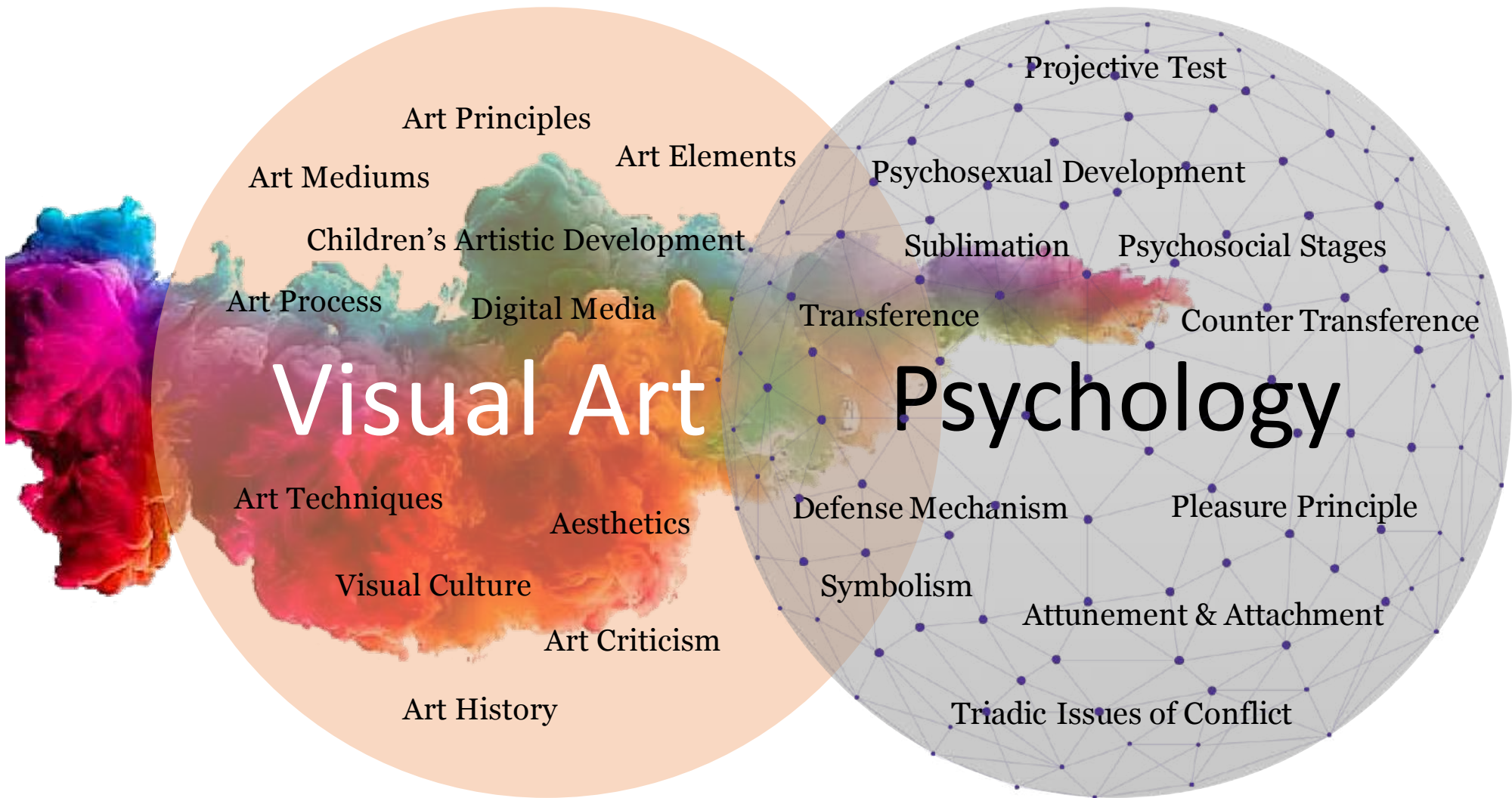
A glimpse of what art therapy is..



The artwork and drawing in this video are collected from our clients, and have consented to be in this short video.

Art Therapy is a form of psychotherapy approach that combines art and psychology as a form of expression and communication.

