



كلية التربية النوعية

بحوث فى العلوم و الفنون النوعية

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## The Creative Arts and their Role in Promoting Mental Health in Drug Addicts

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### Abstract:

Drug addiction is considered one of the most important diseases and health problems that negatively affect the psychological and mental health of individuals. This addiction can be recovered from through the use of appropriate means of support, such as treatment with creative or expressive arts, which is represented by music therapy, plastic arts, and drama. The historical analytical approach was used in this research study, by conducting a detailed search in the literature using basic databases such as the World Health Organization mental health database (PubMed), Scopus, Science Direct, and Google (Scopus). The goal was to identify the effectiveness of using creative arts therapy and classify it in terms of the strongest and most important effect, in addition to identifying the most important ways in which it can be combined by employing the current science of neurotherapy for addiction. The published literature on the use of art therapy was also considered With drug addicts, using a review of the drug abuse literature as a basis by identifying key theoretical concepts, the mixed findings of different studies were examined and concluded.

**Keywords:** Art therapy, creative arts, mental health, drug addicts, music therapy, visual art therapy.

## Introduction

In designing mental and healthcare environments it is important to put first the individual by applying user centered approach so as to develop more effective efficient and therapeutic spaces. The main concern is enhancing a healing environment which makes patients more responsive and recover quickly. Particularly in interior designs; this involves aiming at benefiting patients by achieving both functional purposes as well aesthetic values for space (Dewey 2010). Integrating creative arts within mental healthcare facilities plays a pivotal role in creating positive user experiences, particularly for addicts, ultimately impacting their comfort, well-being, health, safety, and security.

Creative arts have a significant role to play in healthcare especially in mental health settings where the environment is able to significantly impact on patient outcomes. It has been shown that incorporating art into hospital settings can decrease anxiety levels shorten duration of stay at the hospital and even reduce the need for pain medication (Ulrich 1984). This highlights creative arts as an opportunity to convert medical buildings into places of healing and recuperation.

The problem with traditional methods of treatment is they don't take into account the psychological differences of addicts. Research shows that these needs may be handled well through alternative and complementary therapies such as art therapy (Brady & Ashley, 2005; Feen-Calligan et al., 2008). This is always observed in addiction treatment (Simpson & Miller, 2002; Wadsworth et al., 1995). Thus, this research problem focuses on the issue of neglecting creative arts therapy for improving mental health among drug addicts which negatively impacts this population leading them back to substance use. The central question is how effective is creative art therapy in enhancing the emotional and mental health of drug addicted individuals.

Traditional treatment methods have failed to address the psychological requirements of people who are addicted. Therefore, this research seeks to explore whether creative arts therapy can offer a more holistic approach to treatment for patients suffering from drug

addiction. By studying the impact of creative arts therapy on the mental and emotional well-being of drug addicts, this hopes to provide useful insights on how these treatments can be integrated into addiction programs so as to enhance patient outcomes.

This research mainly aims at helping readers understand more about creative arts therapy and its effects on mentally ill drug users by looking at previous literature on this subject and attempting to obtain expected results that contribute towards knowledge enrichment and guiding further research work on this topic. The goals of this study are to give a general overview of the current literature on creative arts therapy's effect on mental health outcomes among drug addicts, outline key theoretical concepts that can be applied in treating drug addiction; and suggest future areas of research and practice in this field.

The scientific significance of this research is summarized as follows:

- Looking into applying expressive arts therapy inside rehab centers' interiors and seeing how it reduces disruptive behaviors among victims affected by drugs.
- A theoretical examination of creative arts therapy, which has an impact on the mental emotional health of someone struggling with substance abuse, which is useful for interior designers, psychologists, mental health nurses, social workers, therapists (psychoanalytic oriented), occupational therapists and addiction recovery professionals etc.
- Suggesting appropriate strategies in the area of expressive art therapies impact on drug users, it advances the idea of using expressive arts as a way of responding to mental health issues that affect physical and social well-being of addicts thus aligning mental health with public health objectives.

This research is also significant because it can help improve the lives of drug addicts through creative arts therapy, as well as it aims to show the effects these therapies have on patients' well-being in order to justify creative arts therapy as a treatment for addiction and inform future studies and practices in this domain.

## Study Hypotheses

The following hypothesis is based on the assumption that doing creative activities can be beneficial for those recovering from addiction by improving their mental and emotional well-being.

