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THE EVOLUTION OF ART THERAPY AND PROPOSED FUTURE APPLICATION

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The Evolution of Art Therapy and Proposed Future Application

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ABSTRACT

The goal of this thesis is to describe the evolution of art therapy into the practice it is today and propose a future alternative use. Currently, art therapy is applied to a variety of populations and purposes with abundant research to support its efficacy; however, there is a gap in research on art therapy for college-aged students. Art therapy may be a viable alternative stress-management tool for mental health providers on college campuses, which could mean more participation from students in the available counseling resources and ultimately a reduction in the likelihood of students reaching a crisis. By analyzing prior research on art therapy for other populations, this thesis offers justification for its future use on the college campus.

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