

Center for the Women of New York



Art as Therapy

Presented by Argie Moutafis-Agelarakis

Moderated By
Victoria Pilotti
President

Center for the Women of New York

Saturday, September 26, 2020

About CWNY



Since our founding in October of 1987, the Center has shown that women working together can be an effective force. We are a voluntary, non-profit organization, dependent on dues from our members and on the volunteer efforts of business, professional and community women and men in New York City.



We advocate strongly for women's full equality by partnering with like-minded organizations and elected officials. We participate in women's marches and organize symposia on topics like domestic violence and human trafficking. We help women in crisis through referrals to social services.



At the Center for the Women of New York, we believe education is a cornerstone of women's economic independence. To that end, we offer classes in conversational ESL, computer skills, and other topics, and an annual Career Conference to enable women to gain employment and rise in the workplace.



Whether we're marching for worthy causes, celebrating women's accomplishments in leadership, the arts, or sports, camaraderie is a hallmark of CWNY. We've come a long way since the Second Wave of the Women's Movement in the latter half of the 20th century, and while there are many struggles ahead, we celebrate how far we've come.



Art as Therapy

Presented by Argie Moutafis-Agelarakis
Artist & Adjunct Professor at
Adelphi University and
the School of Visual Arts



ARGIE MOUTAFIS-AGELARAKIS



www.argiesart.com

Argie Moutafis-Agelarakis, a Greek-American artist working in NY and Greece, earned her BFA at The School of Visual Arts, her MA at Adelphi University, and is a Part-Time Faculty member at both Universities. Drawing from her experience as a published illustrator in archaeology, anthropology, and art, she teaches courses in scientific illustration, food-culture-and-art, ethnobotany, the benefits of art therapy, art as social justice/activism, and the relationship of art and science. Her paintings, abstract or surreal, are influenced by her technical illustrations, yet break free from them, finding beauty in the purest forms in our natural environment, aiming to convey a rhythm or harmony of color, form, and composition.

Art as Therapy

This presentation will explore the history and role of Art Therapy, its uses and benefits. How the creative process serves to heal, particularly in times of personal crisis and turmoil, will be examined as well as the simple process of creating for pure pleasure and well-being.

Participants may draw or doodle during the presentation and at the end of our discussion those joining will be encouraged to share their work and experience.

A preview of future discussions will include:

- ▶ Women in Art and Society
- ▶ Women in Science



Art Auction

CWNY is grateful to artist Argie for her donation of original mixed media framed work of art to be auctioned at a later date to benefit our programs.



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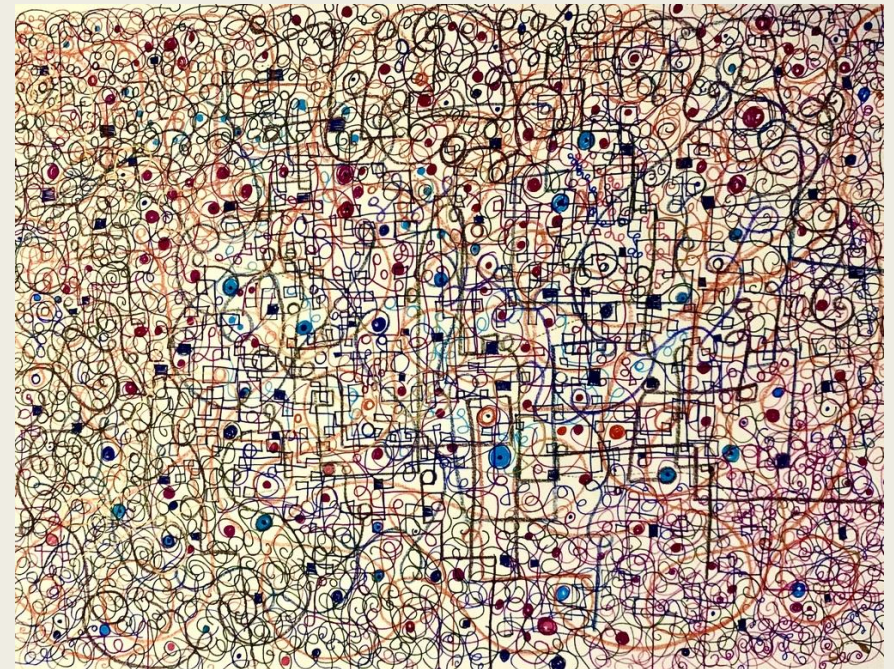
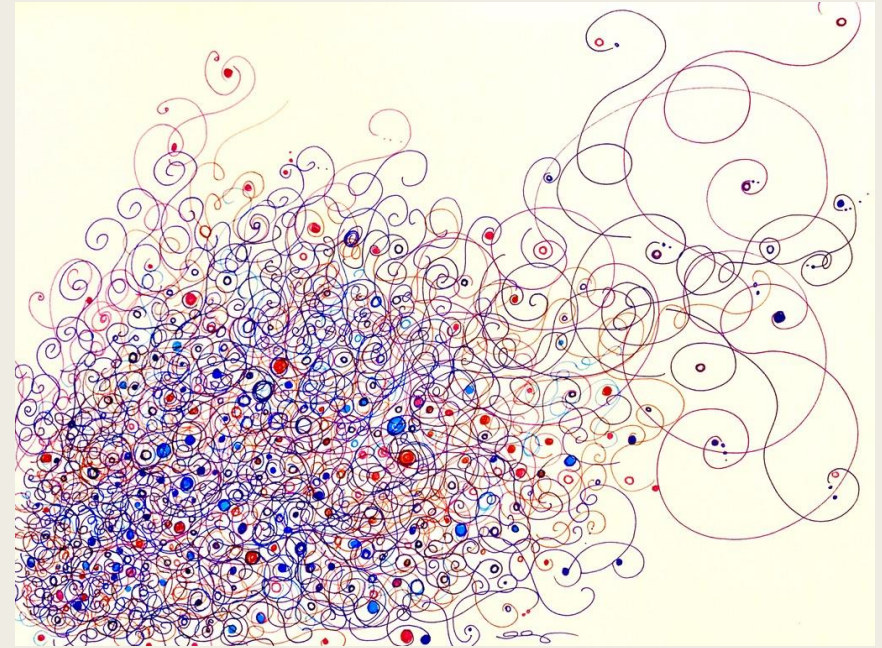
ART THERAPY

History, Uses, Benefits

From an Artist's and Educator's Perspective

Doodles

- During this presentation, grab a piece of paper, a pen, pencil, your, media of choice and doodle. We will share our work and experience at the end of this presentation.
- *Why DOODLE?*
- Doodling relieves stress
- Helps you concentrate
- Improves memory
- Helps you retain information
- Prevents you from daydreaming
- Keeps you focused



Who am I?...

- Daughter, spouse, mother ,grandmother, artist, professor
- Born and raised in Queens, NYC
- BFA School of Visual Arts
- MA Adelphi University
- Archaeological Illustrator
- Scientific Illustrator
- Artist
- Part Time Faculty at Adelphi University for 8 years
- Part Time Faculty at the School of Visual Arts for 5 years
- Anthropology, Art
- Scientific Illustrator, Archaeological Illustrator, Freelance Artist
- Courses developed and taught
- www.argiesart.com

