



# artsinmedicine

## Art therapy

Art therapy is a form of mind-body medicine that is part of the holistic healing process. Through the art-making process, patients and caregivers can express, explore and master feelings associated with their medical journeys.

### Benefits of art therapy:

- Kindles creativity and liveliness (empowerment, self-confidence, communication, dignity and independence)
- Addresses and alleviates emotional distress (anxiety, depression, grief, isolation, anger, frustration and trauma)
- Enhances physical health (improved immune system and sensor integration and decreased pain)



Art therapists are mental-health professionals who hold master's degrees in art therapy, with specialized training in the therapeutic qualities of an art medium and its clinical application.

**We provide inpatient and outpatient services:**

- Bedside
- Individually
- In groups
- In an open studio

All services are offered at no cost to patients, their families and friends, and staff. You do not need to be skilled in art.

Patient Resource Center, Suite 200  
Baylor Scott & White Charles A. Sammons  
Cancer Center - Dallas

**[BSWHealth.com/CancerSupport](https://www.bswhealth.com/cancersupport)**  
**214.820.2609**



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