

Walking in Circles: Combining Labyrinths and Art Therapy
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2002

Abstract

The purpose of this study was to combine the benefits of art therapy with the positive effects of walking a labyrinth with residents in a hospital setting. A four-week program was implemented combining art therapy and a three-circuit, classic labyrinth. Five residents at the hospital were participants in the program. Together art therapy and walking a labyrinth can be used to recognize and express feelings to move toward a healthier and better quality of life. The practice of using a labyrinth and the technique of art therapy share a common goal of increasing self-awareness. Walking a labyrinth may help a person recognize their inner selves, while art therapy can help externalize and sublimate issues that may need to be addressed. Following the walking of the labyrinth, the researcher was looking for differences in the artwork from previous sessions. Overall, it was found that after walking the labyrinth, the participants at the hospital had an easier time beginning their artwork as compared to previous sessions. Also, the content of the work was less superficial and seemed to convey a deeper subject matter. Therefore, results indicated that the labyrinth was compatible with art therapy and together they may be used to increase the quality of life for individuals living in a hospital setting.