



International Perspective on the Functionality of Art Therapy in Museum Applications

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ABSTRACT

The use of art therapy in museums is receiving increasing attention, and functional studies have revealed its unique value and potential. To this end, a functional study of art therapy in museum applications from an international perspective is proposed, beginning with an overview of art therapy in the current testing environment. An overview of art therapy in the current testing environment is provided. Specific forms of art therapy in museums are explored in terms of sculpture and ceramics, music and dance performances. On this basis, the application function of museum art therapy is elaborated through the four aspects of psychological healing and emotional guidance, education and cognitive enhancement, socialization and interaction, as well as creative stimulation and self-expression, so that the audience can participate in the process of art therapy while enjoying art. It provides a new development direction and diversified service methods to better serve the public and society.

Keywords: International perspectives; Art therapy; Museums; functional applications; Art color; Collocation therapy.

Introduction

In today's globalization, the exchange and integration of culture and art are becoming more and more frequent, and museums, as an important place for displaying culture and art, are constantly expanding and deepening their functions and roles ^[1]. Art therapy is an emerging psychotherapeutic method, which has received more and more attention internationally in recent years, and its application in museums has gradually become a research hotspot ^[2]. Therefore, this study explores the functionality of art therapy in museums from an international perspective, with a view to providing reference for the innovative development of museums in China ^[3]. Art therapy, through the medium of art and the creative process, helps people to express their emotions, relieve stress, and promote self-knowledge and growth ^[4]. The museum is a holy place that gathers the essence of human history, culture and art, and its rich collections and exhibitions provide unique conditions for art therapy ^[5]. The combination of museums and art therapy not only enriches the educational and public service functions of museums, but also brings more profound and diversified experiences to the audience ^[6]. At present, more and more museums are trying to integrate art therapy into their service system ^[7]. By organizing art workshops and carrying out art therapy activities, the audience can participate in art creation and experience the charm and power of art while enjoying art ^[8]. These activities not only attracted a large number of audience participation, but also achieved a favorable social response. This time, based on the real social background, we analyze the combination of art therapy and museums, clarify the background and foundation of art therapy in museums, and analyze the international experiences of museums in art therapy, including the organization, implementation and evaluation of activities ^[9]. On this basis, the functionality of art therapy in museums is analyzed from the aspects of promoting audience's emotional expression, enhancing audience's artistic experience, and improving the brand image of museums, etc. Combined with the actual situation of the museums, suggestions and prospects for the application of art therapy in Chinese museums are put forward ^[10].

1 Overview of Art Therapy

Art Therapy, also known as Art Psychotherapy, is a service to reflect on individual personality, ability, interest, development, as well as internal concerns and conflicts through art media, art creation process and the reaction of the parties to the created art works ^[11]. This treatment method provides people with opportunities for nonverbal expression and communication, helps people express their inner feelings and experiences through art, so as to better understand and handle their emotions, reduce psychological pressure and anxiety, improve self-awareness and self-esteem, promote the development of creativity and imagination, and improve interpersonal relations and communication skills ^[12]. Art therapy takes various forms, including but not limited to painting, music, poetry, etc. ^[13]. In daily treatment, patients can express their inner feelings and experiences, enhance self cognition, relax their body and mind, relieve pressure and anxiety, and thus express their inner feelings and experiences to promote individual mental health and growth ^[14].

2 MUSEUM ART THERAPY FORMS

2.1 Sculpture and ceramics creation

Among the various forms of art therapy in museums, sculpture and ceramics, by virtue of their unique charm and profound healing effect, provide visitors with the opportunity to create with their own hands, and in the process of creation promote the expression of the heart and the release of emotions ^[15]. The creation of sculpture requires a keen sense of form, space, material and other elements and the ability to control them ^[16]. In museums, sculpture creation areas are often set up with a variety of sculpture tools and materials, and visitors can choose suitable materials and forms for creation according to their own interests and imagination ^[17]. In addition, visitors can feel the texture and vitality of materials such as clay, plaster, and wood by touching and molding them ^[18]. This direct contact with materials helps visitors relax and return to nature, and also stimulates their creativity and imagination ^[19]. During the process, visitors continue to try, correct and improve their works, which helps them recognize their own shortcomings, learn self-reflection and growth, and realize the expected effect of art therapy ^[20]. On top of that, adding the form of pottery creation can cultivate visitors' patience, meticulousness and concentration ^[21]. Through the steps of billeting, trimming, glazing, firing, etc., they can exercise their hands-on ability and patience, and feel a sense of accomplishment and satisfaction in the process of creation, reduce their inner pressure and anxiety, and achieve a kind of inner peace and tranquility ^[22].

