Clinical Research and Evidence-based Practice

There is a growing body of evidence for the practice and efficacy of Art Therapy. The literature shows Art Therapy is a valuable intervention expanding the possibilities of working psychotherapeutically with client populations who may not be able to engage in more verbal oriented psychotherapies. It also shows that working with the art therapy process enables a connection to and processing of feeling states that reach beyond the limits of verbal communication. Dr Andrea Gilroy’s book titled “Art Therapy, Research & Evidence-based Practice” (2006) provides a comprehensive overview of all the significant research into the efficacy of Art Therapy. She provides an overview of the evidence from the British and American art therapy literatures to date which we have summarized in the table below:

<table>
<thead>
<tr>
<th>Adults</th>
<th>References</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Therapy and Depression</td>
<td>Ponteri (2001)</td>
<td>Study with group art therapy showed increased self esteem &amp; improved relationships</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Children and Adolescents</th>
<th>References</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Therapy and ADHD</td>
<td>Henley (1998, 1999), Murphy (2004), Safran (2002), Smitheman-Brown &amp; Church (1996).</td>
<td>Outcome studies show positive changes in self esteem, self control and ability to function in a social environment</td>
</tr>
</tbody>
</table>

Other significant publications include:


REFERENCES


Henley, D. (1998) 'Art therapy in a socialization program for children with Attention Deficit Hyperactivity Disorder', *American Journal of Art Therapy*, 37: 2-12,