- British Art Therapy Association



Art Therapy is an interdisciplinary mix of visual arts and psychology

- Gussak, Rosal(2016)

Jungian Art Therapy

Psychodynamic Art Therapy

Gestalt Art Therapy

Studio Art Therapy

Positive Art Therapy

Solution Focused Art Therapy

Eclectic Art Therapy

Existential Art Therapy

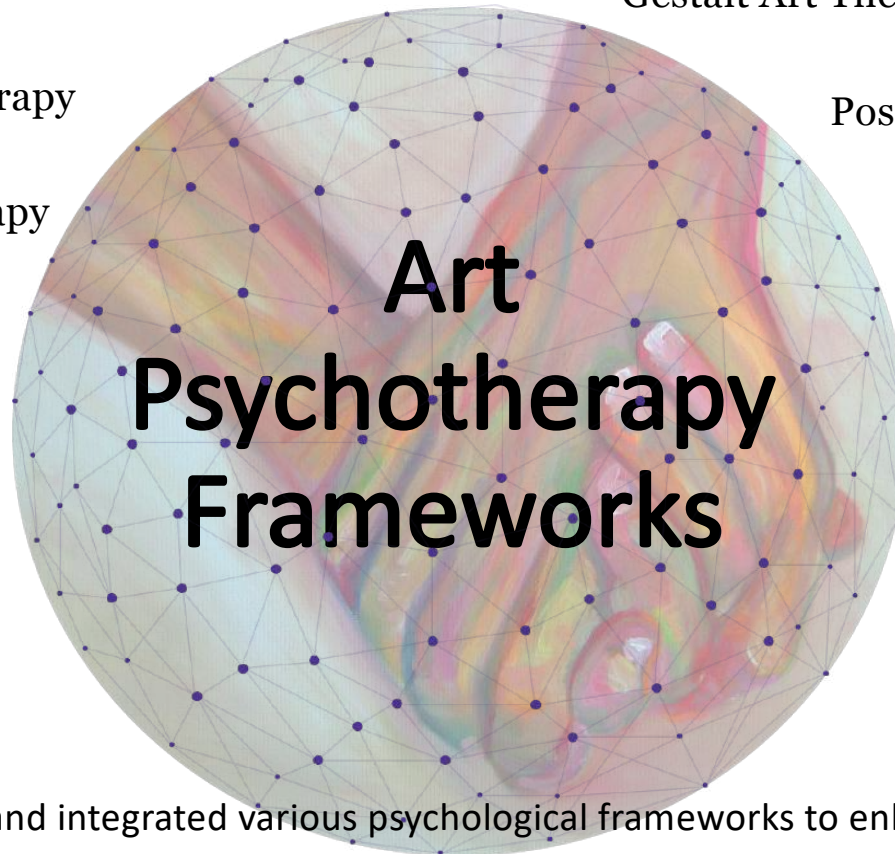
Cognitive Behavioral Art Therapy

Transpersonal Art Therapy

Somatic Art Therapy

DBT Art therapy

Trauma Informed Art Therapy



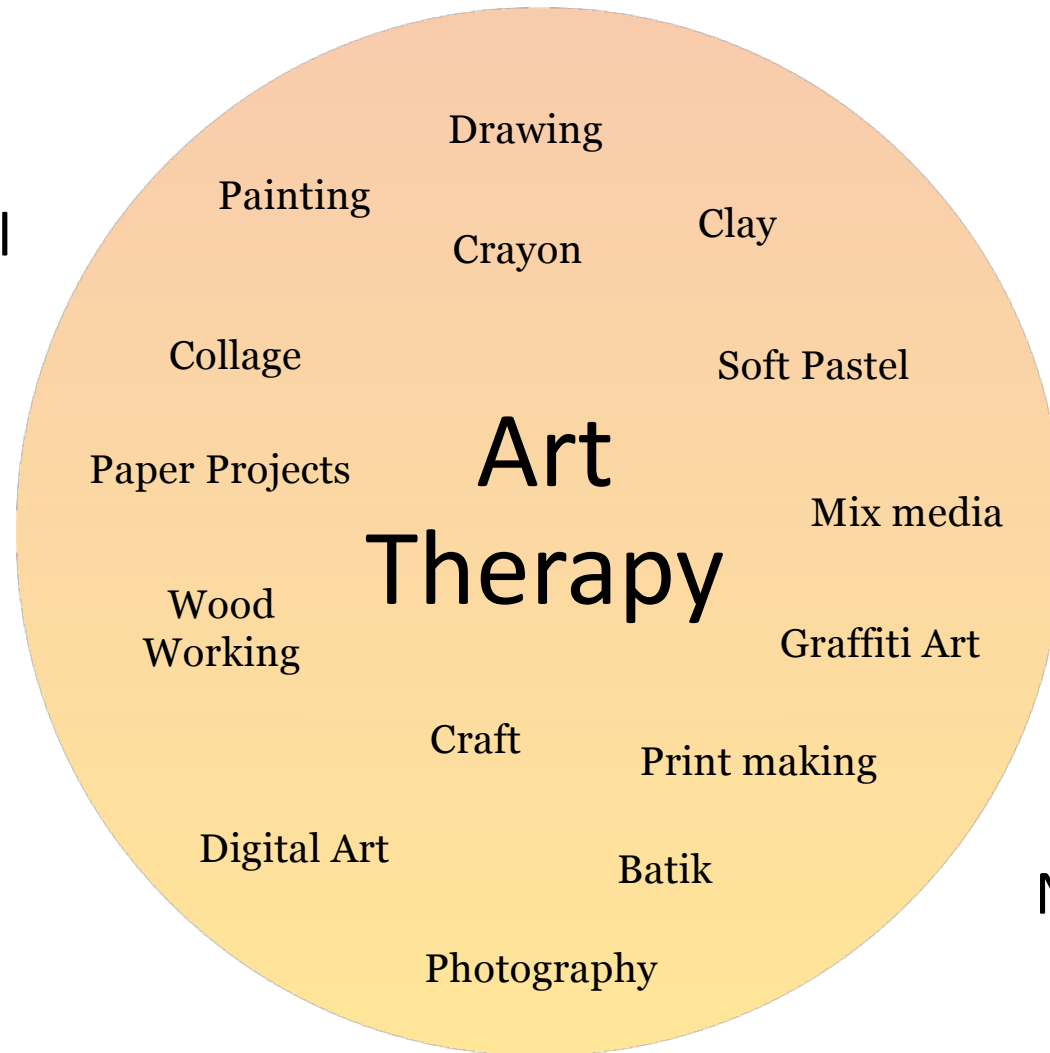
Art therapy has adopted and integrated various psychological frameworks to enhance its effectiveness and broaden its applicability in mental health treatment