- 1.The effectiveness of creative activities practiced within these centers improves when visual arts are used in rehabilitation centers for addicts.
- 2.In addiction treatment centers, music therapy helps people to achieve emotional clarity or psychological refinement thus enhancing feelings.
- 3.Integrative drama therapy in rehabilitation centers for addicts enhances their mental health as well as promotes self-awareness and self-acceptance.

The hypotheses of this study emanate from the assumption that creative arts therapy can bring substantial advantages to individuals struggling with addiction. This research intends to determine how visual arts, music and drama therapies affect the minds and emotions of drug addicts in order to provide results, which will support the efficacy of these treatments in patient outcome improvement.

## Research Methods

The historical analytical approach was used, by conducting a detailed search in references and previous literature using basic databases such as the World Health Organization mental health database (PubMed), and all of the electronic databases (Scopus), (Science Direct) and (Google Scholar). During the period between (1970 - 2023), the search was carried out using medical subject headings related to addiction and psychological treatment methods, in addition to searching through keywords used in electronic databases such as art therapy, creative arts, addiction, psychological rehabilitation, and health. Mental health, drug addicts, through an integrated search of titles, keywords, and research abstracts. Moreover, the selected references were individually analyzed to extract relevant information, and a combination of research that combines expressive

arts therapy and psychological rehabilitation for drug addicts as a basis was searched Identifying the main theoretical concepts. After that, the previous literature was analyzed and the final results reached by the various studies were drawn.

Our study only considered articles that tackled the effects of creative arts therapy on people who abuse drugs mentally. We used four criteria in defining the interventions covered within the journal articles; (a) those journals that focused on designing or implementing creative arts based intervention models related to psychiatric care for substance users; (b) papers including clear examples about interventional therapies in expressive art counselling area; (c) those works which were targeting adults ranging between 18 years through fifty years old; (d) manuscripts written in Arabic language along with English language. The intent behind these inclusion criteria is to narrow down the focus of my study by selecting a particular population and time frame. By examining studies on young adults aged 18-50 who suffer from mental problems caused by drug abuse that investigated how effective creative arts therapy can be for them; I aimed at gaining insights into its effectiveness when it comes to treating addictions.

However, papers found not written either in Arabic or English languages nor tackling topics concerning creationism meanwhile their subjects are addicts aged between ten and seventeen years excluded from this study. Another exclusive aspect is no non-scientific publications like reviews or unreliable web sites even grey articles. The basis of the exclusion criteria was to ensure that the research was concentrated on credible sources and studies. This research aimed at giving a comprehensive overview on what is known about this area by excluding non-research and non-scientific publications.

Articles were chosen for inclusion based on full article availability and relevance. Therefore, the data search for this study included evaluation of various papers in respect to characteristics such as who authored it, when it was published, method used, among others while doing a review of literature that had been done previously. It involved locating information from previous literature reviews such as author name, year of publication, methodology type and major findings. Data search and extraction were conducted for studies

exploring how creative arts impact the mental health conditions for people with substance use disorders. The entire process therefore entailed examining earlier publications that touched on art therapy issues within drug addiction treatment with regard to its impact on patients' psychological wellbeing. Moreover, through considerable examination of diverse references as well as articles related to this area; our study has provided one more comprehensive coverage to its existing knowledge base.

The study delimits itself by focusing on a particular group of people within an identified period of time only. With attention to young people aged between 18 to 50 who face mental challenges due to drugs abuse it provides useful insights on the most effective ways these therapies are helpful when it comes treating individuals addicted into substance misuse disorders.

### **Art Therapy**

Art therapy is fundamental since its inception in 1969 as a medium for treating mental and emotional problems. It combines conventional counseling and psychotherapy with expressive creativity assisting individuals resolve inner conflicts, reduce stress and anxiety, handle problems, raise self-worth, and attain overall wellness. Based on Chandler (2015), art therapy can be classified as a subset of psychotherapy aimed at improving or enhancing mental, emotional or psychological health of persons. This is very essential when it comes to holistic addiction treatment packages so that people are allowed to express themselves through creativity along other addiction treatments maximizing gains from rehabilitation as well as finding new ways of managing stressors and coping strategies against negative emotions such as anger or disappointment.

