



## Art Based Therapy for Anxiety

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### Abstract:

Anxiety is our body's natural response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous. But if our feelings of anxiety are extreme, last for longer than six months, and are interfering with your life, you may have an anxiety disorder. In India, anxiety, is affecting 25% of the population, is possibly the first stage of to the serious-to- handle depression if not addressed. However, Anxiety is of various types and have various treatment. Cognitive Behavior Therapy (CBT) is considered to be the best psychotherapy which can aid an individual to cope well with his anxiousness and Pharmacotherapy. Art Based Therapy (ABT), or Art therapy helps facilitate cognitive disruption by shifting attention focus from rumination. This redirection of attention from the object causing the stress then helps to regulate the nervous system. Moreover, it allows one to express oneself visually and rely less on verbal expression. ABT can benefit clients by initially diffusing a stressful environment in the therapy setting. Art therapy can also assist anxiety by improving self esteem, resolving problems, expressing feelings, problem solving and goal setting which aids in working towards improved thinking patterns.



### Biography:

Dr. Preeti Modi (ph.d), Clinical psychologist and Art therapist. She has done her research in "understanding child psychology through drawing, sketching and Painting", from Zoroastrian College, Mumbai, India, practicing since 10 years. She has conducted many seminars and workshop based on art therapy for teachers, parents and students, and corporate companies, she has also designed group art therapy which led to a positive results. She has an end number of successful cases treated through Art based therapy conducted in clinical setting.

[Webinar on Anxiety and PTSD; Berlin, Germany; November 20, 2020](#)

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