# Whom can Benefit Art Therapy?

- Emotion Dysregulation
- Anxiety
- Depression
- Adjustment disorder
- Chronic Pain
- Sleep Disturbance
- Isolation and Loneliness
- Grief and Loss
- Trauma
- Physical conditions and Chronic Illness (Cancer, Psychiatric disturbances, geriatric patients, cognitive disorders)
- Client's Caregivers / family members



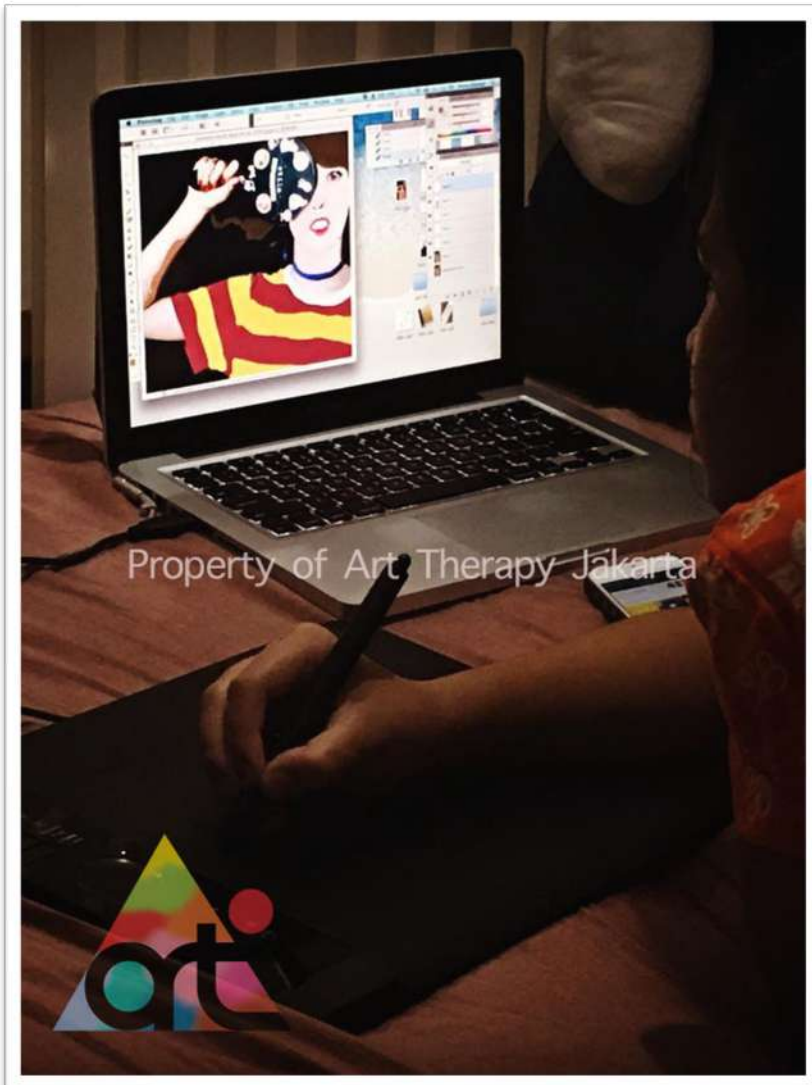
Conventional



Non-Conventional

## **MATERIALS IN ART THERAPY**

Any Art forms that we can see and use to express visually..



