

Cognitive Behavioral Art Therapy with behaviorally aggressive children: Exploring gender differences in color expression

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Abstract

This study examined color usage and gender differences in color associated to emotions of children identified as behaviorally aggressive. This study is based on data through observational learning and color used by forty-seven children, ranging from six to eight years of age who participated in weekly cognitive behavioral art therapy groups. Various levels of aggression in boys and girls were observed during the art therapy groups conducted. Information collected was analyzed qualitatively using color theories. Analysis of the children's color usage determined that boys and girls identified as having aggressive behaviors use colors differently with identified assorted meanings. However, some commonalities do exist in the genders when associating the feelings of "fear" and "anger" with colors. Although colors contain different meanings for different children, the use of color helps children's expression of unconscious thoughts without using words.