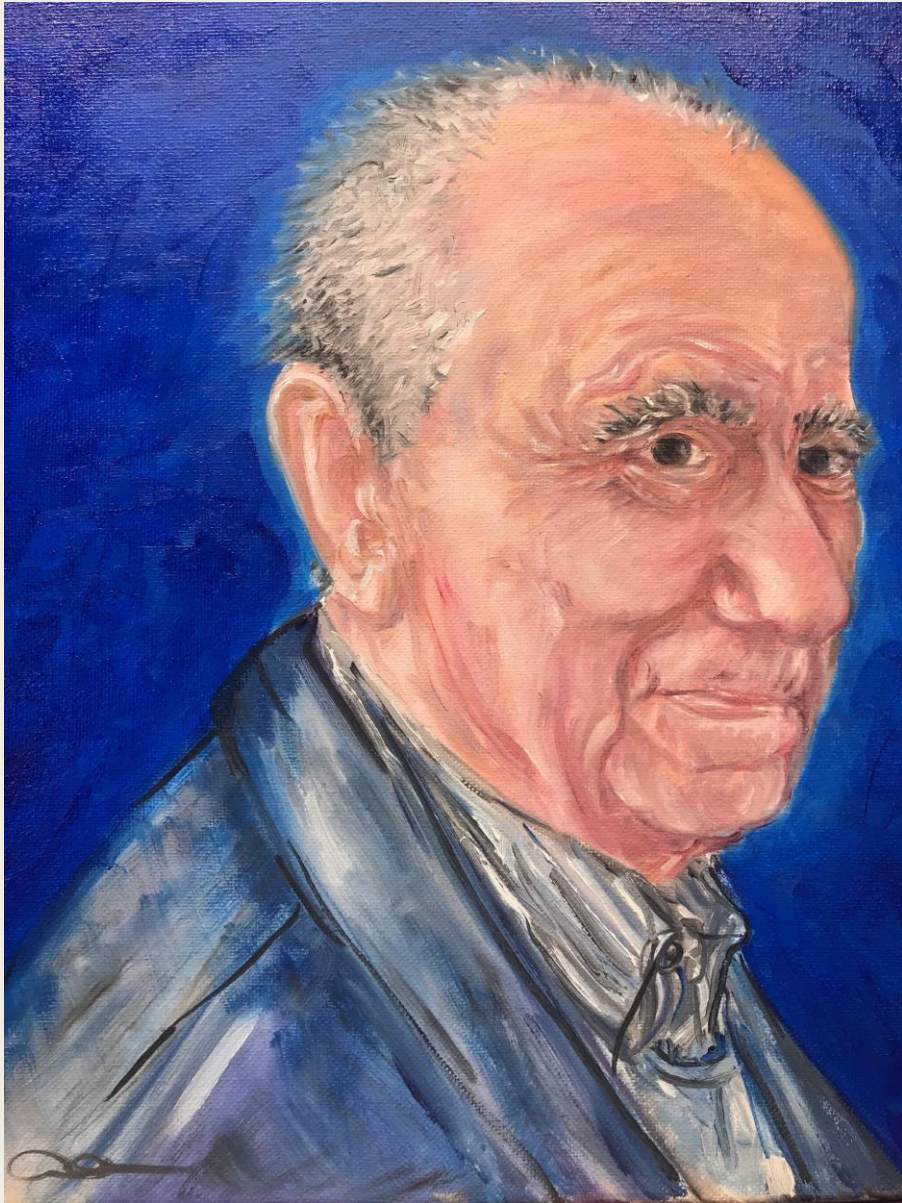


Work Experience

- Archaeology
- Archaeological Illustration
- Field and Museum settings
- Freelance illustrator/painter









Geometric Period *Plithos* Burial Ground at *Chora* of Naxos Island, Greece: Anthropology Report

Anagnostis P. Agelarakis



Access Archaeology



Publications in archaeology

- Since 1984....
- Publications in Archaeology & Physical Anthropology Journals, Medical Journals, Textbooks

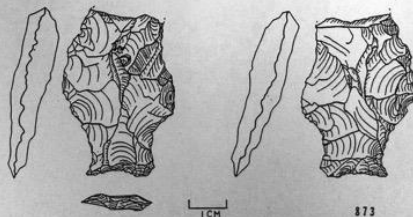
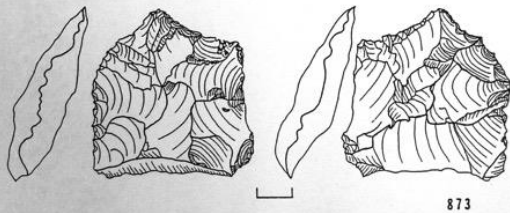
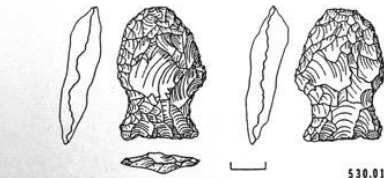
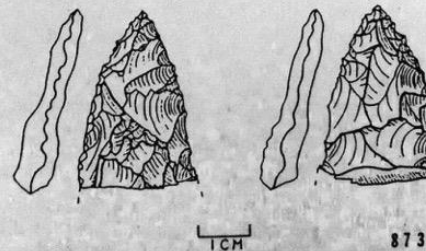
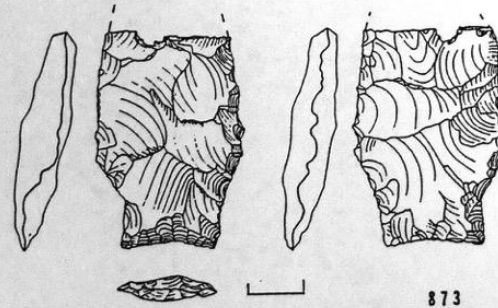
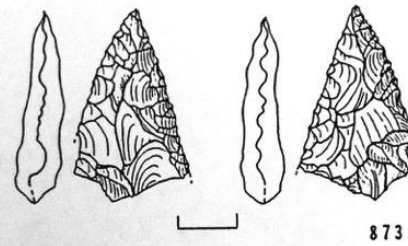
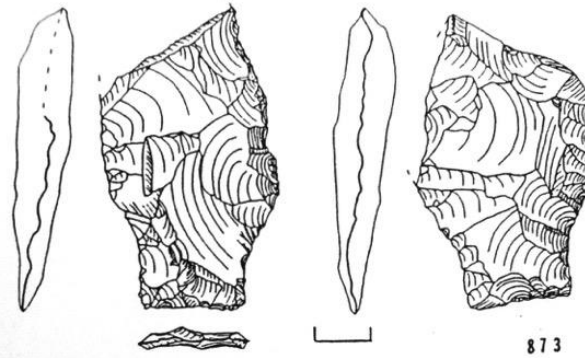
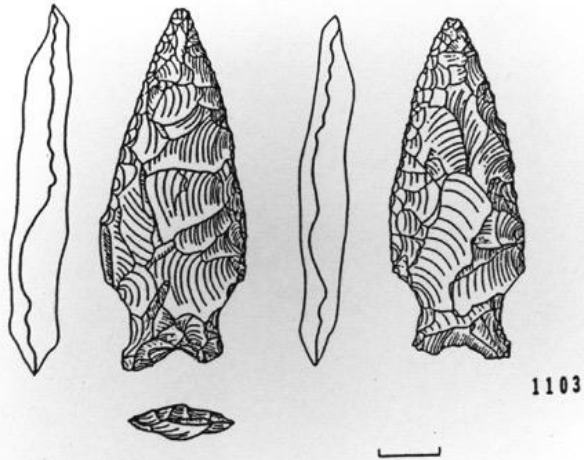


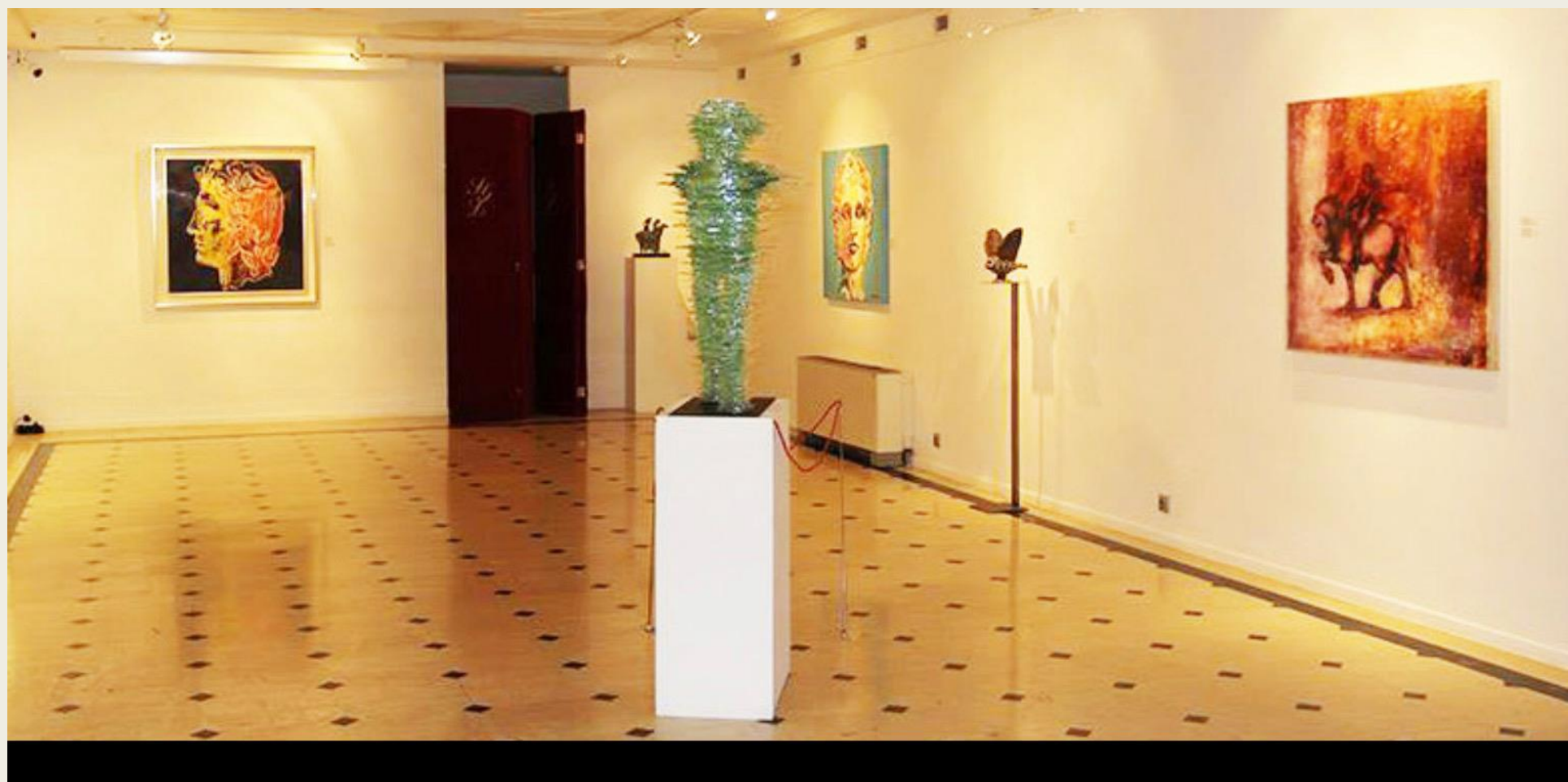




Lithics

- Nahr Ibrahim, Lebanon
- Ralph Solecki
- Helen Panagopoulou
- Terry D'Altroy, *The Inca's*
- Greek Archaeological Society
- CRM
- Anna Roosevelt, *Mound Builders of the Amazon*
- The Museum of Natural History