# Art Therapy & Anger



“My Anger” - Digital Art Therapy with “Stykz”  
Boy, 7 year old





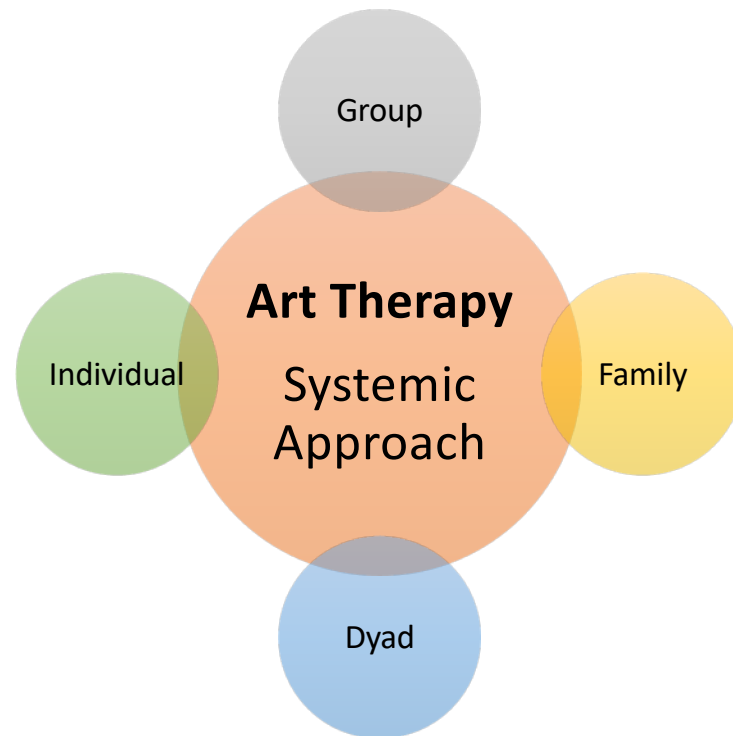
8 Year Old Girl – Markers on Paper

In art therapy Drawings are also sometimes used for abuse screenings.

- Inclusion of genitals and private parts of the body
- Inclusion of sexy clothing
- Emphasis on the tongue
- Excessive makeup that shows temptation
- Phallic images
- Heart shaped objects in weird places.
- Body Image

(Can be indicators of sexual abuse)

# Art Therapy Systematic Approach



# Background of Group Creative Arts Therapy

- **6 Clients** were referred by psychiatrists and psychologists to undergo 6 months art therapy group program.
- **Diagnosis:** Schizophrenia, Bipolar Type 2, Depression, Anti Social tendencies, Borderline Personality Disorder.
- **Age Group:** 19-22 (mixed gender)
- **Type of Group:** Closed Group
- **Objective of the Group therapy:**  
The chance to build social connections and reduce feelings of isolation by sharing experiences and fostering empathy.
- **Similar Passion & Strength:** Arts and music

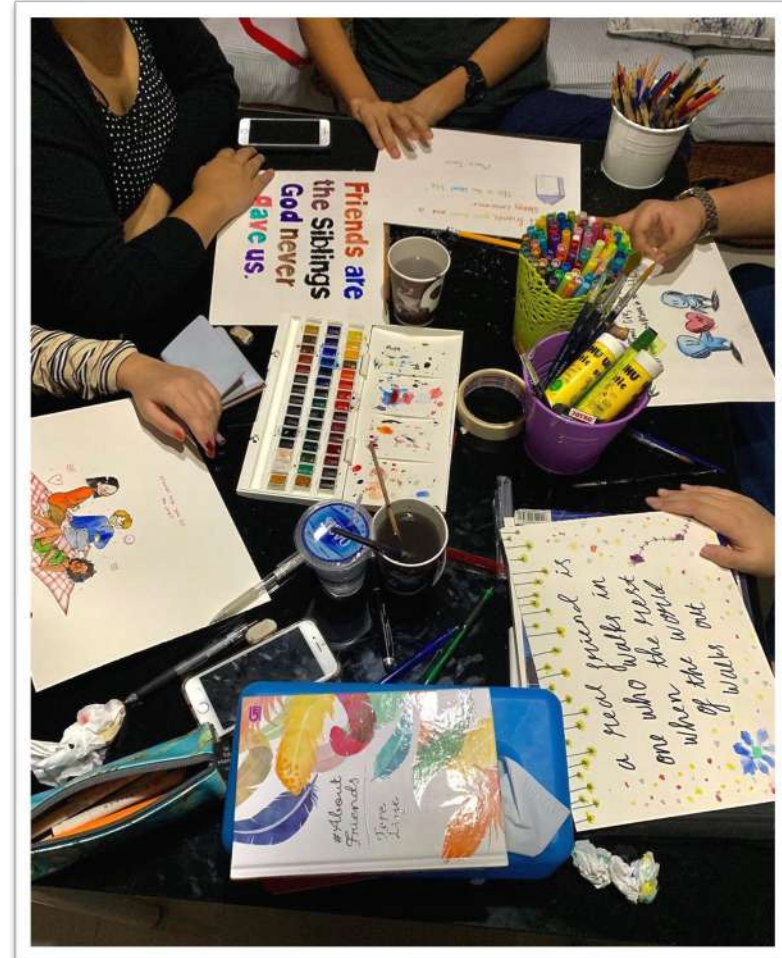
Each modality serves a different purpose

