

Special Issue

The Role of Art Therapy in the Promotion of Mental, Physical Health, and Well-Being

Message from the Guest Editor

Art therapy may be conceptualized as the process of giving form to what is otherwise formless. This transformation is enabled by an appropriate setting, which includes both the context and the relational dynamics within the group. A growing field of research involves investigating the therapeutic impact of engaging with visual art—especially in museums and cultural contexts. Several studies indicate that viewing and talking about art can enhance well-being at emotional, social, behavioural, and physiological levels. Artwork can function as reflective surface in which individuals recognize aspects of themselves, thereby promoting processes of self-awareness. The mechanisms underlying these benefits appear to include cognitive activation, aesthetic pleasure, critical thinking, emotional resonance, and opportunities for social sharing and inclusion. Given this background, we welcome empirical and theoretical contributions on how different forms of art can promote mental, physical health, and well-being. For more information, please visit: [The Role of Art Therapy in the Promotion of Mental, Physical Health, and Well-Being](#).

Guest Editor

Prof. Dr. Stefano Mastandrea
Department of Education, Roma Tre University, 00154 Roma, Italy

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Behavioral Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

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Prof. Dr. Jerrell Cassady

Department of Educational Psychology, Ball State University, Muncie, IN 47306, USA

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