

## **Effect of Art Therapy in the Management of Anxiety (Chittodvega)**

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Art therapy is practiced in mental health, rehabilitation, medical, educational, forensic, wellness, private practice and community settings with diverse client populations in individual, couples, family, and group therapy format. It is an effective treatment for people experiencing developmental, medical, educational, and social or psychological impairment. Art therapy is considered a mind– body intervention, although it has been used mostly as a form of psychotherapy rather than an intervention that modifies physiology, symptoms, and other aspects of health. Mr. A is suffering from Separational Anxiety after the death of his closest friend and he had been forwarded to psychotherapy by a psychiatrist. The study was aimed to evaluate the efficacy of Art therapy in the management of Anxiety (Chittodvega). The outcome of the Art therapy to Mr. A. Was assessed observing his behaviors and positive engagements using Hamilton Rating Scale for Anxiety. A’s transformation, his new self-confidence, engagement with life and discovery of personal strengths and creativity (indeed, his flowering as an individual) is strikingly illustrated in his art work made in art therapy. He has moved from one-to-one work, to working within one of the art therapy groups. He has also started to attend another, non-therapy group and to support other clients who have come for psychotherapies. Development of Self esteem was resulted from empathetic approaches and unconditional positive regard approaches towards him. The case study reveals positive evidences towards the management of Anxiety (chittodvega) with the application of Art Therapy.

**Key Words:** Anxiety (chittodvega), Art Therapy, Behaviors, Self esteem