## Art Therapy

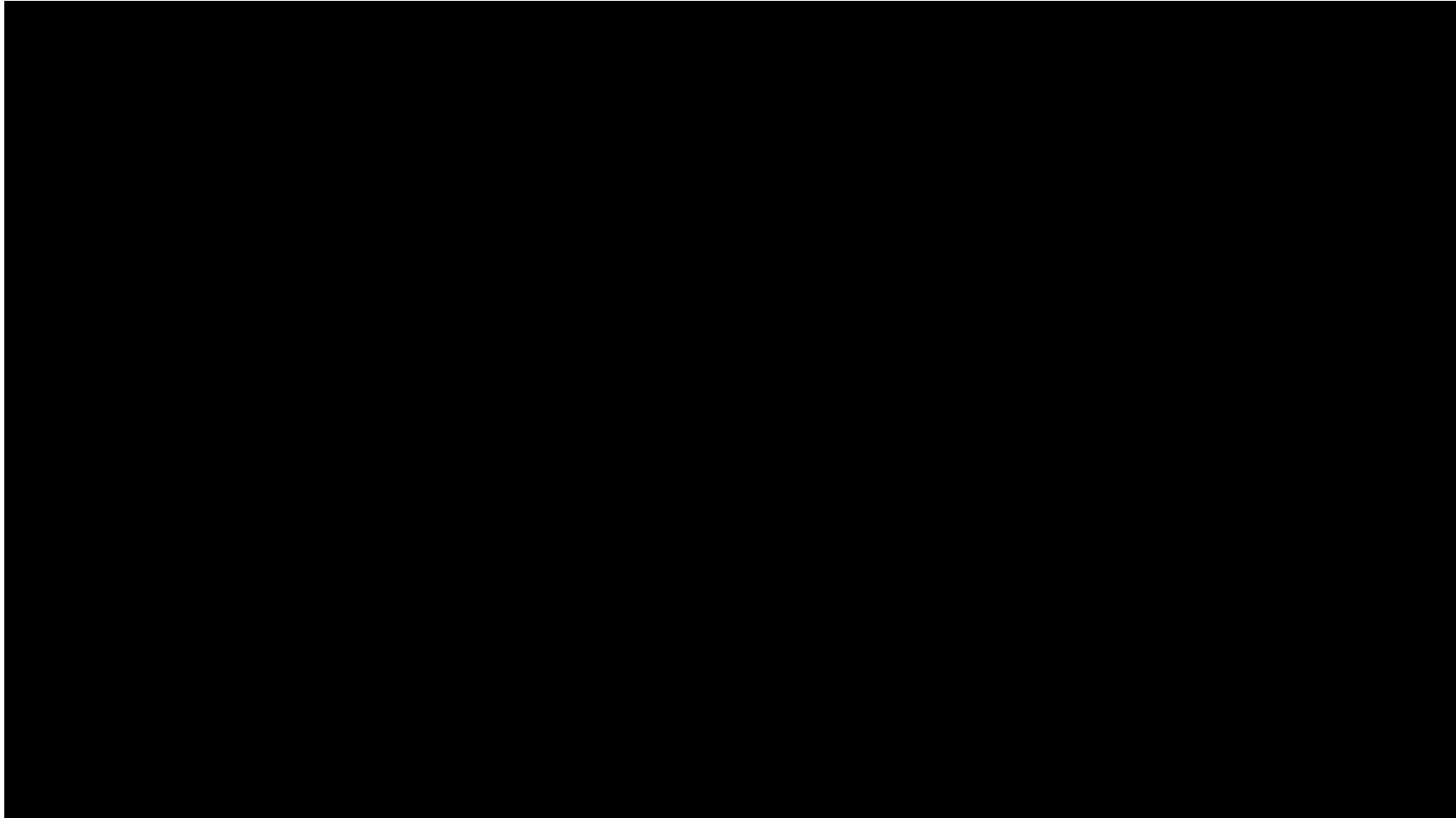
Art therapy serves as a medium for self expression and reflection to gain understanding about what they struggle with daily. Gain insight to different perspectives.

