

Exploring the Effectiveness of Painting Recurring Nightmares

Amanda S. Finkle

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Abstract

This study focused on the effects of painting nightmares on sleep patterns and daily habits of a Vietnam Veteran diagnosed with post-traumatic stress disorder. The subject participated in ten sessions, following a trauma treatment model, which included six sessions painting his nightmare images. The sessions involving the nightmares focused on altering the nightmares and developing meaning behind them. The subject showed an increase in the amount of sleep he received at night. He also showed an increase in self-esteem.