



ART heals *Pittsburgh*

EXHIBITION

A photography and graphic illustration interactive exhibit, highlighting the intersection of art, mental health, and community cohesion during the COVID-19 pandemic in Pittsburgh.

ART Heals Pittsburgh is a project born from the creative collaboration of Sara Baumann and Jessica Burke, both faculty members in the Department of Behavioral and Community Health Sciences at the University of Pittsburgh School of Public Health. ART Heals Pittsburgh invites viewers to contemplate the role of art in our lives.

**University of Pittsburgh
School of Public Health,**

1st Floor Corridor, DeSoto St. Entrance

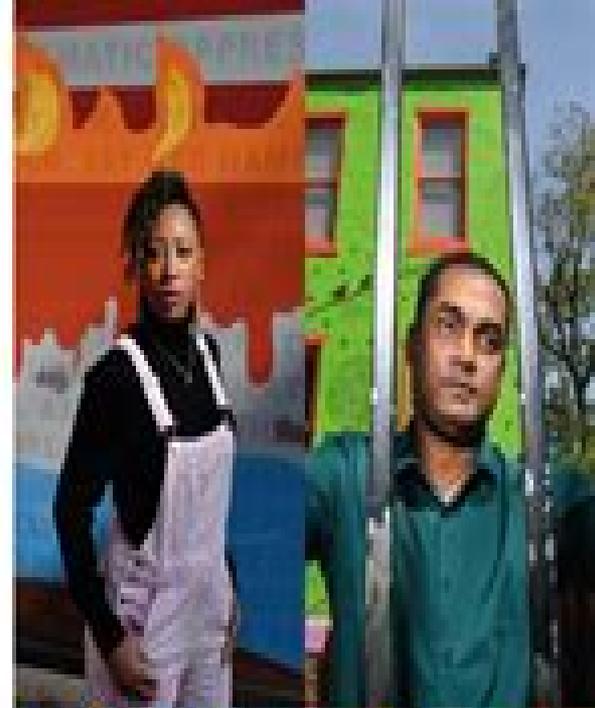
Opening Event

Meet and greet the artists and research team

March 20th 2024 at 4:30pm

On display

from March 18th - May 31st 2024



Art That Heals

Michael Samuels, Mary Rockwood Lane

Art That Heals:

Art Heals Shaun McNiff, 2004-11-16 A leader in art therapy shares powerful developments in the field and provides a road map for unlocking the spiritual and emotional healing benefits of creative expression The field of art therapy is discovering that artistic expression can be a powerful means of personal transformation and emotional and spiritual healing In this book Shaun McNiff a leader in expressive arts therapy for more than three decades reflects on a wide spectrum of activities aimed at reviving art s traditional healing function In chapters ranging from Liberating Creativity and The Practice of Creativity in the Workplace to From Shamanism to Art Therapy he illuminates some of the most progressive views in the rapidly expanding field of art therapy including The practice of imagination as a powerful force for transformation A challenge to literal minded psychological interpretations of artworks black colors indicate depression and the principle that even disturbing images have inherent healing properties The role of the therapist in promoting an environment conducive to free expression and therapeutic energies The healing effects of group work with people creating alongside one another and interacting in the studio Total expression combining arts such as movement storytelling and drumming with painting and drawing

How Art Heals Andra F Stanton, 2021-04-28 Use this compassionate guide to access your deepest emotions express them through art and transform them into tools for healing and understanding Former psychotherapist turned artist Andy Stanton offers guided meditations imagery techniques and collage prompts to open a safe space for not only grief and brokenheartedness but celebration and thankfulness First follow relaxation and imagery techniques to access your feelings next use the simple guidelines for making collage art Inspiring us by example dozens of contemporary artists offer photographs of their most personally transformative artworks and share heartfelt stories about how those pieces helped them alleviate their difficult emotions Focusing on the emotional artistic process rather than specific skill Stanton offers lessons for artists of all experience levels and mediums An exclusive online bonus feature offers dozens more artworks and stories

Art Heals Shaun McNiff, 2004 Presents a wide range of activities aimed at reviving art s traditional healing function and illuminates some progressive views in the rapidly expanding field of art therapy including the practice of imagination as a force for transformation the healing effects of group work and total expression which combines arts such as movement storytelling and drumming with painting and drawing Original