Art therapy as described by The American Art Therapy Association (2016) is a mental and emotional health approach in which art is used to enhance physical, psychological, and mental health. Self-expression using creative activities that address psychological concerns, build social skills, manage behavior and reduce stress as well as perception and self-awareness are some aspects of art therapy (Wilson, 2017). Through different artistic media such as painting,

music, drama or visual arts among others; individuals participating in the creative processes express their thoughts and feelings thus promoting personal development, safety and actualization. It's clear from above that the arts hold space for complicated emotions and enable an individual to articulate negative emotions that can't be talked about.

It is also good to note that art therapy has deep roots in psychological theory explaining why it is effective. Thus creating art can be profoundly therapeutic since it provides for non-verbal ways of expression that help those who may struggle with talking about their feelings (MeGranahan & Lynskey, 2018). The process of producing artwork affects brain function in a manner that aids trauma processing while also alleviating symptoms of depression or anxiety (Malchiodi, 2007). This makes art therapy a powerful tool in the treatment of addiction where individuals often struggle with a range of complex emotional and psychological issues.

### **Creative Arts Therapy**

Therapeutic approach known as expressive arts therapy involves integrating activities such as drawing, acting, crafts making, and music among others in order to promote personal growth among patients with mental health problems like MeGranahan & Lynskey (2018). According to positive psychology, creative arts therapies fall under holistic multi-modality healthcare interventions based on harnessing creativity to heal mind-body. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorder (DSM-5) refers to this illness state as substance use disorder an example being addiction (Substance-related Addictive Disorders). In line with this definition; addiction is intricately neurological disorder characterized by persistent use of substances that damages the body and brain (American Psychiatric Association, 2019).

The fact that creative arts therapy is a multidisciplinary endeavor enables it to provide broad based and integrated approaches to treatment. It relies on concepts from different domains including psychology, sociology and art to establish an individual-focused care plan. This adaptability is essential given that most addicts come from



diverse backgrounds with their own variations in terms of conditions surrounding their addictions.

The value of creative arts therapy comes from its ability to connect with individuals at an emotional, cognitive or psychological level. For instance, painting or playing music may help one express emotion that they are unable to put into words while at the same time offering a means of sensory stimulation which can be soothing and grounding. Such holistic approach can be particularly beneficial for those struggling with addiction who often have physical as well emotional symptoms that are difficult to address by ordinary therapy alone (American Art Therapy Association, 2016).

### **Visual Arts Therapy and Its Effect on Drug Addicts**

Art has been a vital element of human experience for thousands of years. Visual arts therapy is an approach that the American Art Therapy Association defines as a mental health service that incorporate active art-making, creative processes, applied psychological theory, and human experience. Hence, it demonstrates just how powerful art and creative expression can be in human understanding. The use of the therapeutic tools in visual arts therapy is extremely effective and even a painting can communicate in ways that go beyond words (White, 2020). It provides new channels for comprehending oneself through physical, emotional, and cognitive challenges. Visual arts therapy is not about being an artist or squaring up to ‘artistic’ skills either. This kind of therapy goes beyond simple art classes or activities designed to keep people busy; rather it employs the potency of art plus diverse communication styles to involve patients in their treatment differently so as to perhaps better their recovery steps.

There are several examples where art provides individuals with a safe way to explore their emotions without having to speak about them directly. This can be especially helpful for those who have addiction problems because they often cannot express themselves verbally due to shame stigma among others reasons (Smith, 2020).

Visual arts therapies take different forms like painting, drawing sculpture, collage among others which make it quite flexible in nature

giving room for self-expression thereby enabling one choose the mode of art that he/she feels connected with most (Smith, 2020). This aspect is important mainly when dealing with drug addiction cases since these patients usually come from all walks of life hence have various experiences which ought to be factored into their treatment plans.

### **Music Therapy and Its Influence on Drug Addicts**

The beginning stages of music therapy date back some few decades ago during the 1970s according to Baker et al., (2007) and Miller (1970). Music therapy, just like art therapy, allows patients to access their innermost emotions and needs that are often hard to express through conventional channels of communication and social interaction. Additionally, music therapy acts as a motivation for patients to get medical help. According to the American Music Therapy Association (AMTA), this form of treatment is advantageous irrespective of the kind of songs that were played during the healing process. For example, music therapy includes such activities as relaxation training, song writing games and improvisation on emotion-based themes. In these therapies, patients go beyond merely listening to music to engage with emotions, motivations, and barriers to recovery through words and melodies (American Music Therapy Association, 2014).

