



Art Therapy is Proven to Ease the Emotional Effects Caused by a Breast Cancer Diagnosis

The Laurus Project®, a breast cancer non-profit, announced a grant supporting the Art Therapy Program at New York University's Langone Perlmutter Cancer Center. The funds will be used for the art therapy program for breast cancer patients.

About 80% of individuals diagnosed with breast cancer have signs of Post-Traumatic Stress Disorder (PTSD). PTSD is a disorder caused by a frightening event, such as the appearance of breast cancer or its recurrence. This often has a detrimental impact on the quality of life for patients. Art therapy has been shown to help individuals manage the emotional and physical effects of such a diagnosis and its treatment.

Art therapy empowers patients to take an active role in their health by focusing on something positive and creative. It differs from art class in that the emphasis is on the creative process, rather than the technique. Patients are engaged and focused on something other than their illness and its consequences. The distraction is a welcome and empowering refuge for them.

Therapies that address the emotional, social and spiritual aspects of a patient's well-being are referred to as complementary therapies. These include art therapy, music therapy, acupuncture, meditation, tai chi and yoga. Complementary therapies are utilized as a holistic approach to mitigating the emotional and physical side effects of disease, and are not expected to cure the disease.

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