Healing with the Arts Michael Samuels, Mike Samuels, Mary Rockwood Lane, 2013-11-05 Have you ever painted a mural with your neighbors to renew your community Sang a song to uplift your mood Danced with your children to bring the family together Each of these acts has the power to heal your body and your community Through art projects including visual arts dance writing and music along with spiritual practices and guided imagery Healing with the Arts gives readers the tools to heal physical mental emotional and spiritual ailments Acclaimed by hospitals and caretakers from around the world Healing with the Arts brings a proven twelve week program out of the medical community and into your home and neighborhood Internationally known leaders in the Arts in

Medicine movement authors Michael Samuels MD and Mary Rockwood Lane RN PhD use creativity and self expression to pave a path to healing Whether improving your personal health or the health of your community join the thousands of people who have already awoken their innate healing ability through art

Art for Healing Laurie Zagon,2015-09-25 Read the inspiring account of how Laurie Zagon started Art Creativity for Healing a Southern California non profit organization that provides fine art workshops for children teens and adults suffering from abuse illness grief or stress Learn from former students about the extraordinary impact that Art Creativity for Healing has had on their lives Art4Healing r Painting Your Heart Out is a non threatening method that enables people who cannot draw a straight line to become successful in expressing their feelings through art The creative process used in this book encourages participants to paint using abstract strokes of color on canvas to translate life s everyday stresses

ABOUT THE AUTHOR Laurie Zagon is an artist author professor and founder of Art Creativity for Healing Inc a non profit public benefit corporation located in Laguna Hills California She is also known as an abstract colorist who creates large scale paintings that focus on spiritual themes Since relocating from New York City to Southern California in 1989 Ms Zagon has concentrated on helping children and adults process illness grief or stress through Art4Healing r workshops She founded Art Creativity for Healing in 2000 and has since served more than 50 000 children and adults in Southern California Ms Zagon received her Master of Fine Arts at Syracuse University and undergraduate degree at the Maryland Institute College of Art in Baltimore As a Fine Arts Professor for more than 14 years at the City University of New York at Queens College she taught painting design and color theory

Art and Healing Barbara Ganim,1999 Artists have always known intuitively what science is just beginning to discover that creating a visual image through any medium can produce physical and emotional benefits for both the creator as well as those who view it Most important you don t need to think of yourself as an artist or even believe you have any talent to tap into the healing powers of art In this remarkable testament to the power of creativity Barbara Ganim shows step by step how to use art to heal body mind and spirit By using guided meditation and artistic techniques you can gain insight and clarity into depression anxiety rage and even illnesses including cancer arthritis and AIDS At once inspirational and instructive Art and Healing will teach you how to connect with negative painful and even repressed emotions and then express them through drawing painting sculpture or collage Releasing these feelings through the creative process frees up the immune system and clears the mind allowing the body to fight off disease and begin to heal emotional wounds Filled with actual stories from those who have triumphed over adversity and with more than a hundred different pieces of artwork created using this groundbreaking method Art and Healing is sure to provide the tools needed for healing body and spirit

Body and Soul Rachel Rosenfield Lafo,1994

Art That Heals Cynthia D. Perlis,2024-08 ART THAT HEALS artwork by nineteen artists in the UCSF Helen Diller Family Comprehensive Cancer Center collection features artwork and essays by the artists describing their relationship with health It also contains essays by contributing architects art advisors administration a neuroscientist and a

patient all who participated in the selection of more than 300 pieces of art in the UCSF collection

Art for Healing John Diamond, 2011-02-16 In this major statement on art and healing Dr John Diamond reveals his unique approach At its root are the twin concepts of Guidance that everything we do including all creativity is guided from the Spirit World and Matrophilia the love of the mother the ultimate basis of all health These two aspects are exemplified in Paleolithic cave art created by painter shamans for the purpose of healing I can in my mind very clearly see the ancient sufferers twenty or thirty thousand years ago stumbling through the passageways in almost total darkness climbing up and down all sorts of makeshift ladders and suddenly emerging into a cave filled with the most incredible paintings They would be overwhelmed by what had been done through not by the shamans They would become aware of a completely different world the World of Spirit and would see would feel nothing but Matrophilia in the cave And that was its healing Brilliantly integrating an astonishing array of learning from the spiritual to the psychological from ancient oriental art to Jackson Pollock and punctuated throughout by original insights Art for Healing offers an entirely new appreciation of art and by extension all human creativity as a modality for holistic health

