**Presentation 4: Art Therapy as a Trauma Intervention: A Creative Approach**

**Presenter: Samantha Boateng**

**Background**: Art Therapy offers a unique way to process trauma, allowing clients to express complex emotions and experiences beyond words. It is particularly beneficial for diverse populations, including children, adults, and individuals from different cultural backgrounds, as it fosters emotional expression and healing through creative processes.

**Objective**: This presentation examines the effectiveness of Art Therapy in treating complex trauma. It highlights how creative expression through art can support emotional healing, resilience, and trauma processing. Special attention is given to Art Therapy’s adaptability across cultural contexts.

**Method**: Using case studies and practical examples, the presentation demonstrates various Art Therapy techniques such as drawing, painting, sculpture, and collage in trauma recovery. Client experiences are shared to showcase the impact of Art Therapy, emphasizing cultural and personal diversity in the therapeutic journey.

**Results**: Findings show that Art Therapy helps clients express emotions, process trauma, and develop coping strategies. The creative process strengthens interpersonal connections, fosters emotional insight, and enhances resilience. Clients from diverse backgrounds have used Art Therapy to bridge communication gaps, connect with their inner experiences, and engage in healing that traditional therapies may not address.

**Conclusions**: Art Therapy is a powerful, integrative approach to trauma treatment. By incorporating creativity, therapists can provide a safe, non-verbal way for clients to process trauma, respect cultural differences, and promote sustainable recovery. This approach is essential in trauma-informed care and supporting long-term resilience.