

THE HEALING ARTS?

Healing arts use creativity—through music, visual arts, dance, drama, and creative writing—to promote health and well-being in a variety of ways. In clinical and community settings, credentialed professionals, artists and performers, and artists-in-residence are helping people improve their communication skills, emotional functioning, physical abilities, and cognitive skills—all through art.

THE NATIONAL ENDOWMENT FOR THE ARTS AND HEALING ARTS

\$4.85 M

given over the past 10 years to healing arts projects

218

grants since 2006

BENEFITS OF HEALING ARTS

NEUROLOGICAL

- Improves cognition and memory
- Improves brain function
- Improves impulse control and concentration

EMOTIONAL

- Reduces depression and anxiety
- Improves communication and interpersonal skills
- Helps confront difficult emotions like frustration, grief, and anger

PHYSICAL

- Improves sleep
- Promotes physical rehabilitation
- Shorter time in hospital
- Provides a non-invasive and low-cost treatment option



THE MILITARY AND HEALING ARTS

The signature wounds from the Iraq and Afghanistan wars involve a complex combination of traumatic brain injury, depression, anxiety, PTSD and other psychological health issues that often don't respond to traditional treatments.

In order to confront these invisible wounds, the NEA Military Healing Arts Partnership is bringing creative arts therapists into the core of patient-centered care where they work closely with

- ▶ Neurologists
- ▶ Psychologists
- ▶ Physical therapists
- ▶ Others

Service members use visual arts therapy, music therapy, and therapeutic writing to help address emotional, physical, and neurological challenges.

"It allowed me to express feelings and thoughts I could only express with anger."

- Service member who received treatment at NICoE Walter Reed Bethesda



YOUTH AND HEALING ARTS

With NEA support, Creative Clay Inc. partners with All Children's Hospital Johns Hopkins Medicine in St. Petersburg, Florida, to host part-time residencies with visual, performing, and literary artists.

These artists—trained to navigate healthcare settings—work with children facing challenging medical conditions to

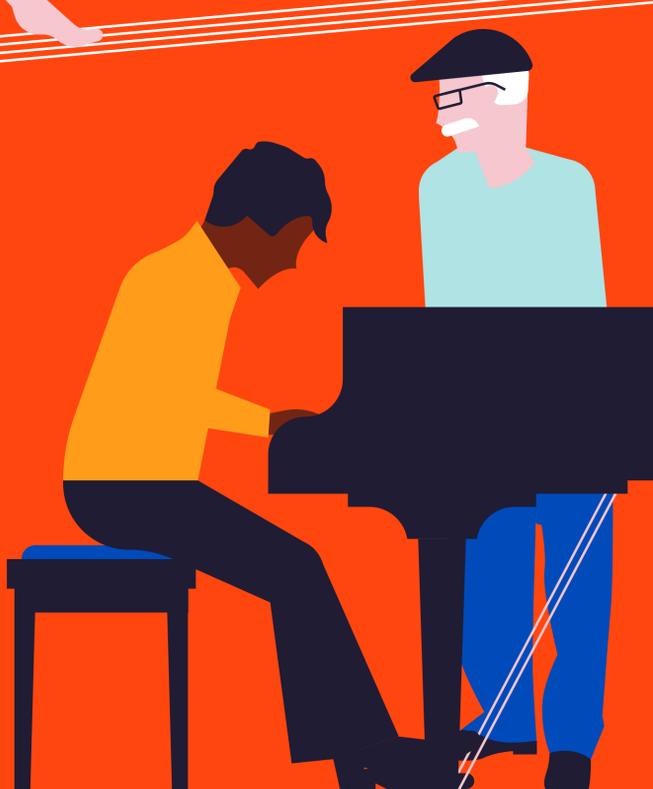
- ▶ Develop their skills
- ▶ Unlock their imaginations
- ▶ Support the healing process for both children and parents

OLDER ADULTS AND HEALING ARTS

An NEA grant to Songwriting Works in Port Townsend, Washington helped bring together a songwriting team with older adults in nursing homes to compose original music, record a CD, and share their work in performance.

Research on the program found that repeat participants showed cumulative and lasting improvements in

- ▶ Cognition
- ▶ Socialization



Researchers are uncovering more evidence on the medical benefits of the arts and new treatments using patients' imaginations. The NEA is a leader in research, policy, and funding of programs that bring healing arts to communities throughout the US. To find out more about NEA programs, visit us at arts.gov



National Endowment for the Arts
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