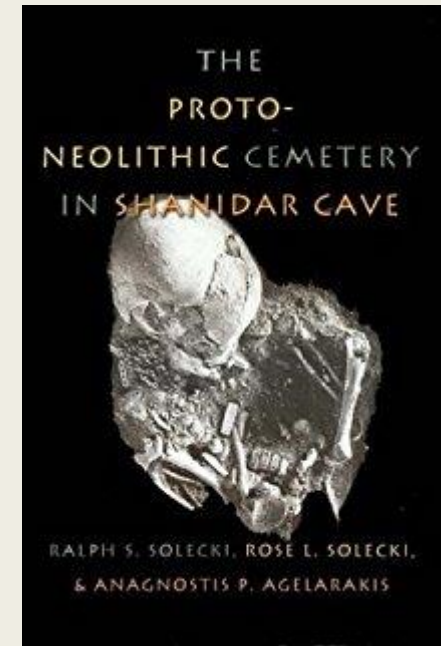






Iraq

■ Ralph Solecki

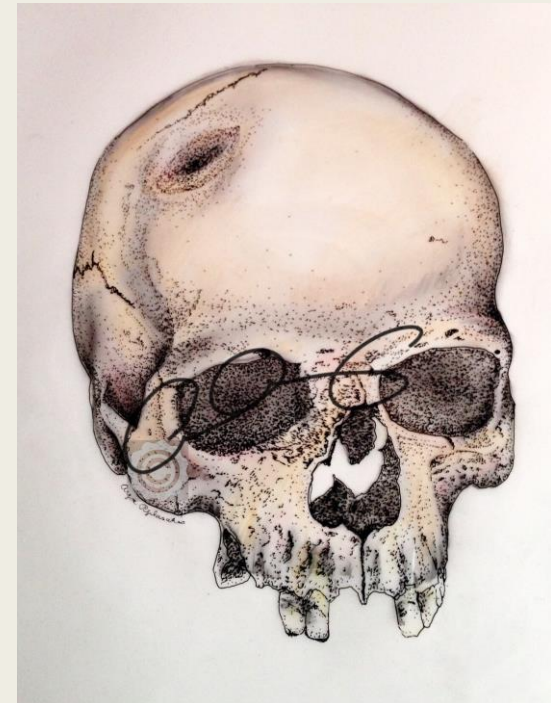
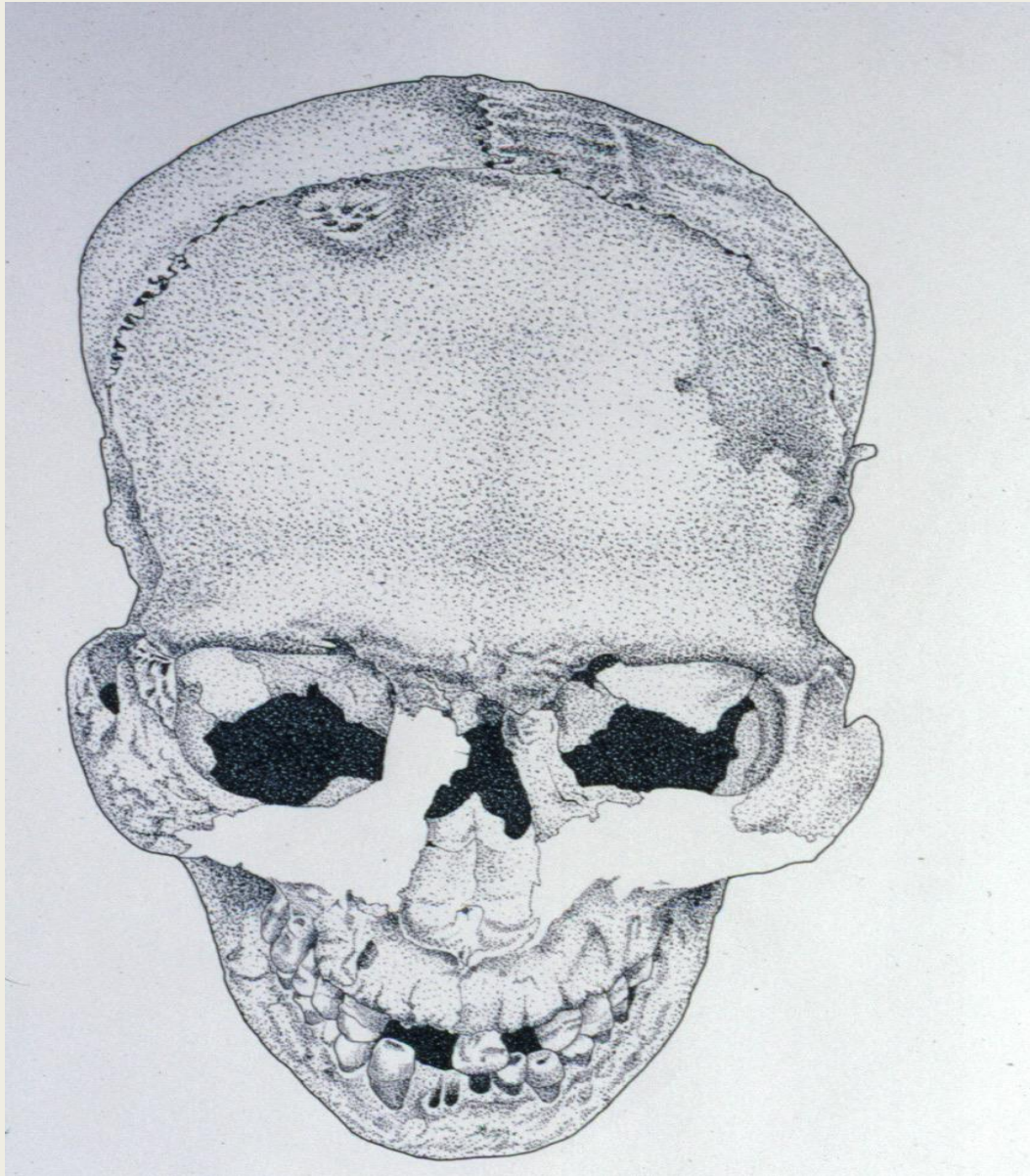




Puerto Rico

- Loiza, Taino Indians, 7 Century
- Rincon, Carib Indians



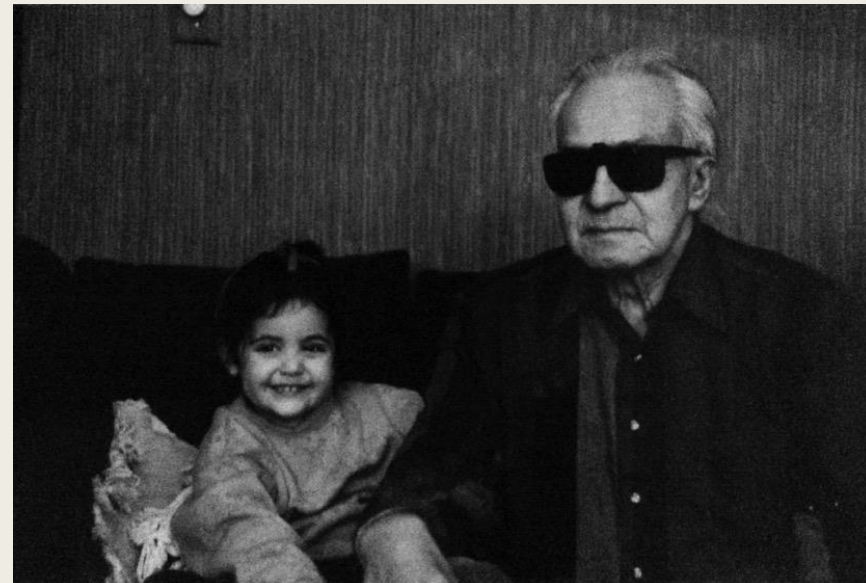
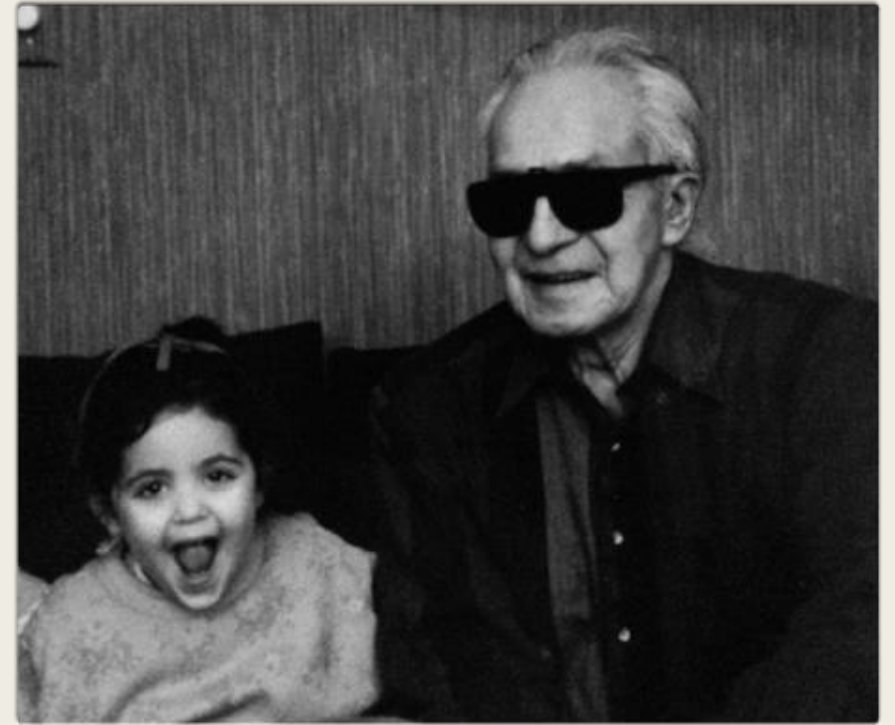






