

Is Clay a More Effective Tool in Expressing Emotions than Drawing with the Elderly Population?

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Abstract

This study looked at eight elderly individuals and attempted to discover whether two-dimensional or three-dimensional art mediums were better suited to meet their needs. The three dimensional medium of clay was implemented in a study with four participants and the two dimensional medium of drawing was used with four other participants to test whether the two dimensional medium or the three-dimensional medium allowed for a greater release of emotion with the elder individual. This research study concluded that regardless of dimensionality. Art Therapy was beneficial for the elder individual for a number of reasons. Art Therapy in the context of this study allowed the elder individual the opportunity to improve their self-image, to improve social bonds within the nursing home, and it allowed them the opportunity to open a bridge to a time past and share therapeutic stories about themselves in an attempt to move on with their life.