## Music Therapy

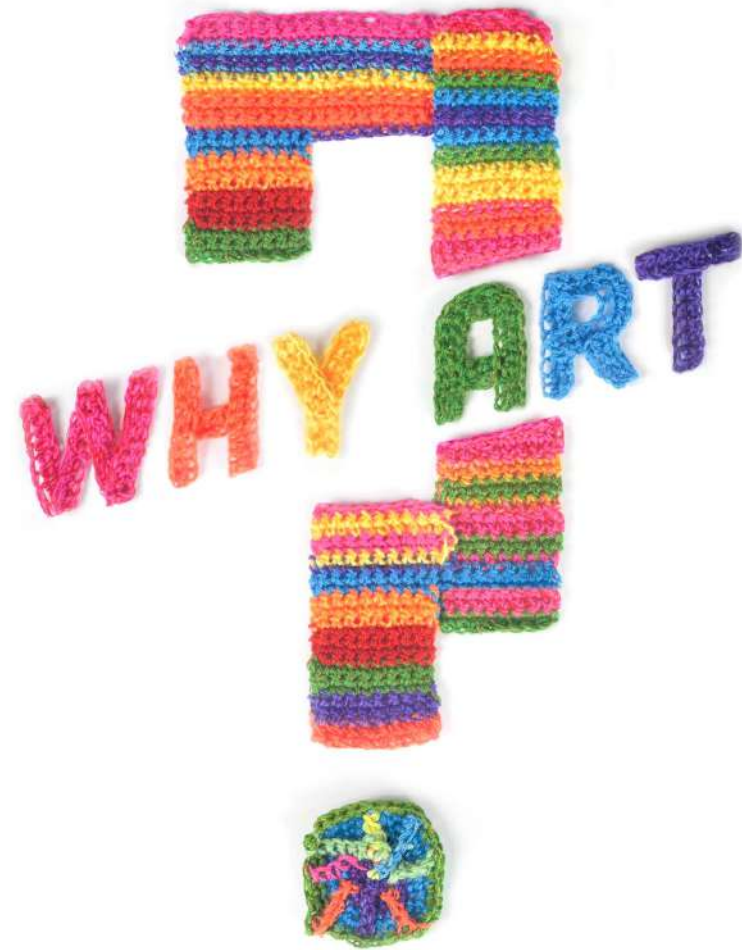
Music therapy serves as a medium for collaboration and creating anchor for their struggles.







## **Music Therapy**



“Art is  
the expression or application of human  
creative skill and imagination”

— Apple Dictionary

Art is our true global language. It knows no nation,  
it favors no race, and it acknowledge no class. It  
speaks our need to reveal, heal and transform. It  
transcends our ordinary lives and let us imagine  
what is possible. —Richard Kamler

# Art is a Form of Social Communication



Cave painting - 40,000 BC



Girl With Balloon – Banksy (2020) Stencil Street Art

The need of making art is a basic human urge, a trait of our species as natural as language, sex, social interaction and aggression