2.2 Music and dance performance

Music and dance performances are visual and auditory pleasures that can invariably promote emotional expression and inner communication. Music is an art form that transcends language and cultural barriers and touches the human heart directly ^[23]. Its charm lies in its ability to stimulate human emotions and resonance ^[24]. When visitors are immersed in the beautiful melody, their hearts can be relaxed and purified, and their emotions can be expressed and released ^[25]. This kind of emotional exchange and resonance can help reduce psychological pressure and promote physical and mental health. In addition, music performances can also cultivate people's aesthetic ability and cultural literacy. By enjoying music performances in museums, visitors can not only feel the charm of music, but also understand the history and cultural background behind the music, thus enriching their cultural connotation. Dance performance is based on body language, compared with the form of music performance, can be more intuitive expression of human emotions and thoughts, often in the form of dance drama, dance works and other forms of presentation, for visitors to bring a dynamic visual enjoyment. Specific art therapy content and forms of expression are shown in Table 1.

Table 1 Table analyzing the contents of music and dance art therapy, the forms of expression

Form of expression	Explanation of Art Therapy Content
Musical form	Expression and communication, emotional release, self exploration, team collaboration
Ballet form	Emotional expression, stress release, artistic enjoyment
Opera form	Empathy, stimulating creativity and imagination, and enhancing aesthetic value
Traditional Chinese Opera Form	Cultural inheritance, moral education, and improvement of psychological quality

Table 1 mainly analyzes the content and expression of music and dance art therapy. The charm of dance performance lies in its ability to vividly express human emotions and inner world through body movements and gestures. When the visitors watch the dance performance, the therapists can feel the emotion and mood conveyed by the dancers, thus triggering their own resonance and thinking. The emotional exchange and experience helps to promote emotional communication and understanding between people. In addition, the dance performance can also exercise people's physical quality and coordination. While enjoying the dance performance, visitors can also learn some basic dance movements and techniques to improve their physical quality and coordination.

3 ANALYZING THE APPLIED FUNCTIONS OF ART THERAPY IN MUSEUMS

3.1 Psychological healing and emotional detachment

Psychological healing is a complex and delicate process that usually requires individuals to face their inner world and accept and understand the root causes of their psychological distress. Artwork in museums, whether paintings, sculptures, or

architecture, provides a quiet space for individuals to immerse themselves in their own inner worlds while enjoying the art. This immersive experience helps individuals to relax their tense nerves, reduce anxiety and stress, and provide a good start for psychological healing. In the case of emotional counseling, from an international perspective, the museum artwork can be a trigger point for the individual's emotional resonance. Different artworks can trigger different emotional responses, such as joy, sadness, anger or surprise. Through viewing these artworks, individuals can find an emotional outlet to release their pent-up emotions. This emotional release not only helps to reduce the psychological burden, but also helps the individual to better recognize his or her own emotional state, providing a basis for emotional management. In addition, art therapy in museums also has a social function. In museums, people can view artworks with others and share their feelings and insights with each other. This social interaction not only helps to establish new social relationships, but also provides a network of emotional support for individuals. When faced with psychological distress, these social supports can provide important psychological support to help individuals cope better. It is worth noting that, in an international perspective, art therapy in museums is not an overnight process. It requires an in-depth interaction between the individual and the artwork, as well as an understanding and acceptance of the individual's own inner world. As shown in Figure 1.

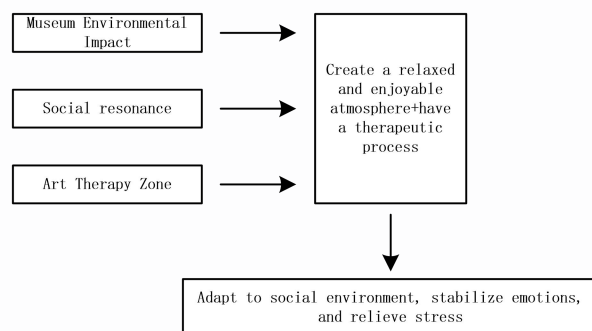


Fig. 1 Diagrammatic representation of the process of psychological healing and emotional detachment in museum art therapy

Figure 1 mainly analyzes the design and practice of the psychological healing and emotional relief process of art therapy in museums. At the same time, museums should also provide corresponding support and guidance, such as setting up art therapy areas, providing professional art therapists, etc., to ensure that individuals can make full use of the art resources of museums to achieve the goals of psychological healing and emotional relief, and realize inner peace and emotional release.