There have been various studies in the field of music therapy that show different benefits for substance addicts as well as people with substance use disorders. For instance, analyzing song lyrics or using songwriting has been effective in bringing about positive emotional changes in patients (Baker et al., 2007; Jones, 2005). Playing drums is associated with relaxation which may be useful especially when dealing with relapsed addicts (Winkelman, 2003). Musical activities involving movement to music are associated with reduced anxiety depression anger and tension (Baker et al., 2005). Besides it is also observed that similarly there is a significant positive relationship between being ready for treatment among those who opt for music therapy interventions aimed at treating addiction (Dingle et al., 2008).

There are various therapeutic advantages of music therapy for addicted individuals. Through creating or listening to music, one's

emotions can be controlled, anxiety is reduced and mood improved. Also, music therapy helps to establish some orderliness in the daily lives of addicts who may find it hard to follow any routine. (Bruscia, 2019).

One of the main benefits of music therapy is that it engages people into a process; works with them where they never notice they're being treated. For many participants, engaging in music therapy sessions seems more like an artistic exercise as opposed to traditional therapies. This may encourage patients' rebellion against treatment leading to their fuller involvement in the process. (Ghetti, 2020).

### **Drama Therapy for Drug Addicts**

Drama therapy is a combination of creative arts and psychotherapy. According to Jennings (2006), drama therapy aims at producing emotional, social, and psychological changes among drug addiction patients with low self-esteem and lack of self-worthiness. It is also important through drama therapy not only restore self-esteem but also re-establish or develop new roles in social relations. The structure of drama therapy sessions should be flexible towards meeting needs and group reactions as suggested by Valenta (1999). For addicts' drama therapy session should be divided into six stages; therapist greeting the group, warming up, rituals, introducing main part, starting main part and ending with reflection (Valenta 1999). Not until connections have been made between the drama therapist and patient during initial meetings can successful healing processes occur. Besides this, the nature of these patients must be grasped as well as their actual necessities (Čáčková 2017).

Drama therapy presents a very special way of treating victims that proves very effective for those suffering from addiction problems. With dramatic roles developed on stage individuals are able to identify numerous aspects regarding their behavior as well as motivation behind such actions. This activity can prove even more useful particularly in relation to addicts who cannot just realize why they started using drugs.

Through drama therapy, one can also learn other ways of coping with stress and managing emotions. Participation in drama therapy

activities may lead to a greater sense of self-recognition and acceptance, which is crucial during healing process. Additionally, drama therapy builds community and support for drug addicts who often feel left alone or isolated.

The hypotheses of this study emanate from the assumption that creative arts therapy can bring substantial advantages to individuals struggling with addiction. This research intends to determine how visual arts, music and drama therapies affect the minds and emotions of drug addicts in order to provide results, which will support the efficacy of these treatments in patient outcome improvement.

### **Previous Studies**

This section overviews literature on the efficacy of art therapy in improving mental health for drug addicts, based on the conceptual framework of art therapy and addiction in order to unveil the correlation between expressive arts therapy and its influence on drug users.

1. Creative Arts and Substance Abuse: Psychological constructs have been utilized in many research papers reviewing art therapies for substance use disorders. Although not all use a strict model of addiction, they tend to assume that subjects can communicate through non-verbal, imaginative, creative activities such as drawing incidents (drawing an event during substance use), process drawing (depicting emotions/feelings) and tension coloring (drawing during stress). They help reduce denialism and opposition to addiction treatment regime by providing an avenue for communication or leisure and minimizing shame or isolation among patients so that their minds can no longer be focused towards addiction.

Art therapy can be practiced anywhere including community mental health centers, hospitals with psychiatric units, medical facilities, schools and residential recovery programs (Laura et al., 2019). This expansive approach applies across therapeutic contexts like individual counseling sessions to group therapies, family counseling or couples' therapy. Recovery from substance use is not just about detoxification; it entails overcoming addiction and understanding what drives recovery. In addition to being an important tool in helping individuals recover

from addictions by offering emotional outlets where feelings are expressed without words when talking becomes too hard or shameful. Combining other recovery services such as detoxification; individual counseling; self-help groups; and family therapy makes this type of treatment more effective. Art Therapy is one form of experiential approach applied in recovery that seeks to satisfy emotional as well as spiritual needs through creative or physical exercise without regard for the patient's artistic history or talents.

