



# Depression and art

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## SAŽETAK:

Art therapy is based on the idea that creative process of art production has healing and life-enhancing abilities, and represents a form of nonverbal communicating of one's thoughts and feelings. Similar to other forms of psychotherapy and counseling, it is used to encourage personal growth, increase self-understanding, and assist in emotional reparation. Emphasis on the therapeutic aspects of art in the act of creation is considered a form of art therapy. In cooperation with the Academy of Fine Arts in Zagreb, we have created a program titled "The World and I / I and the World" as part of the Club of Patients at "Sveti Ivan" Psychiatric Hospital in Jankomir. The program consists of several cycles of art workshops for both hospital and ambulatory patients. Within the same cycle, the workshops are substantially different, complement each other and form a special experience aimed at establishing the intrapersonal and interpersonal communication. The introductory workshops are followed by workshops that allow participants intensified expression in terms of understanding oneself and relationships with the others, as well as an insight into the past and present emotional experiences. The final workshops complete the experiences from the previous workshops and allow the participants to create a positive outlook for the future. The workshops are intended as teamwork of the workshop leaders (faculty at the Academy of Fine Arts), psychiatrists, psychologists and other staff members.

[HTTP://DX.DOI.ORG/10.17486/GYR.3.2067](http://dx.doi.org/10.17486/GYR.3.2067)