Chief Leon Shenandoah, Onendaga

“We must live in harmony with the Natural World and recognize that excessive exploitation can only lead to our own destruction. We cannot trade the welfare of our future generations for profit now. We must abide by the Natural Law or be victim of its ultimate reality.”





Abstract painting by [Artist Name]



Abstract painting by [Artist Name]

COVID 19, 2020

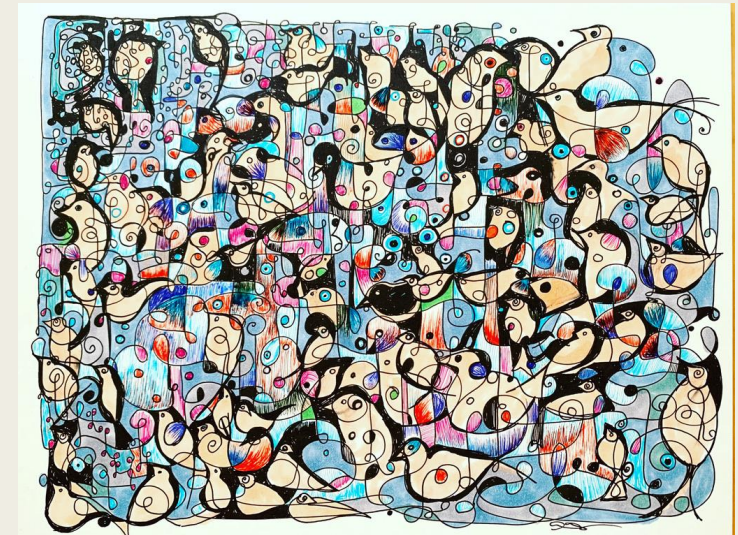
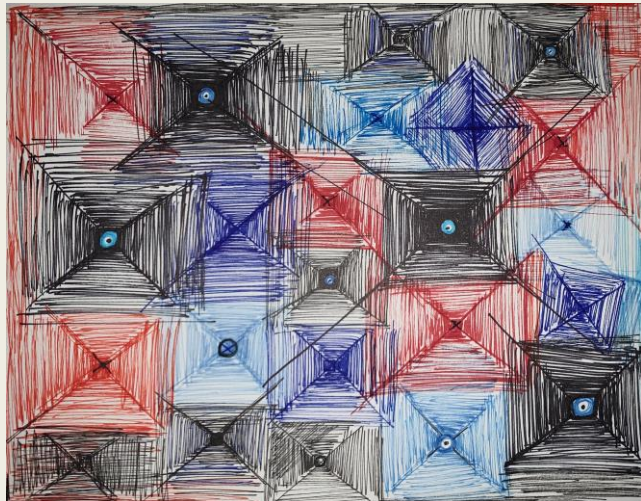
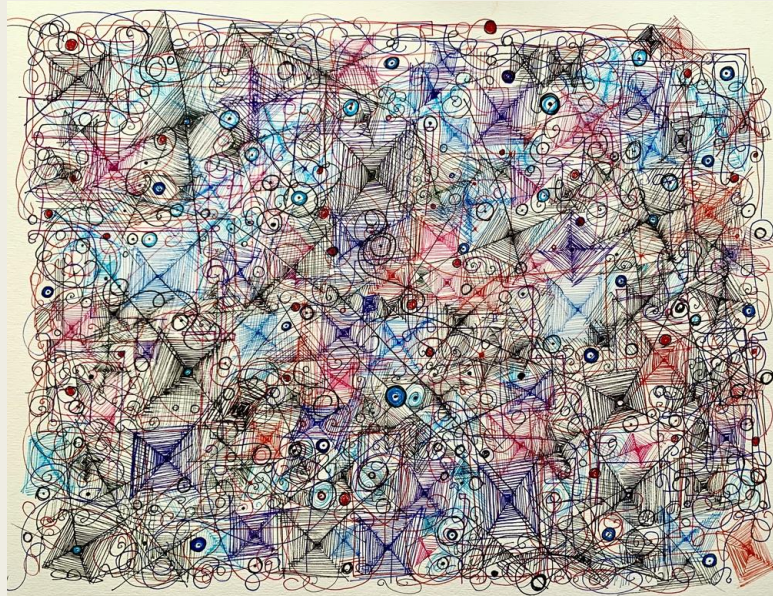


At first, business as usual..... then long overdue technical work.....



Quarantine gave me the opportunity to catch up on long overdue commissions and projects

Quarantine, Protests, Riots, Curfew





Technical Workss

Art taught in medical schools & Law Enforcement

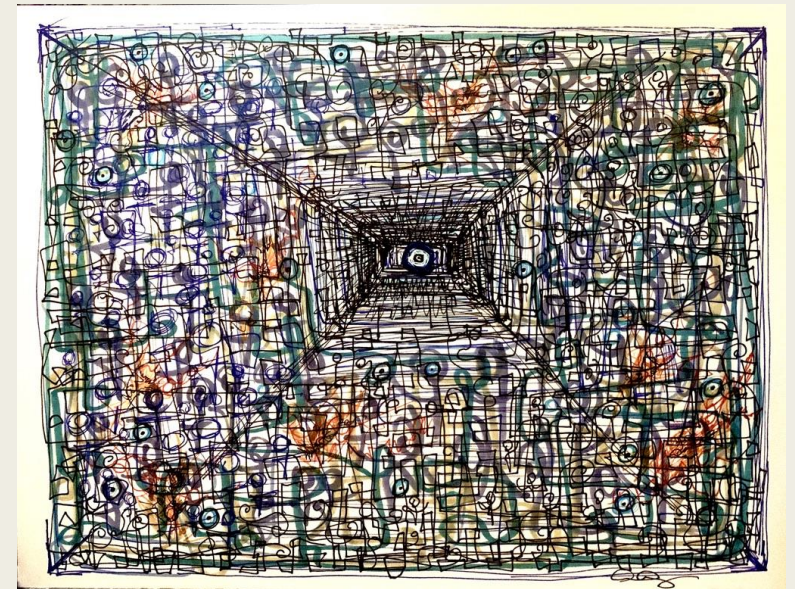
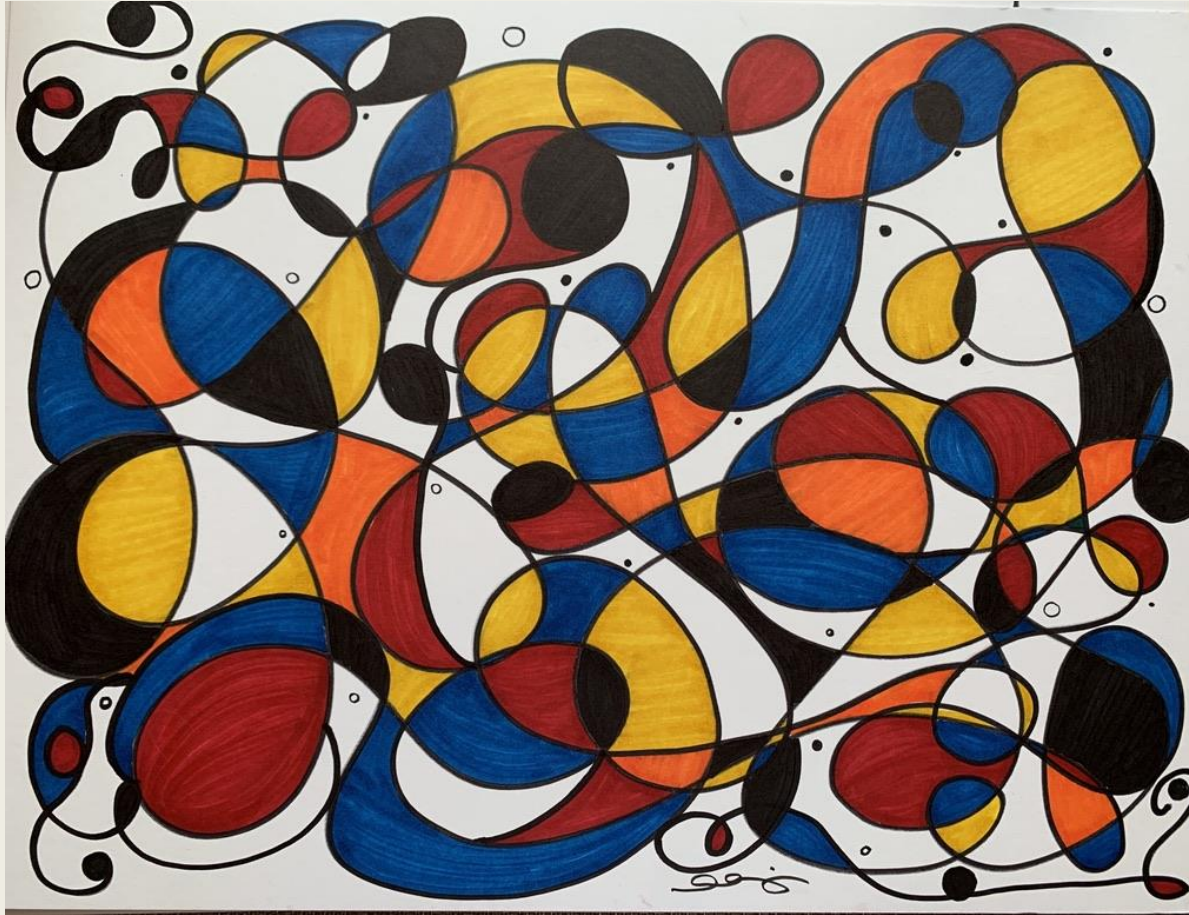


