

Art Therapy as a Tool for Emotional Expression in Children

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Abstract. This article explores the use of art therapy in facilitating emotional expression and healing in children. Through a series of art-based interventions, the study demonstrates how art therapy can enable children to communicate complex emotions and improve their overall psychological well-being. These findings highlight art therapy's potential as a valuable therapeutic tool for young populations facing emotional and psychological challenges.

Keywords: Art Therapy, Emotional Expression, Children, Psychological Well-being, Therapeutic Tool

Introduction

Children often struggle to verbalize their emotions, making it challenging for caregivers and therapists to address their psychological needs effectively. Art therapy offers an alternative means of communication, utilizing creative processes to help children express emotions and resolve psychological difficulties. This study investigates the efficacy of art therapy in promoting emotional expression and healing in children, involving a series of structured art-based interventions. The results illustrate significant improvements in emotional articulation and overall well-being, suggesting that art therapy can serve as a powerful therapeutic tool for young individuals facing emotional challenges.

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