

THE SELECTIVE BIBLIOGRAPHY OF FORCED MIGRATION

A Multi-Media Educational Tool

Summer 2021

Rethinking the Value of Art Therapy

Target audience: advanced and life-long learners

Keywords: art, mental health, theater

Research by Haru Sugishita (Vassar College)

“The aim of art is to represent not the outward appearance of things, but their inward significance.” – Aristotle

Art therapies play a significant role in situations of forced migration. Migrants, especially forced migrants, often have to go through hardships in life, for example, war, violence, evacuation, loss of loved ones, etc. Such situations can cause migrants to feel homesickness, encounter difficulties settling in new communities, and/or experience mental illness like PTSD (Post Traumatic Stress Disorder). Art therapy is a treatment approach that integrates psychotherapeutic techniques and processes of creating arts, such as visual arts, dance, music, and drama. Such therapy can let patients reflect on past experiences, realize their inner voices, and express them outwardly. This has the potential to lessen a patient’s distress, ease post-traumatic syndrome, and enhance interpersonal and intercultural understanding in communities. Due to the success of these programs in clinical settings, art therapy has been widely implemented across the world to aid forced migrants.

Explore the following sources and familiarize yourself with migrants’ mental situation and each kind of art therapy implemented with migrants. Consider the significance of art therapy and how it can be utilized in the future.

UNDERSTANDING THE MENTAL HEALTH OF MIGRANTS

Before starting to read about art therapy and the case studies conducted with migrants, it would be helpful to go through the underlying situation of migrants’ mental health. The three sources listed here are well organized and comprehensive

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to learn the fundamentals of migrants' mental situation. Read one or more among the articles and imagine how you can connect your understanding of migrants' mental health and the quality of art therapy.

“Mental Health Facts on Refugees, Asylum-seekers, & Survivors of Forced Displacement,” American Psychiatric Association

Chesmal Siriwardhana and Robert Stewart, “Forced migration and mental health: prolonged internal displacement, return migration and resilience,” *International Health*, 2013

“Mental health and psychological support, Data and displacement, Missing migrants,” *Forced Migration Review*, 2021

Discussion Questions: What struggles do migrants face? What mental health struggles/situations do they face? What should be addressed? What kind of support can be implemented? How does it differ from policies and norms currently in place? How can art therapy take a role in addressing migrants' mental health needs and challenges?

LOOKING AT CASE STUDIES

Part 1: Understanding the overview

This is an optional, but helps you comprehend the overarching situation.

Overview

Ditty Dokter, [Arts Therapists, Refugees and Migrants: Reaching Across Borders](#), 1998.

Rebecca Dieterich-Hartwell and Sabine C. Koch, “[Creative Arts Therapies as Temporary Home for Refugees: Insights from Literature and Practice](#),” *Behavioral Sciences*, 2017

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Part 2: Reading and discussing case studies

Choose one of the following categories (Art therapy, Dance/Movement therapy, Music therapy, or Drama therapy) and go through 2-3 sources. Discuss the questions that follow

Art therapy

Mana Shamshiri and Somar Bakir, "[Finding 'Home' Through Creative Art Therapy,](#)" *Guiti News*, August 13, 2020

Lisa Lefler Brunick, "[Listen to My Picture: Art as a Survival Tool for Immigrant and Refugee Students,](#)" *Art Education*, 1999

Cassandra Rowe, Rose Watson-Ormond, Lacey English, Hillary Rubesin, Ashley Marshall, Kristin Linton, Andrew Amolegbe, Christine Agnew-Brune, and Eugenia Eng, "[Evaluating Art Therapy to Heal the Effects of Trauma Among Refugee Youth: The Burma Art Therapy Program Evaluation,](#)" *Health Promotion Practice*, 2017

Debra Kalmanowitz and Rainbow T. H. Ho, "[Out of our mind. Art therapy and mindfulness with refugees, political violence and trauma,](#)" *The Arts in Psychotherapy*, 2016

Iman Khatib and Jordan S. Potash, "[Visual Journaling using Art Therapy with Refugees,](#)" *The Arts in Psychotherapy*, 2021

Andrew Steeds, "[Art therapy with asylum seekers and refugees: the New Art Studio,](#)" *Migration Museum*, February 8, 2019

Discussion Questions: Which mental health needs of migrants' can be addressed through art therapy? Who, among migrants, should be the target of art therapy? How does art therapy work to support migrants' (migrants youth's) mental health? How does art therapy work to support traumatised migrants and ease their homesickness? In what situation (when, where, to whom), would art therapy be effective? What kind of impact can migrants' artcrafts give to the public?

