



DEPARTMENT OF COUNSELLING PSYCHOLOGY
LOYOLA COLLEGE, CHENNAI



WALL PAINTING REPORT

Students from the Department of Counselling Psychology initiated wall painting to make the classroom more fascinating and encouraging. Students worked as teams. The art concepts chosen are related to the field of psychology.

Art therapy

Art therapy, a hybrid field largely influenced by the disciplines of art and psychology Which uses the person's creativity and artistic method to help in dealing psychological problems. It releases positive endorphins, decrease stress hormones in brain, helps in proper ventilation of emotions to avoid depression, anxiety, panic attacks.

Techniques used in art therapy can include:

- Collage
- Colouring
- Doodling and scribbling
- Drawing
- Finger painting
- Painting
- Photography
- Sculpting
- Working with clay

Rationale to use wall painting as art therapy (Effect of Environment on Mental Health)

Wall painting helps to reduce stressful thoughts such as the thoughts to be a perfect artist, rather simply indulging in art, playing with colours and paints is therapeutic in itself. And hence wall painting was used as a tool to impact the mental health of the students in a positive way.

Healing art therapy

Healing is an internal process involving will, strength, and positivity. Art therapy is not simply a spiritual process. It is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. By art we mean everything that is creative, anything that stirs the inner voice and challenges the latent mind. This process, involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviours and feelings, reduce stress, and improve self-esteem and awareness.



Mandala art therapy

In mandala art therapy, the client is asked to create a mandala that represents his or her emotions. People experience solace and find these mandalas as powerful tools for containing negative emotions, such as fear, anxiety or anger. Each mandala provides a clear picture of the emotional state of its creator.



Creative art therapy

Creative arts therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional wellbeing involve the use of art, music, drama, dance/movement, poetry/creative writing, play or sand play.



Colour psychology

Colour psychology is still used today as a holistic or alternative treatment. In this treatment:

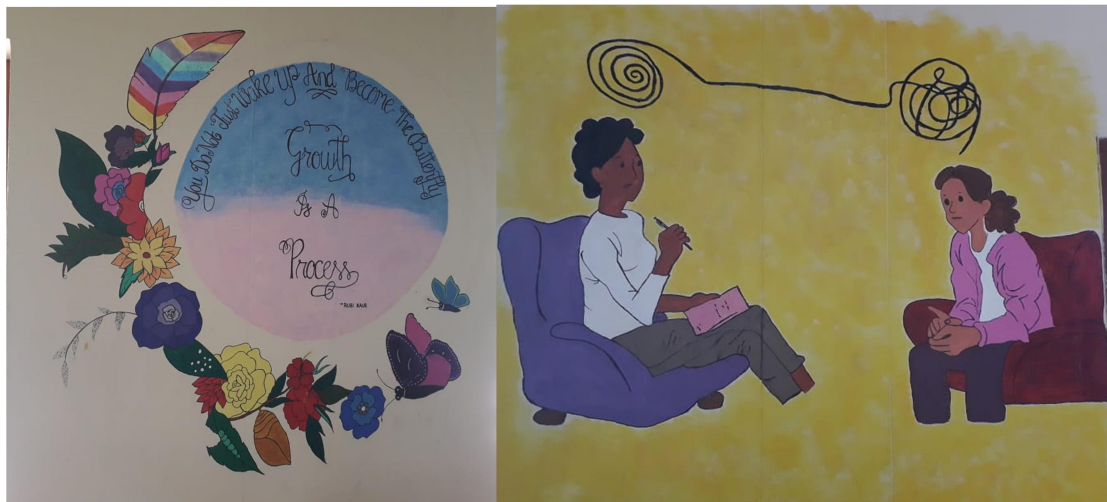
- **Red** is used to stimulate the body and mind and to increase circulation.
- **Yellow** is thought to stimulate the nerves and purify the body.
- **Orange** is used to heal the lungs and to increase energy levels.
- **Blue** is believed to soothe illnesses and treat pain.
- **Indigo** shades are thought to alleviate skin problems.



Effects of art therapy on mental health

- Self-discovery
- Increased self esteem
- Stress relief
- The greatest benefit of art therapy is giving a healthy outlet for expressing and letting go of all feelings and fears.

Outcomes



BETWEEN
-THE PAGES OF-
A BOOK IS
a wonderful
PLACE TO BE



Learning

- Coordination
- Group thinking
- Leadership
- Cooperation

Conclusion

Through this group activity, team coordination of students was increased and this help the students to release out their stress.