

# The Ability of Printmaking to Increase Psychological Well-Being in Art Therapy Clients

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## Abstract

This research study explored how printmaking techniques influenced psychological well-being when used as a modality for art therapy and how different client populations responded to the printmaking process. Three different populations participated in this study; stroke survivors, children with chronic illness, and adolescents who have experienced abusive trauma. Research consisted of three consecutive sessions, in which participants were given a different printmaking technique each session. The three printmaking processes used in this study were Styrofoam relief prints, no-glue collagraph, and reductive monotypes. Bradburn and Noll's Affect Balance Scale was administered as a pre and a post test to ascertain the overall change in the participant's psychological well-being; while the Technique Questionnaire was used to obtain immediate feedback from the participants. Overall, the participants from all three populations improved or maintained their level of psychological well-being and responded positively to all three printmaking techniques. This study concluded that printmaking shows promise in increasing psychological well-being, and should be utilized more frequently as a modality in art therapy.