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Dance/Movement therapy

["The Journey of a Resettled Refugee: A Dance/Movement Therapy Moment,"](#)
American Dance Therapy Association, March 27, 2018 (Video)

Ilene Serlin, ["Integrational Trauma in Jordan: Using dance therapy with Syrian refugees,"](#) *Society for Human Psychology*, April 2019.

David A.Harris, ["Dance/movement therapy approaches to fostering resilience and recovery among African adolescent torture survivors,"](#) *Torture*, 2007

Sabine C., Koch and Beatrix Weidinger-von der Recke, ["Traumatised refugees: An integrated dance and verbal therapy approach,"](#) *The Arts in Psychotherapy*, 2009

Katia Verreault, ["Dance/Movement therapy and resilience building with female asylum seekers and refugees: a phenomenological practice based research,"](#)
Intervention, 2017

Discussion Questions: Which components of migrants' mental health can be addressed through dance therapy? Who, among migrants, should be the target of dance therapy? How does dance/movement therapy work to support traumatised migrants and build their resilience? In what situation (when, where, to whom), would dance therapy be effective?

Music therapy

C. Schmartz and A. Majerus, ["Mateneen \(Together\) - a music therapy project for and with young refugees and asylum seekers in Luxembourg,"](#) *Public Health Panorama*, 2020

Sarah Ferguson, ["A New Music Therapy Program Is Helping Syrian Refugee Children Heal,"](#) June 19, 2018

Sami Alanne, [Music Psychotherapy with Refugee Survivors of Torture: Interpretations of Three Clinical Case Studies,](#) *Helsinki: Sibelius-Akatemia*, 2010

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Sophia Vougioukalou, Rosie Dow, Laura Bradshaw, and Tracy Pallant, "Wellbeing and Integration through Community music: The Role of Improvisation in a Music Group of Refugees, Asylum Seekers and Local Community Members," *Contemporary Music Review*, 2019

S. Jin, "Giving and gaining: Experiences of three music facilitators on working and musicking with asylum seekers in Australia," *Australian Journal of Music Therapy*, 2016

Discussion Questions: Which components of migrants' mental health can be addressed through music therapy? Who, among migrants, should be the target of music therapy? How does music therapy work to support migrants' mental health? Specifically, how can music support integration? In what situation (when, where, to whom), would music therapy be effective?

Drama therapy

Cécile Rousseau, Maryse Benoit, Marie-France Gauthier, Louise Lacroix, Néomée Alain, Musuk Viger Rojas, Alejandro Moran, and Dominique Bourassa, "Classroom Drama Therapy Program for Immigrant and Refugee Adolescents: A Pilot Study," *Clinical Child Psychology and Psychiatry*, 2007

"How theater helps these Syrian refugees manage the trauma of war," *PBS NewsHour*, March 28, 2019 (video)

Shai Schwartz and Sheila Melzak, "Using Storytelling in Psychotherapeutic Group Work with Young Refugees," *Group Analysis*, 2005

Sara Sakhi, Lina H. Kreidie, Farah Wardani, HH Sheikha Intisar AlSabah, and Karima Anbar, "The Power of Theater Expression and Communication: A Psychological Therapeutical Intervention in a Refugee Camp: An IPA Study into the Narratives of Women Refugees' Experience with Drama Therapy," *Psychology Research*, 2020

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Violet Cenedella, "Finding Voice Through Theater: Forced Migration and Self Expression," Selective Bibliography of Forced Migration, Summer 2020

Discussion Questions: Which components of migrants' mental health can be addressed through drama therapy? Who, among migrants, should be the target of drama therapy? How does drama therapy work to support migrants' (migrants youth's) mental health? How does drama therapy work to support migrants to overcome their trauma? In what situation (when, where, to whom), would drama therapy be effective?

UNDERSTANDING THE MENTAL HEALTH OF MIGRANTS

Consider the following questions in small groups or in a large group discussion: Why is there art therapy and why is it important? What is unique about art therapy? In what situation (when, where, to whom), would each kind of art therapy be utilised? Who/What institution should implement art therapy and how? How can art therapy be partnered with other kinds of psychological support? What effect can be expected on migrants and people surrounding them?