2. Music Therapy and Its Impact on Addicts: The impact of music therapy has been studied by Louisa et al. (2017) among people suffering from substance abuse disorders. Over the years, music therapy and related interventions have become more popular in addressing substance use disorders. This study, therefore, looked at previous literature focusing on articles that evaluated the effect of music or music-based interventions on patients with a substance use disorder. The authors noted an increase in the number of randomized controlled trials over the past few years. According to reports, music therapy has been found to have positive effects on emotional and motivational outcomes as well as engagement and perceived control and help among addicted patients but results are contradictory and inconsistent over studies. Moreover, many randomized trials concentrated on individual sessions while no published long-term trials were encountered. Analysis of qualitative research revealed four main themes: emotional expression; group interaction; skill development; improved quality of life.

Research has extensively documented how music therapy affects addicts by improving various aspects of their emotions and mental health (Jenkins et al., 2017). For example, engaging in music therapy has been found to enhance self-awareness and acceptance which are important for recovering from addiction. Additionally, it provides a sense of being organized through routines which allows individuals to maintain regular schedules thus ensuring they stay active during treatment programs.

3. 20016 Drama Therapy as a Way to Improve the Lives of People with Addictions: Natalia (2017) did research on the effect of drama therapy on patients who are addicted to drugs. This research aimed at

understanding details about drama therapy methods used with drug addicts through interviews conducted by patients. The researcher found that drama therapy positively affected psychological treatment of addicts. Patients were introduced through an easy and funny warm up technique where everyone participated, enabling them to get into the main activity based on story telling. This was a very relaxing act since almost every patient exhibited humor and enthusiasm during the participation. It is safe for every patient to determine what level he or she wants to be engaged in this process. From this experience, patients could create their own stories or think about fiction ones as well. Respondents appreciated the entertaining and funny part of it too much so that they generally reacted very positively towards this method. Most people were happy after going for some time without thinking about their Vices or addiction, this was something quite new for them. These findings therefore advocate for more frequent use of drama therapy in psychological rehabilitation programs.

Drama therapy takes a unique approach in treating addiction among individuals. By taking on dramatic roles and actions, individuals can investigate different aspects of their personality thereby gaining insights into why they behave differently and what motivates these behaviors. These insights help them know themselves better as well as understand why they are doing certain things thus finding ways of healing themselves best.

The following table provides a summary of the most prominent previous studies related to creative arts and their effectiveness in treating and improving psychological and mental health among drug addicts.

<b>Authers</b>	<b>Year</b>	<b>Study Title</b>	<b>Results</b>
Aletraris, L., Paino, M., Edmond, M. B., Roman, P. M., & Bride, B. E.	2014	The use of art and music therapy in substance abuse treatment programs	Creative arts therapy, such as music therapy, contributes to a positive impact on the mental health of addicts, by reducing self-denial and motivating the addict to replace his negative way of thinking, which in itself is supportive of the clinical

			treatment that an addicted individual (18-50) years old receives.
Laura et al	2019	Using Art Therapy to Treat Addiction	Therapy with creative arts, such as visual art and music, is classified as a form of experiential therapy. It is an approach to recovery based on meeting the emotional and spiritual needs of adult addicts of both genders, regardless of their experience in these arts and their cultural background.
Hohmann et al	2017	Effects of music therapy and music-based interventions in the treatment of substance use disorders: A systematic review	The study demonstrated that music therapy contributes to enhancing mental health among drug addicts, as the beneficial effects of music therapy on emotional outcomes and perceived helpfulness were reported among adult addicted patients of both genders.
Čačková	2017	Effect Of Drama therapy On The Personality Of Clients Addicted To Alcohol And Methamphetamine	The study showed that drug addicts showed exceptionally positive reactions to drama therapy, with the most prominent results confirming the necessity of repeatedly involving drama therapy in psychological

			rehabilitation within mental treatment and psychological rehabilitation centers for adult addicts of both sexes.
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## Research Findings

The study findings based on prior literature review are as follows:

1. The benefits of creative arts therapy for adults (18-50) years of both sexes who suffer from substance use disorders and addiction are numerous and important, as confirmed by previous studies that were reviewed in this field, where the most important results include overcoming resistance and finding... A creative outlet to express difficult emotions, and find a deeper understanding of the creative and spiritual meaning of addiction and life.
2. The final results found that the different creative arts (alone or in combination) have multiple and varying effects on the addicted person, regardless of his gender or the severity of the addiction he suffers from, as most previous studies published in this field focused on the importance of music therapy and its impact on the mental health of addicts. Drugs, followed in terms of importance by plastic arts therapy, and as for drama therapy, although its effectiveness in treating addiction has been mentioned, published studies in this field are somewhat few.
3. Previous literature reviewed in this research study confirmed that creative arts therapy has a positive impact on adult drug addicts of both sexes (male and female), as it works alongside traditional clinical therapy in helping the individual improve mental and psychological health. Studies and their mixed results have found that the primary goal of these arts is to manage disordered behaviors, address negative emotions, reduce stress and anxiety, and increase self-esteem in general, regardless of the degree of effectiveness of each art individually.