Healing with the Arts (embedded videos) Michael Samuels, Mary Rockwood Lane, 2013-11-05 Heal yourself and your community with this proven 12 week program that uses the arts to awaken your innate healing abilities Acclaimed by hospitals and caretakers from around the world Healing with the Arts brings a tried and true program out of the medical field and into your home and neighborhood Improve your physical mental emotional and spiritual health in just 12 weeks Whether you are ill suffering from emotional trauma or looking to unite your community the arts become the conduit to restore your wellness and thrive in life Dr Michael Samuels and Dr Mary Rockwood Lane created and developed this unique and powerful process to help anyone heal Through innovative art projects from the visual arts movement and dance writing and music along with spiritual practices and guided imagery readers learn to get in touch with their inner muse and inner healer Based on years of research and experience in the medical community Healing with the Arts sets the stage for a more meaningful and healthier existence

Art that Heals Jacques Mercier, Museum for African Art (New York, N.Y.), 1997 Exhibition catalog Paper not available Published for Museum for African Art New York

Creative Healing Michael Samuels, Mary Rockwood Lane, 2011-02-01 All across the country a groundbreaking movement is forming in the field of health care art and medicine are becoming one with remarkable results In major medical centers such as the University of Florida Duke University of California and Harvard Medical School patients confronting life threatening illness and depression are using art writing music and Dance to heal body and soul A woman with breast cancer who has never made art before finds healing and empowerment by creating sculpture A man with AIDS uses journaling to overcome feelings of despair and helplessness A woman suffering from depression following her divorce learns to dance for the first time in her life and in her body's movement she rediscovers a sense of play and joy A musician gives meaning to his art by helping people with illness transform their life through music Physicians and nurses are beginning to use creativity to complement and enhance their

medical practice Creative Healing presents readers with the inspiring ways in which the arts painting writing music and dance can free the spirit to heal In one volume the authors detail the transformative power of a diverse range of artistic activity Michael Samuels MD has over twenty five years of experience working with cancer patients and is the best selling author of Seeing with the Mind s Eye and The Well Baby Book He teams up with fellow pioneer Mary Rockwood Lane RN PhD to share their extraordinary findings on the healing powers of the arts Through guided imagery personal stories and practical exercises they teach you how to find your inner artist healer enabling you to improve your health attitude and sense of well being by immersing yourself in creative activity Both Samuels and Lane offer invaluable insight through their personal journeys and extensive groundbreaking research noting that prayer art and healing come from the same source the human soul Because there lies an artist and healer within each of us Creative Healing is an invaluable resource for anyone wishing to discover the beauty of music dance writing or art and connect with a deeper part of oneself Filled with inspiration and guidance it will help you make changes in your life and the lives of others and gain access to the sacred place where inner peace exists

Healing Art Isabel Gruener in collaboration with the Robert Bosch Hospital,2019-05 Explores the concept that art promotes healing through a survey of work created for the Robert Bosch Hospital in Germany Includes 48 commissioned artworks by significant contemporary artists including some that were created with input from patients Offers specialist contributions from architecture and art history healthcare design art and corporate philosophy Art can contribute to a healing environment supporting the work of hospitals and enriching the lives of both patients and staff members In this book Isabel Gruener the art officer at the Robert Bosch Hospital in Stuttgart explores how the hospital s commissioned art program supports the complex process of healing Whether it is seriously ill patients in the intensive care unit visitors in the public corridors or employees in sterile functional areas each is affected in their own way by the total of 48 artistic interventions The narrative describing these art projects which were created between 1998 2018 is supplemented by specialist contributions from the fields of art design and corporate philosophy They explore an interdisciplinary approach and offer a view towards the future potential of healing art in healing environments Contents Art can be Communication Art for Buildings and Hospitals The Effect of Built Space on Convalescence Text in English and German

Consciousness & Healing Marilyn Schlitz,Tina Amorok,Marc S. Micozzi,2005 This collection of essays on integral medicine consciousness and healing integrates mainstream medical knowledge with recent developments in the emerging areas of frontier sciences and insights from alternative healing perspectives It promotes a model of healing in which personal relationships emotions meaning and belief systems are viewed as fundamental points of connection between body mind spirit society and nature Integral medicine embraces the recognition that human beings possess emotional spiritual and relational dimensions that are essential in the diagnosis and treatment of disease and the cultivation of wellness Readers learn from the leaders in the emerging field of integral medicine and consciousness research from the most well known Deepak Chopra to the frontline

