

I. Introduction

A. Art therapy has been used as a form of therapy for many different mental health disorders. The mechanism of action has been found to be the nonverbal communication which facilitates the patients' "expression" of strong emotions which in this case, are going to be on paper but also when describing their art (Lamont, Brunero, & Sutton, 2009).

B. Drawing and coloring makes the patient(s) self-express their emotions, become more self-aware and even develop interpersonal relationships with others (Lamont, Brunero, & Sutton, 2009). Implementing this relaxation technique will help to control the patients' anxiety and provide them with a positive distraction (Nanda, Eisen, Zadeh, & Owen, 2011).

II. Objective

A. Promote relaxation and reduce anxiety

B. Develop a new coping mechanism

C. Positive distraction

D. Relating to others

E. Communication skills

III. Goals

A. The patient(s) will demonstrate a decrease in their anxiety by the end of the session evidenced by their anxiety rating on a scale of 0-10.

B. The patient(s) will have a new outlet/mechanism to express their feelings and anxiety in the future.

IV. Nursing Diagnosis

A. Ineffective coping, related to unknown etiology.

V. Teaching Plan

A. Briefly explain to patients how art therapy can help reduce anxiety

1. How they can use art to help convey their thoughts and feelings (Lamont, Brunero, & Sutton, 2009)
2. Impact of art on healing in stressful situations (Nanda, Eisen, Zadeh, & Owen, 2011)

B. Have patients draw, color, or write *something* that makes he/she feel better when they are upset/having a bad day (~10 minutes)

1. Something that they can relate to
2. Certain animal? Hobby?

C. Patients explain to the group what they drew & why

1. Having others see this can help the patient relate to the other patients
2. Don't feel alone and can associate with each other
3. Increase self-awareness

References

- Casey, B. (2009). Art-based inquiry in nursing education. *Contemporary Nurse*, 32(2), 69-82.
- Lamont, S., Brunero, S., & Sutton, D. (2009). Art psychotherapy in a consumer diagnosed with borderline personality disorder: a case study. *International Journal of Mental Health Nursing*, 18, 164-172. doi: 10.1111/j.1447-0349.2009.00594.x
- Nanda, U., Eisen, S., Zadeh, R. S., & Owen, D. (2011). Effect of visual art on patient anxiety and agitation in a mental health facility and implications for the business case. *Journal of the Psychiatric and Mental Health Nursing*, 18, 386-393. doi: 10.1111/j.1365-2850.2010.01682.x