

A Study of the Deepening Effect of Art Therapy Activities upon the Emotional Context of Terminal-ill Patients

Chen, Li-Chuan* Ho, Chang-Chu**

Abstract

The Qualitative Research was conducted to explore individual experience of a nurse-guided art-therapy program (ATP) for three terminal-ill patients. The major aims of this Qualitative research were to develop an art-therapy program (ATP) for terminal ill patients as well as to explore the experience of individuals who participated at this program. Taking an “art as therapy” approach, the ATP consisted of 8-10 sessions of 60-90 minutes of art-therapy activities. During the art-therapy sessions, the participant’s self-exploration and self-awareness were encouraged for her catharsis; observations from the researcher and in-depth interview were also conducted to clarify and to further explore the participant’s subjective experience, feelings of her art creation and her emotional context. Hermeneutic analysis was used to analyze data collected from observations and interviews.

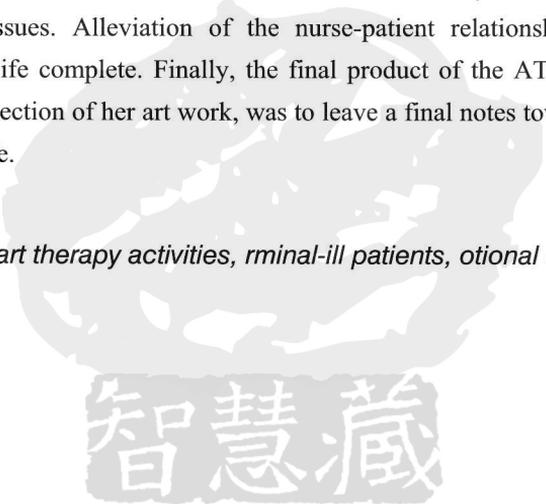
The results find out that the deepening effects of the ATP on these

* Instructor, Dept. of Nursing, Central Taiwan University of Science and Technology.

** Professor, Dept. of Life and Death Studies, Nanhua University.

patients were manifold: (a) the deepening effect of art therapy activities shows that emotional context under psychologize dynamic, (b) the emergence of major meanings of life, and (c) conclusion of the experience of these three patients in art-therapy activities includes the decrease in stress and the increase in emotional support. In addition the ATP also provided with this patient a chance to achieve self-examination and to re-define the definition of life events through life overview. Re-evaluate the anxiety of death. To re-arrange the order of unfinished issues. Alleviation of the nurse-patient relationship, and make one's life complete. Finally, the final product of the ATP, "Life Book," a collection of her art work, was to leave a final notes toward the end of her life.

Keywords: *art therapy activities, terminal-ill patients, emotional context*



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