policy makers James Gordon one of the heads of the White House Commission on Conventional and Complementary and Alternative Medicine Readers also gain insights from health professionals who have experienced healing within themselves and witnessed remarkable healing in their patients We hear from other medical professionals through the essays and the interviews on the accompanying DVD who approach medicine from an array of cultural perspectives and can attest to this multicultural interdisciplinary and participatory healing system in action Consciousness and Healing contains 47 essays in the book plus 9 bonus essays read aloud on the DVD Essays are short and in language suited to an audience of both lay and professional readers with extensive references on the DVD to original scientific studies for those interested in further exploration The most comprehensive and authoritative collection of work on the subject of healing Joins subjective mind body experiences with evidence based research Comprehensive view of healing as a complex system something few texts do from such an interdisciplinary multidimensional and scientific perspective The editors build on over 30 years of research in the area of mind body medicine and consciousness The DVD packaged with this product contains 50 minutes of video interviews with many of the high profile leaders who contribute to this book as well as practitioners in the medical field who do not contribute to this book but who do subscribe to its philosophy It also contains 9 essays read aloud that are not in the book References and the book s table of contents are on the DVD in Microsoft Word format Essays are written in a conversational style allowing the thoughts of the contributors on the transformation of medicine to be projected in their own voice Editors and contributors are on the forefront of the field of integrative medicine Subject is timely this book takes CAM one step further by providing physicians with a vision for the future

Art as Healing Edward Adamson, John Timlin, 1990

Art as Medicine Shaun McNiff, 1992-10-20 A pioneering art therapist extolls the arts as a powerful tool in psychotherapy describing how activating the imagination can heal the mind heart and soul The medicine of the artist like that of the shaman arises from his or her relationship to familiars the themes methods and materials that interact with the artist through the creative process Whenever illness is associated with loss of soul writes Shaun McNiff the arts emerge spontaneously as remedies soul medicine Art as Medicine demonstrates how the imagination heals and renews itself through this natural process Author Shaun McNiff describes his pioneering methods of art therapy including interpretation through performance and storytelling creative collaboration and dialoguing with images and the ways in which they can revitalize both psychotherapy and art itself

The New Sydenham Society's Lexicon of Medicine and the Allied Sciences New Sydenham Society, Henry Power, Leonard William Sedgwick, 1888

Comfort, 1899

Art that Heals Jean-Hubert Martin, 2002

The Art of the Inner Journey Margaret Carpenter Arnett, 2011-03-22 This book describes and demonstrates the use of imagery as a catalyst for growth and awareness and the power of the symbol to lead the way as a healing agent The drawings artwork and lives of the people with whom I have worked are living proof of the transformative power of art Focusing on this aspect I interviewed thirteen participants eleven women and two men to discuss their personal experience of using art as a growing

and healing process Their stories and artwork are the basis of this book They were asked to bring no more than 10 drawings or pieces of artwork to the interview which they felt had been particularly significant in one or more of the following ways 1 Bringing something to awareness that may not have been accessed in other ways 2 In helping to make a major decision or change in life circumstances 3 In expressing strong emotions that provided relief 4 As an affirmation of transformation or change 5 Breaking through a creative block 6 Developing of skills Excerpts from letters of recommendation Margaret has assisted me at my workshops on The symbol as Healing Agent I highly recommend Margaret for work in the field of art therapy counseling and or teaching and training other counselors therapists and teachers Gregg Furth Ph D Jungian Analyst Author The Secret World of Drawings The power in Margaret s work comes in part from her ability to help participants access information about themselves crucial to their well being which is not generally accessible to the intellect I have witnessed Margaret s work with a group of physicians in which she was able to help participants break through the denial and control which is so much a part of physician training Her work is gentle compassionate and a very important tool in healing Christiane Northrup M D Author Women s Bodies Women s Wisdom If you ve decided that you re really ready to move past your preconceived ideas defenses and blind spots then you re ready for Margaret Be prepared to enter a world you ve never before experienced of colors shapes feelings and growth Never judging never pushing always drawing in more ways than one she will gently show you ways to know yourself that cannot be experienced intellectually only through pre verbal discovery Margaret has helped me become a better person and I treasure her As will you Gregory Sawyer M D PH D Director Organizational Health and Wellness This is a class for the artist within and the only skill required is the willingness to attend to what is offered from that inner well Jane participant Cover Art by Margaret Carpenter Arnett www.margaretcarpenter.com

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lost foam cast aluminum general motors designed this for engines with displacements ranging from 1 8 to 2 5 liters it was designed by a team of engineers and technicians from the united states sweden and germany

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