What is art to me, My “Safe Place”

- <https://www.youtube.com/watch?v=uOA8jSRllhA&t=64s>
- https://www.youtube.com/watch?v=u_-vkPVMlO8
- https://www.youtube.com/watch?v=r_wFmxGGkBs&t=6s
- www.argiesart.com
- MOMA, Monet's *Water Lilies*

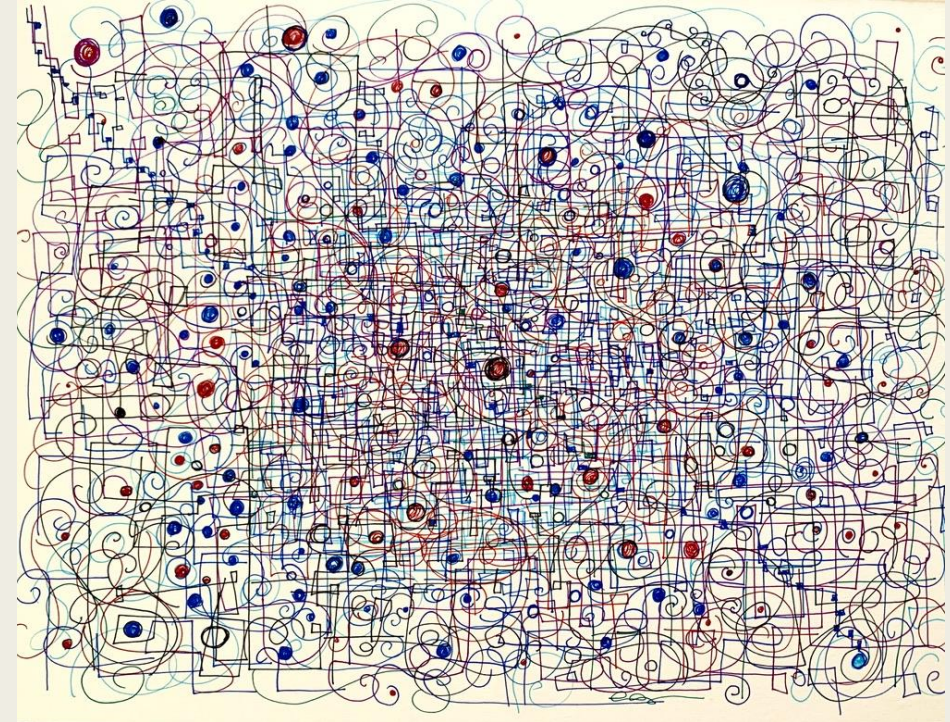


What is art to you?



What we will be exploring?

- Art Therapy, History, Use, Benefits of
- Art Therapy Programs
- Artists and Incarceration
- Art as Social Statement, Artists as Activists, Art as Protest, Political Art



Art Therapy (drawing, painting, sculpting, writing, music, dance, photography)

- Art has always been used as self expression, for communicative purposes, as symbolism, for ritual purposes, and more dating back to cave paintings 40,000 years ago.
- Art Therapy is a field of psychotherapy
- Therapists are trained in both art and psychology (human development, psychological theories, clinical practice)
- Through creating art, experiencing the process & medium, the cognitive ability is increased.
- Helps cope with the symptoms of PTSD, distress, mental issues, disabilities, or disease.
- Art therapy helps improve lives.

Where is Art Therapy Used?

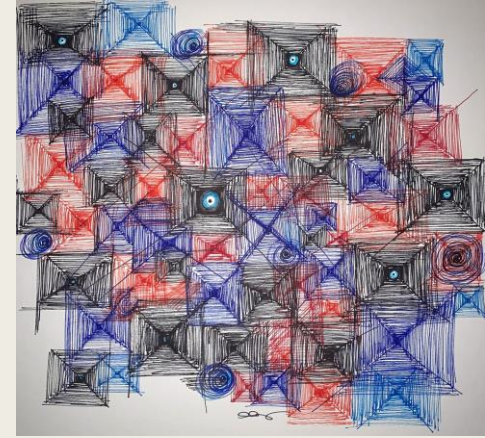
- Schools
- Private practice
- Hospitals
- Shelters and half-way houses
- Nursing Homes
- Prisons
- Recreational Centers
- Grief Counseling
- Veterans
- Psychotherapy
- Counseling

Art Therapy, What is it?

- Helps individuals work through issues through using s a form of art
- These issues may include, trauma, PTSD, mental issues, stress and anxiety, depression, dementia, grief, cancer care, ADHD, autism, abuse, art for the incarcerated
- The individual uses art to help communicate
- The process itself is soothing, therapeutic
- Art heals
- Anyone can benefit
- Painting, drawing, music, dance, all the arts
- Writing, journaling



- The [British Association of Art Therapists](#) defines [art therapy](#) as:
- ...a form of psychotherapy that uses art media as its primary mode of communication. It is practiced by qualified, registered Art Therapists who work with children, young people, adults and the elderly. Clients who can use art therapy may have a wide range of difficulties, disabilities or diagnoses: emotional, behavioral or mental health problems, learning or physical disabilities, life-limiting conditions, brain-injury or neurological conditions and physical illness.
- Art therapy may be provided for groups, or for individuals.
- It is not a recreational activity or an art lesson, although the sessions can be enjoyable.
- There is no need to have any previous experience or expertise in art.



- The [American Art Therapy Association defines art therapy as:](#)
- Art Therapy is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development.
- Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress and traumatic experiences.
- Enhance cognitive abilities
- Enjoy the life-affirming pleasures of making art.

History of Art Therapy

- In the 1940's it was used as a therapeutic discipline in the US and Europe.
- **Adrian Hill**, an artist that suggested using art for patients
- Used his art as therapy while recovering from TB in a sanatorium. He realized its therapeutic value.
- *"I became... a diligent and leisurely composer of precise pencil productions, each of which, in the terms of my restricted medium, sought to express my personal reactions to the unreality of my existence"*
- He later began to teach groups of patients and realized the potential of art as therapy.
- Art can heal... It begins with doodles
- Art Versus Illness, 1945 documents his discoveries



Edward Adamson, 1911-1996 UK

"The actual "therapy" is purely incidental. The important thing is the art! You see, it's therapeutic for patients to walk across the hospital grounds to get to the studio. If they're going to sit in a group of patients, it's therapeutic. But the great thing is the actual art they are producing: that's the thing that is getting them better. The mere fact that they put their brush to paper and try and paint".

- Graphic artist
- Served in WWII as medical orderly (“chiropodist”)
- Worked with Adrian Hill
- First brought art therapy to long-term mental hospital patients
- Burnt matches, toilet paper...
- Opened gallery
- The art of creating healed... free expression, no need to explain, non-interventionist
- Edward Adamson, worked with mental patients until 1981 in Britain; was non-interventionist approach to art therapy (patient self-expression and with no psychological interpretation). More than 100,000 pieces made by patients was collected, and 6,000 are still on display at the Wellcome Library. “The Art of Healing”, 1984
- Ethical issues?