According to this study result, creative arts therapy has been seen as advantageous treatment among addicts. In order to reach a full recovery that must involve knowledge about oneself and one's addictions expressed through these non-verbal communication channels like painting/music/theater/performance dance etc., it is necessary to create an environment of safety and support where these therapies could take place. Furthermore, using creative arts therapy also enables individuals to learn new strategies for managing stress or emotional reactions that may be particularly important since drug abusers often experience multiple physical problems resulting from substance misuse.

## **Conclusion**

Drug addiction is a complex disorder with profound physiological consequences for both individuals and society. Therefore, there is need for increased knowledge regarding this disease alongside its psychological influence towards formulating other alternative treatments that are better tailored culturally responsive. More theoretical studies can enable practitioners working within mental health systems dealing with public health issues like substance use disorder (SUD), interior designers especially those specializing in visual design dealing with SUDs including visual artists focusing on addicted populations or other healthcare professionals such as psychologists treating addicted patients with various comorbidities through musical performances at concerts etc.

In conclusion of this study, it was shown how significant the benefits were for people struggling with addiction who participated into various forms of art as a therapeutic tool. Consequently, these therapies provide a safe environment where individuals can express themselves while at the same time dig into their own addiction problems. Additionally, use of creative arts therapy can also help people develop alternative coping mechanisms as well as improving emotional regulation which may be relevant in cases of substance misuse that is often associated with various physical and mental health problems.

## **Recommendations**

The author strongly supports many proposals for further research among them:

- Perform longitudinal studies that will deeply scrutinize long-term benefits and possible challenges of creative arts therapy among drug addicts.
- Conduct comparative analyses for diverse expressive arts therapies, e.g. visual art, music therapy and drama in order to select the most suitable forms for addiction treatment in different subgroups of patients.
- Discuss how traditional treatments such as CBT or MAT can be used with inclusive art forms to make them more effective.
- Integrate cultural adaptations into the application of arts therapies across various populations so that they may not go against cultural norms thus maximizing reception and impact.

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## العلاج بالفنون الإبداعية ودورها في تعزيز الصحة النفسية لدى مدمني المخدرات

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### الخلاصة:

يعد إدمان المخدرات من أهم الأمراض والمشكلات الصحية التي تؤثر سلباً على الصحة النفسية والعقلية للأفراد. إذ يمكن التعافي من هذا الإدمان من خلال استخدام وسائل وأليات الدعم المناسبة، مثل العلاج بالفنون الإبداعية أو التعبيرية، والتي تتمثل في العلاج بالموسيقى، والفنون التشكيلية، والدراما. تم استخدام المنهج التحليلي التاريخي في هذه الدراسة البحثية، من خلال إجراء بحث تفصيلي في الأدبيات وذلك باستخدام قواعد البيانات الأساسية مثل قاعدة بيانات الصحة العقلية لمنظمة الصحة العالمية (PubMed)، وScopus، و Science Direct، وGoogle (Scopus). حيث كان الهدف هو التعرف على مدى فعالية استخدام العلاج بالفنون الإبداعية وتصنيفه من حيث التأثير الأقوى والأهم، بالإضافة إلى التعرف على أهم الطرق التي يمكن من خلالها الجمع بينه من خلال توظيف العلم الحالي في العلاج العصبي للإدمان. تم أيضاً أخذ الأدبيات المنشورة حول استخدام العلاج بالفن في الاعتبار لدى مدمني المخدرات، وذلك باستخدام مراجعة الأدبيات الخاصة بتعاطي المخدرات كأساس من خلال تحديد المفاهيم النظرية الأساسية، وتم فحص النتائج المختلطة للدراسات المختلفة واستخلاصها.

**الكلمات المفتاحية:** العلاج بالفنون، الفنون الإبداعية، الصحة العقلية، مدمني المخدرات، العلاج بالموسيقى، العلاج بالفنون البصرية.

