

Could art therapy be incorporated in palliative care programs among Asian Americans?

Angela Sun
Health Resource Center, USA

Statement of the Problem Studies indicated a high prevalence of depressive symptoms in of patients with advanced illness (Faller 2016; Lloyd-Williams et al., 2008; Ly et al., 2002; Pasquini 2007). Art therapy has shown to have psychosocial benefits. This form of therapy, which uses the creative process of art making to enhance and improve the emotional, mental and physical well-being of individuals of all ages is American Art therapy. Strategies such as art therapy have been shown to have a positive effect on anxiety management among breast cancer patients (Boehm et al., 2014). This form of therapy helps to increase social support and networking with others and facilitates emotional and creative expressions (Reid and Hartzell, 2013). However, limited studies have examined that the efficacy of art therapy as part of a palliative care within the Asian community.

Methodology: The Chinese Community Health Resource Center has conducted a needs assessment among 7 community members through a focus group utilizing qualitative data collection method. Of 7 participants, 3 were male and 4 were female with an age range of 60-73 years.

Findings: All participants expressed interest in attending an art therapy program to promote healing and reduce anxiety. The types of art therapy participants highlighted were ballroom/line dance, calligraphy, painting, singing, karaoke, and music-making.

Conclusion & Significance: Asian patients are receptive to receive art therapy. However, culturally tailored art therapy should

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