Background of Art Therapy

- Freud: Dreams and images “I could draw it, but I don’t know how to say it.”
- Jung: “the artist is not a person endowed with free will who seeks his own ends, but one who allows art to realize its purpose through him”

Margaret Naumberg, 1890-1983

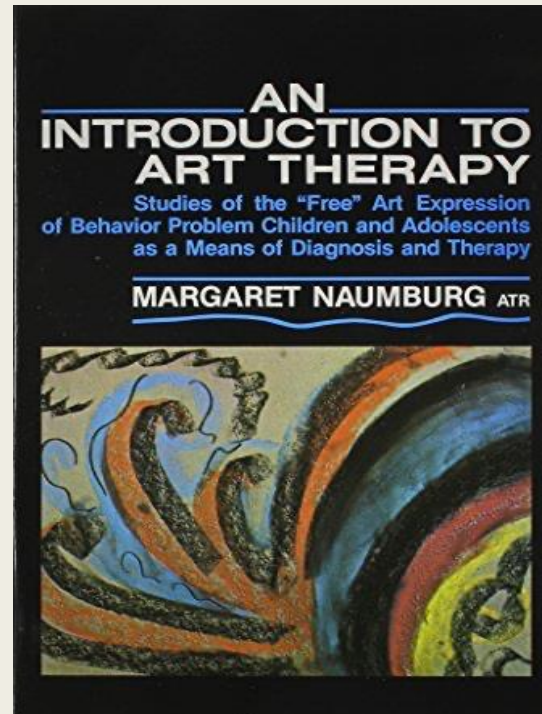
Psychologist, educator, author

Wrote about art therapy in schools

- “Spontaneous creation of images can tap into the unconscious mind”
- American psychologist, educator, artist
- 1914 opened first Montessori school in the US
- Founded the Walden School
- Worked in NY State Psychiatric Institute with adults and children 1941-47
- Used Art Therapy, “scribbling” on large pieces of paper freely.
- Then the individual would redraw what they saw in scribble
- Unconscious imagery is said to be released
- The art was the means for the individual to express their feelings, explore, relax, not for the therapist to interpret, discourage or guide.



- Incorporated art , performance, and music into her teaching practice
- She was the first psychotherapist to use art therapy
- Mother of Psychology
- She created art psychotherapy
- The unconscious speaks through art and imagery
- It is the process of creating, not the piece created



Edith Kramer, 1916-2014, Austrian

- Art Teacher
- Realized the potential of art as therapy while teaching art to children of political refugees in Prague, @1934
- The process of creating was the therapy, and the finished piece that holds the mystery, clue, what is needed to heal.
- Came to America to escape Nazi invasion in 1938
- Worked in boy's school for children with behavioral and emotional needs.
- She was the “Art Therapist”
- Worked with children that expressed themselves through art, not words



- Kramer: ART AS THERAPY, art making and process becomes the healing, all art is therapeutic
- Naumberg: ART IN THERAPY, diagnose and treat mental conditions
- Both taught at NYU
- Naumberg , 1950's taught Art Therapy in the Graduate School
- Kramer, 1973, Developed their Art Therapy Master's Program

More Women

- Hanna Kwiatkowska, 1910- 1980, Polish, artist, National Institute of Mental Health
- Sculptor, art therapist, child and family psychiatrist
- First person to document and conduct art therapy sessions for families
- Was first art therapy student of Margaret Naumberg.
- Taught Art Therapy Technique at George Washington University
- **Family** therapy vs group therapy
- Published many works



Florence Cane, Art Educator, 1882-1952,

Margaret Naumberg's older sister

Did not consider herself an art therapist

Art was used as “expressive therapy”

When creating work, the artists should look to their own emotions for expression

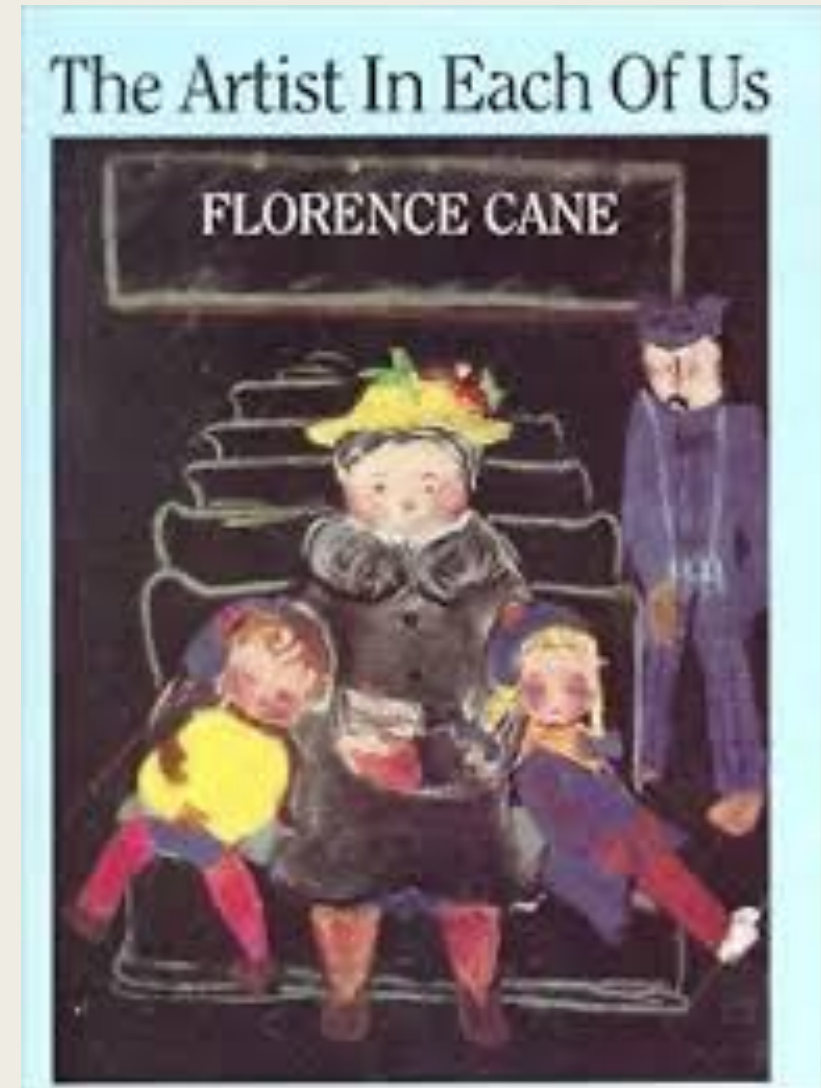
Creating art for the purpose of self-expression, self-awareness and growth

Kinesthetic movement-mind and body to create art

The Artist in Each of Us, 1951 was her only book and considered the first art therapy textbook

Scribble technique, non-dominant hand, elaborate on what they see

Limited color palette



Giirija Kaimal, Drexel University, PhD Program in Creative Arts Therapies

- Studies the “physiological and psychological outcomes of creative visual self-expression”.
- PTSD, cancer care-givers, veterans and active duty military peoples
- According a study on 2016, she found art has a positive effect on participant’ stress levels
- Study involved the monitoring of stress hormone levels before and after art-making
- 75% of participants had decrease in the stress hormone after 45 minute session
- Participants in study had no art background or experience
- Process of creating physically helps relieve stress
- It is an enjoyable process

According to the AATA, today

- “Art Therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art Therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.”

Art Therapy as Alternative Medicine

- “Mind-body” intervention –the mind’s capacity to influence the body
- Positive emotions help the body heal
- Meditation, prayer, support groups
- Art making is deeply connected to the mind , body, and spirit
- Neuroscience and neuroaesthetics and the better understanding of how the brain works and responds to art (brain scans)
- Art expression helps in expressing traumatic events, memories
- Drawing is relaxing, soothing, allows one to explore
- 1/3 of American use alternative or complementary treatment

What does art do?

- Increases our perception of quality of life (cancer patients, dementia)
- Viewing great works of art brings us all kinds of sensations
- Self-rewarding
- Courage!
- “Creativity takes courage.” Henri Matisse
- Art making has the potential to enhance your health and well-being
- It is not limited to therapy in a formal setting or purpose, but rather useful to healthy people
- It is a form of personal therapy to overcome trauma, confront loss, recover from illness.
- Creating allows us to lose ourselves, overcome blocks, and experience emotional release.

What is the point of art?