# Art is the Window to the Soul..

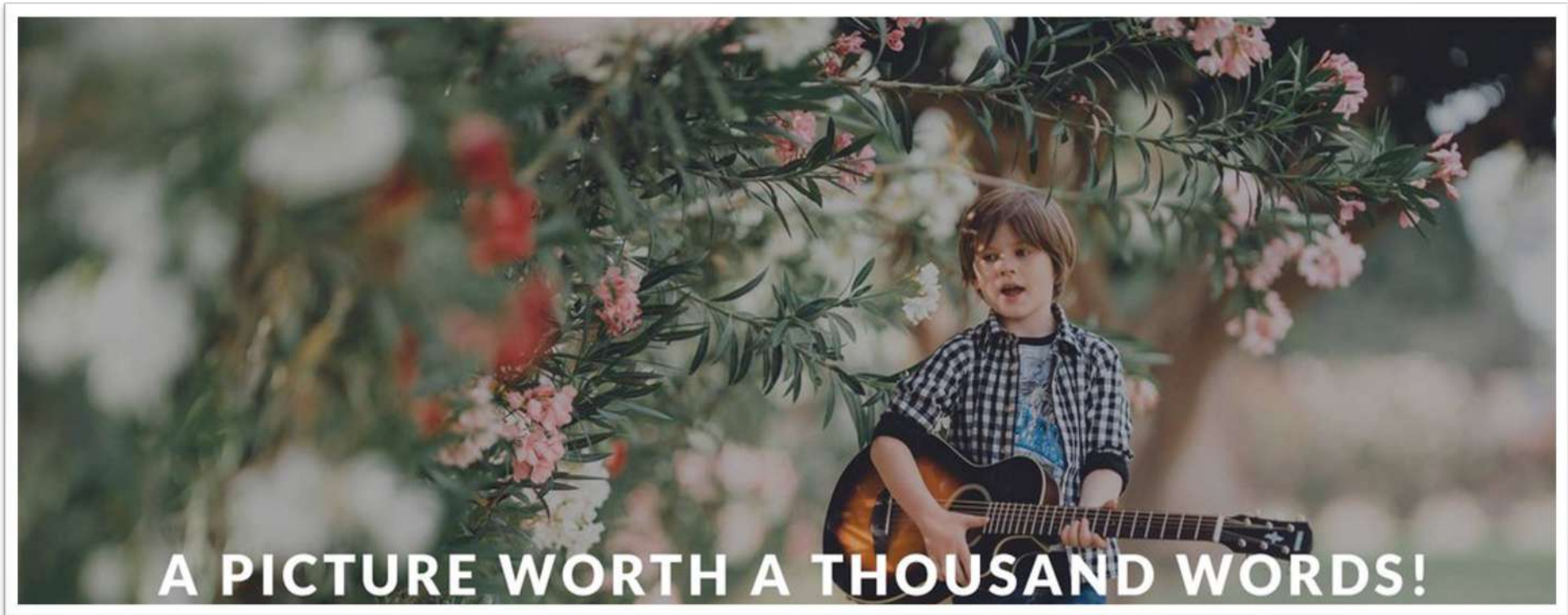


Artistic expression provides a unique glimpse into subconscious, our inner thoughts, feelings, and experiences.

## Art is Useful for Sublimation and Katharsis



Art serves as a powerful tool for sublimation, allowing individuals to transform intense emotions and impulses into creative expression, while also providing a cathartic release that helps to process and heal from psychological distress.



The metaphor "a picture is worth a thousand words" in art therapy suggests that visual expressions, like art, can convey complex emotions and ideas more effectively than verbal descriptions alone.

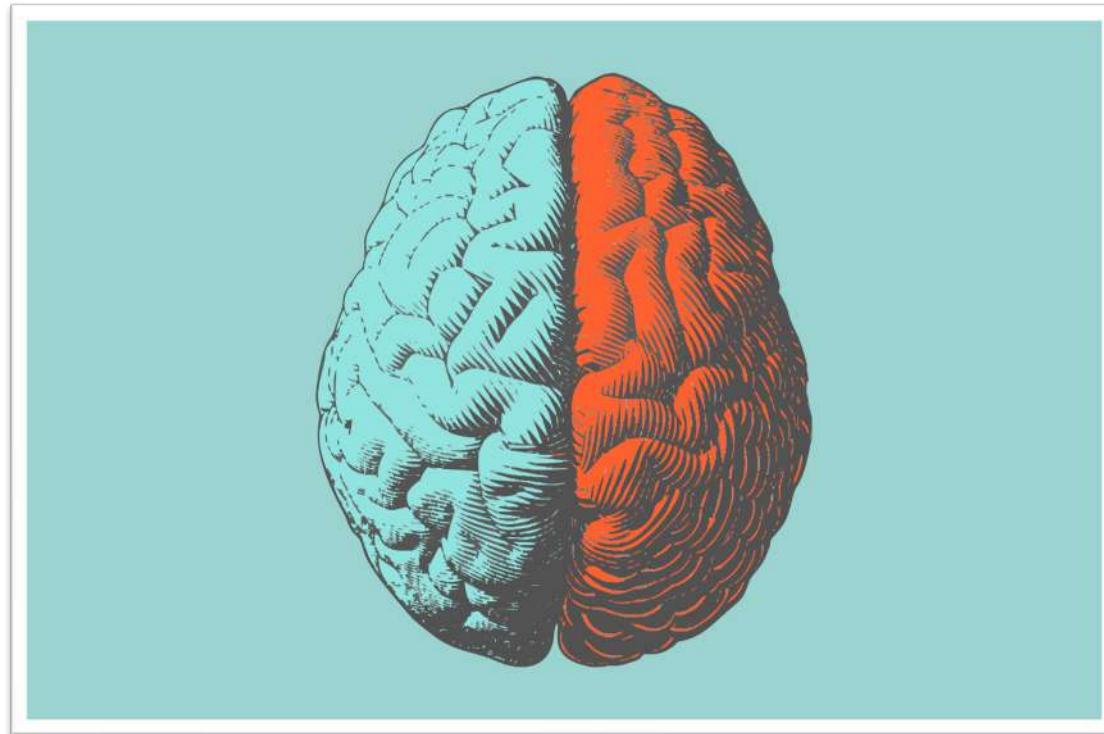


## We Think, Imagine and Dream in Images



Research has discovered that Trauma experiences often become encoded in the mind in a form of memories. Visual art may offer a unique way to express traumatic images, bringing them into consciousness in a less threatening way.

