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## Description

There are many ways to deal with emotions, it has been proven that creative avenues are superior when coupled with other decompression measures. Until recently art hasn't had a scientific backing to the effects it has on the brain and coping mechanisms of the human's development. In ArtLogic, we will explore the concept of using what you have experienced in life and channeling those feelings, thoughts and other emotional responses to meaningful works of art. These experiences can be loss of loved ones, educational or professional trauma, coping with diagnosis and much more.

## Methods/Models

Developing a small team of individuals to create spaces for persons to explore their creative avenues. Methods that can be introduced are journaling, doodling, painting, creative writing (short stories), spoken word and movement. These techniques are to be guided by the leaders of these workshops to deepen the works of participants.

Leaders of these groups are ideally artists or creatives themselves, while some will simply be previous or long time participants that have taken a leadership/mentorship role in the development of others skills. Through this model, the social worker, medical provider and/or licensed professional can be supported by the subgroup of non professionals that are invested in drawing out emotion and developing skills of the group. This will provide a less "heavy" space for attendees to investigate their needs.

Professionals will simply be around to provide precise guidance for attendees feelings. Once a quarter or twice a year, those who so choose will be able to display their work in a

community art show. Sponsored by community partners and organizations, staffed by group participants and feature the art of local artists, group members and some of their leaders.

## Results/Expectations:

*The brain's structure is being revealed through advanced fMRI studies. Neuroplasticity is key in the brain's evolution, structure, and ability to repair, or re-channel pathways. Because exposure to art invokes and stimulates both brain hemispheres, creating or viewing art stimulates the motor cortex even though there may be no movement involved. This is an exciting advance in treating neurological conditions such as stroke and traumatic brain injury. (Demarin, Bedeković, Purić, & Pašić, 2016)*

Demonstration of the neural effects of “visual art production on psychological resilience in adulthood” was explored in the 2014 study by Bolwerk, Mack-Andrick, Lang, Dörfler, & Maihöfner. The results were astounding in proving the impact that visual art exposure can greatly transform and influence the advancement of a person and their feeling towards trauma.

Art is also incredibly meaningful to the deepening of a person and their empathy, gratitude, bias awareness and communication skills. Simply by participating in the creation of art in a group an individual can learn how to use precise language related to their feelings. This skill of self expression empowers participants and creators alike to broaden their active listening skills. A set of abilities that develop over time when safe spaces are created to explore sensitiveness to fellow artists and non-artists alike.

## Lessons Learned:

In this vein of awareness, we have found that art also decreases depression, stress and the traditional doctors visit. By helping a person find deeper spaces in their mind, you will find the creation of a “happy place” that people can feel safe and supported. This deeper thinking can trigger the neurochemical responses by releasing endorphin, oxytocin, serotonin, and dopamine the chemicals released when a person feel good! This “self coping” allows individuals to use skills learned through the creation and criticism of artistic works in their everyday life.

These exciting advancements in evaluating visual art and the brain are the tip of the iceberg. It is convincing that regular creative visual art exercises are worth the effort. It's easy for anyone to get started. Collage, journaling, and painting all provide benefits and require minimal investment.

## Works Cited

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