- Engaging in the arts help us lead better lives, by accessing the better versions of ourselves.
- We reconnect with things that matter
- We relax
- We rebalance
- Art banks our emotions
- Learning to pay attention to detail
- Patience
- Sparks our curiosity
- Teaches us resilience and helps us to cope, helps us to process our feelings

Art Therapy & Autism

- Art therapy helps reduce behavioral problems
- Helps with self-image
- Since verbal communication may be an issue, art becomes the means (visual communication)- relieves stress of not being able to speak words
- Builds self-confidence
- Children with autism “think in pictures”
- Mimic emotions through their art
- Stephen Wiltshire, landscapes from memory



Art Therapy and Dementia

- Aids self-expression
- Hand-brain coordination and movement
- Cognition is stimulated through color and lines
- Non-verbal communication (their language is often impaired)
- Venting of emotions, negative feelings
- Improves attention
- Perspective is off...
- Mood improved, enhanced memories, decreased behavioral and psychological issues

William Utermohlen



1967



1996



1997



1998



1999



2000

Drawing within

- It is not necessary to be an artist
- Trust your intuition
- Process, not product
- No need to analyze your creations

Art Heals

- The work heals the artist, and in turn heals others
- Most creative people produce less during calm periods
- Creativity is a means of healing, providing self-understanding, emotional stability, conflict resolution
- The arts are a means by which issues are soothed, resolved
- Expressing our inner turmoil through creativity and using art therapy work.



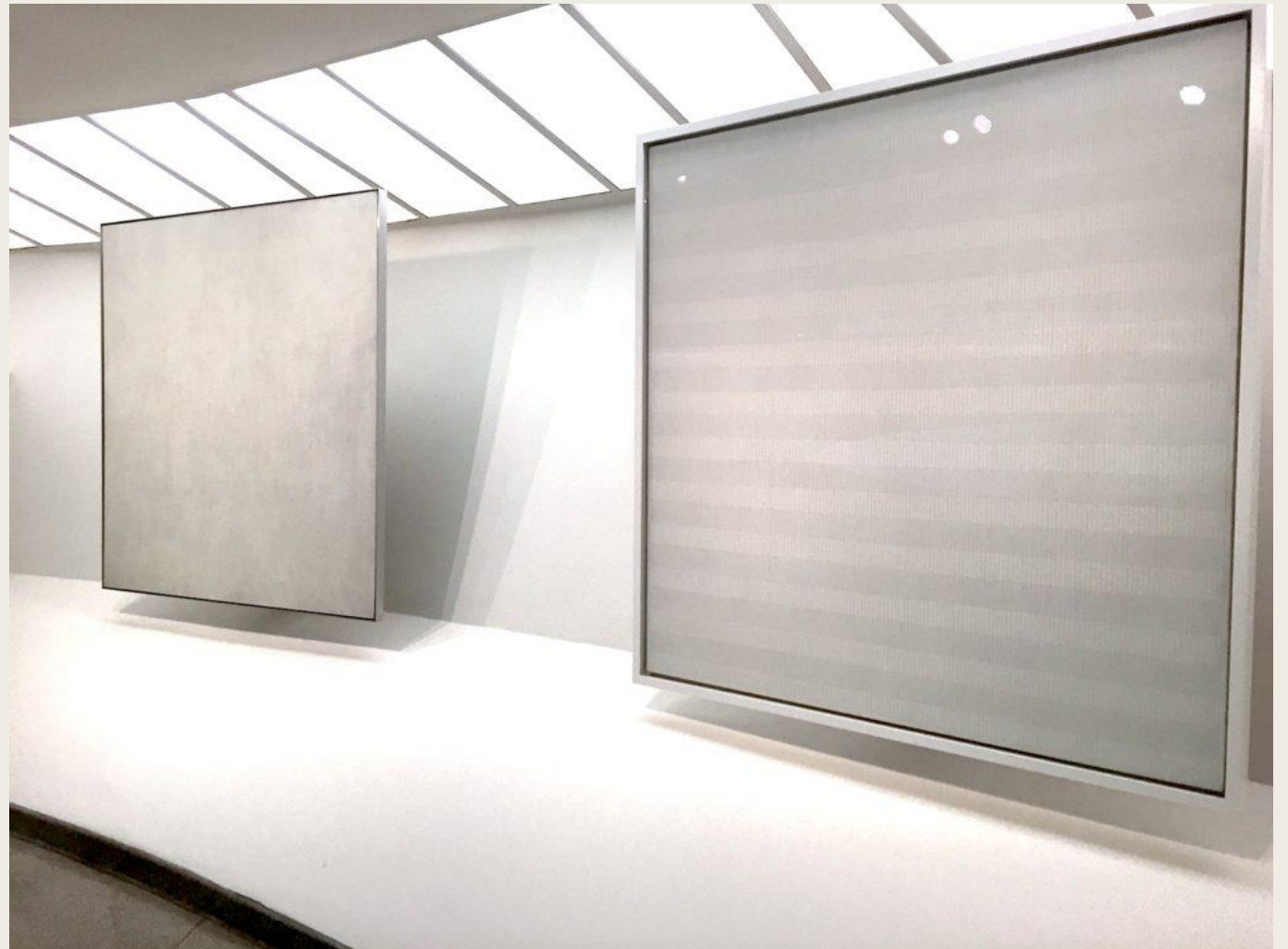
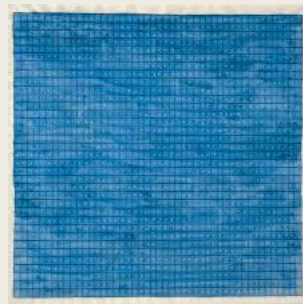
Yayoi Kusama, Japanese, 1929

- Suffers from hallucinations and obsessive-compulsive behavior





- Agnes Martin, 1912-2004, “Minimalist”
- Schizophrenia
- Her art was her therapy



Possible future webinars:

- Women in Science
- Women in Art and Society
- Arts Programs, Criminal Justice, Social Justice. Art as Activism



The Guerilla Girls

Women



Wellcome Images

- Women did not have the training and did not work professionally or recorded in art history books
- Less visible as artists but quite visible as subjects
- In art, “mad” men appear melancholic, introspective, hidden genius, maybe
- Women appear hysterical, sad, sobbing, angry, and of course sexualized
- Art therapy for women- knitting, cooking
- Men? Painting, drawing, sculpture
- Guerilla Girls 1980's



Camille Claudel, 1864-1943

- Mentee of Rodin, sculptor
- Was his inspiration, model, lover
- Dependent on him

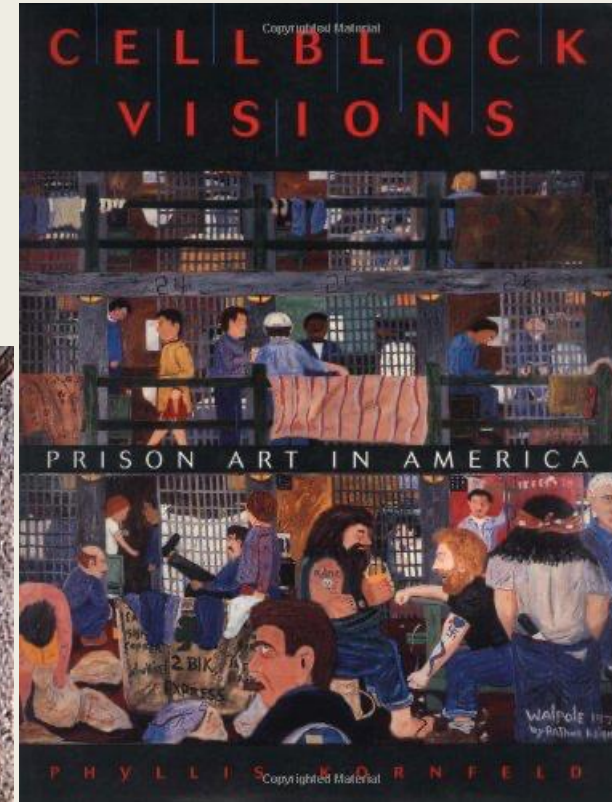
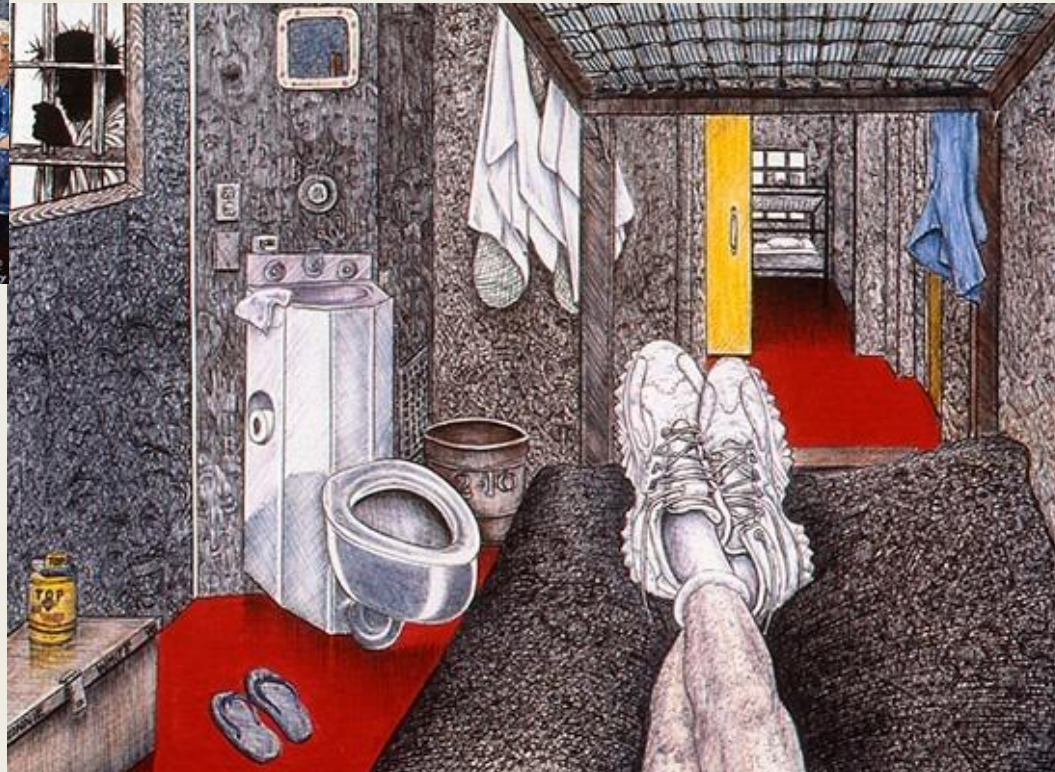