## Expressive Art Making Uses Both Part of the Brain



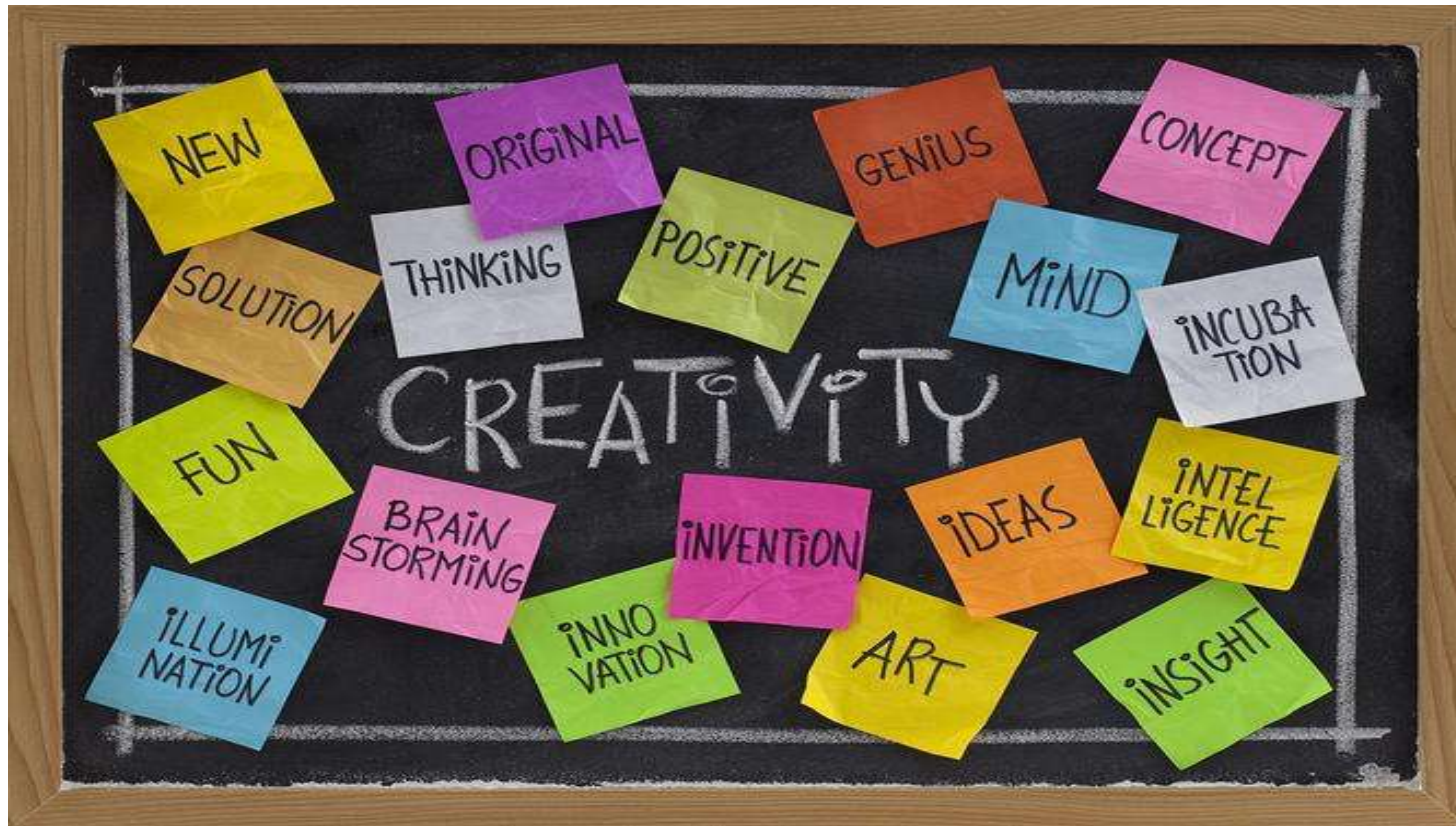
Engaging in Art Therapy helps to synch both the right and left hemispheres of your brain so you start to use your *whole brain* on a much more regular basis. This can have incredibly positive effects on your overall sense of well-being and connection to self and others.

## Art is Effective for Trauma Processing



Bilateral art therapy is effective for trauma processing because it engages both hemispheres of the brain which can reach where trauma is held (in the amygdala), through techniques like alternating movements or bilateral stimulation, which can also enhance emotional regulation and integration.

## Art Making Uses Creativity



Engaging in artistic activities encourages creative thinking, which can foster problem-solving skills and new perspectives on challenges.



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SUPPORTING: SUSTAINABLE DEVELOPMENT GOALS



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