Art in Prison

- Throughout history, writing was most common form, since supplies are not needed.
- They can be easily hidden and stored
- Instant coffee as paint!
- Programs throughout the US and Australia have proved to have a positive influence on behavior even long term
- Art is one of the only ways inmates can express themselves from prison

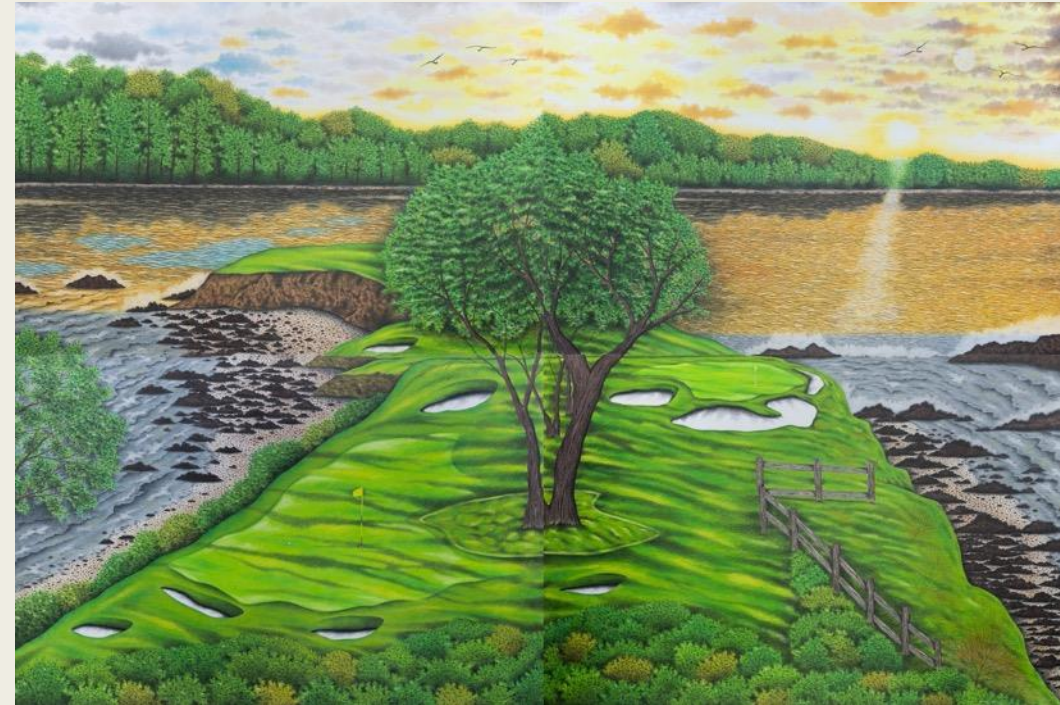


Cellblock Visions, Phyllis Kornfeld



For the incarcerated, drawing is a lifeline NY Times, 9/19/19 (The pencil is key) drawing center in soho

- Valentino Dixon, 26 years in prison for murder
- Used colored pencils
- Was inspired by scenes found in magazines
- Sent samples to Golf Magazine, article published about him and his prison art, , created media interest, and Georgetown Undergraduates helped open his case, freed 2018
- The exhibit argues the case that drawing may be a lifeline





<https://www.nytimes.com/2017/06/11/arts/design/agnes-gund-sells-a-lichtenstein-to-start-criminal-justice-fund.html>

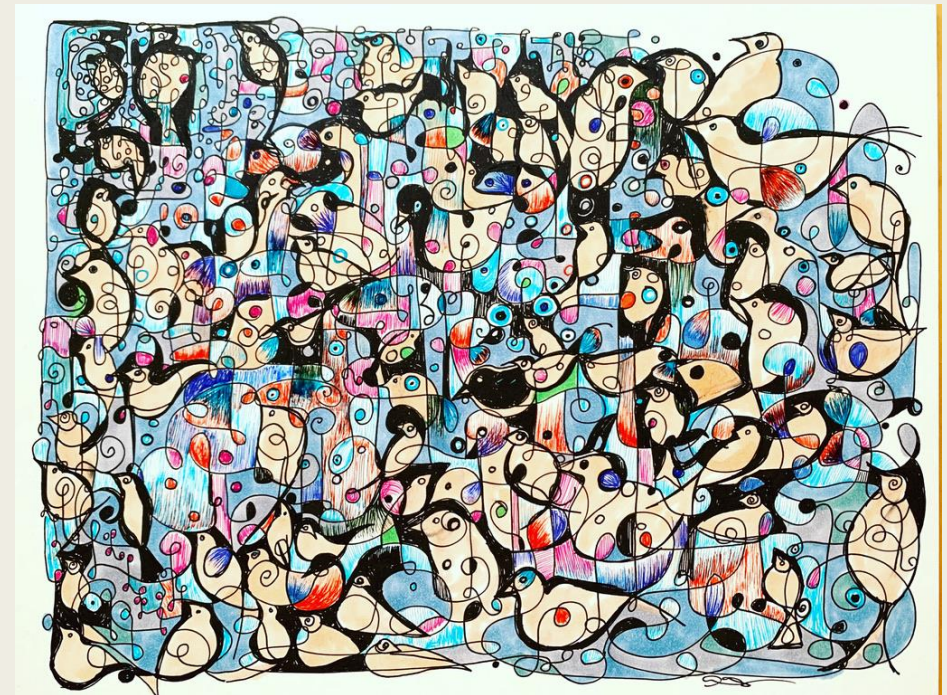


Political Art, Activism

We must never forget art is not a form of propaganda; it is a form of truth.

John F. Kennedy

- Art is a reflection on society and the times
- Art has a significant impact on society, religion, and more (music, visual arts, literature, dance)
- It reflects the time it was created
- In religion, art preserves traditions, reflection, ideals
- Art highlights injustice, brings awareness, makes a statement
- Art brings people together, "builder of political community" (gallery openings, events, discussions)
- Artists address social issues, environmental issues
- Art mirrors the aesthetic standard of the specific time period (Trump)



In conclusion...

- The creative process is a mystery
- We have yet to unravel all of it
- The Ancient Greek Philosophers stated that creativity involves a regression to more primitive mental processes.
- Plato stated that, creativity is a "divine madness...a gift from the gods"
- Art Heals, "Many artists report that their motivation for engaging in their creative endeavors is to work through, release, or better understand their own destructive urges."
- An artists pushes the limits, delves deeper.

Questions, Discussion

- Show your doodles!

Art in Nature



Patterns in the Sand





perspective



more
patterns
in the
sand





Center for the Women of New York
thanks our presenter
Argie Moutafis-Agelarakis

Center for the Women of New York



Center for the Women of New York



You can download this PowerPoint
presentation at
cwny.org/past-events





Upcoming Webinar:

Thursday, October 15, 2020
10 – 11 am

Parenting School Children in a Pandemic
Tips and Resources to Manage the Stress of
Virtual/Blended Learning

Upcoming Webinar:



Tuesday, November 10, 2020

6:30 – 7:30 pm

The Power of Financial Independence

COVID and Beyond

free registration:

https://us02web.zoom.us/webinar/register/WN_bK4_1nYmQQi7xZhOxR3_2w

This slide was edited after 9/26/20

Current Services

Caregivers Phone Support Group

Conversational English as Second Language Class

Legal Support Team

Referral Services

Webinars on Women's Issues

Women in Crisis Individual Counseling

Women in Crisis Support Group

Center for the Women of New York



Upcoming Events

Book Club

Computer Classes

Women Artist Exhibit

Walking Group



**Help CWNY continue to
provide educational
programs:**

Or volunteer for us!

<http://cwny.org/volunteer/>

<http://cwny.org/donations/>

<http://cwny.org/membership/>



POLL

Would you be interested in an outdoor art workshop with Argie at Fort Totten?