3.2 Education and cognitive enhancement

Traditional museum education focuses on the teaching of history, culture and art. However, the application of art therapy brings a new perspective to museum education. Through viewing, analyzing and creating artworks, the audience is able to understand more deeply the cultural connotation behind the art and the emotional world of the creators. This kind of immersive education can stimulate the curiosity of the audience, guide them to explore and think actively, so as to obtain knowledge in a pleasant atmosphere. Museum art therapy has a unique role in enhancing the cognitive ability of the audience. Usually, in the international perspective, art works are intuitive and graphic, which can directly affect the audience's senses and stimulate their imagination and creativity. By observing and thinking about the art works, the audience can exercise their observation and thinking ability, and improve their knowledge and understanding of things. Secondly, museum art therapy emphasizes the interaction between the audience and the art works. The specific contents are shown in Table 2.

Table 2 Museum art therapy audience and artwork interaction direction and treatment content setting table

Museum Art Therapy Audience and Art Interaction Direction	Treatment content setting		
Communicative	Communicate and analyze the content of art therapy, and make adjustments based on the actual situation		
Immersive	Independent thinking+emotional reinforcement	binding+thinking	
Thinking style	Learning based thinking+emotional binding		
Interactive	The team collaboration approach involves interactive discussions on a specific topic, increasing the stability and relevance of art therapy		
Seminar style	A periodic research team with strong targeting and better integration with art therapy		

Table 2 mainly analyzes the setting and practice of the interactive direction and therapeutic content of the museum art therapy audience and artworks. Under such background conditions, the audience can express their own opinions and feelings through the dialogues with artworks, so as to cultivate critical thinking and independent thinking ability. This interactive educational approach can stimulate the audience's interest and motivation to learn, so that they can obtain cognitive

enhancement in the process of active participation. Museum art therapy also pays attention to the audience's emotional experience. Works of art can often trigger the emotional resonance of the audience, making them feel the power of beauty and emotional warmth while enjoying the works. This kind of emotional experience helps to enhance the audience's emotional cognitive ability, making them more sensitive to perceive and understand the world around them.

3.3 Socialization and interaction

Museum art therapy emphasizes the emotional resonance and interaction between the artworks and the audience to achieve the purpose of psychological healing and cognitive enhancement. This interaction is not only limited to the audience and the work of art, but also extends to the audience and the audience, forming a social interaction network with art as the link. In the museum, centering on the international perspective, the audience can discuss and share their feelings and insights around the works of art, thus enhancing mutual understanding and trust, and establishing a deep social relationship. Specific modes of interaction are as follows.

(1) Interactive exhibitions: Museums can design interactive exhibitions to allow the audience to participate in the process of creating and displaying works of art. See figure 2 for an illustration.

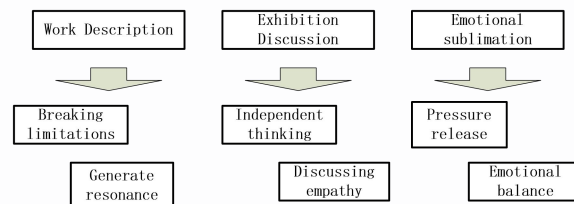


Fig. 2 Design diagram of the art therapy session of the interactive museum exhibition

Figure 2 is mainly about the setting and analysis of the interactive exhibition art therapy link of the museum. Through the setting of interactive installation art, the audience can interact with the works through touching, operating and other ways, so as to enhance the audience's sense of participation and experience. This interactive way can not only attract the attention of the audience, but also promote the communication and interaction between the audience.

(2) Art Salon: Museums can organize art salon activities on a regular basis, inviting artists, scholars and audiences to participate. In the salon, we can discuss a certain art theme and share our own experience and insights. This kind of face-to-face communication can enhance mutual understanding and trust, and establish a deep friendship.

(3) Social media interaction: museums can utilize social media platforms to interact with audiences online. For example, through microblogging, WeChat and other social media platforms to publish art information, exhibition information and interactive topics, attracting the audience to participate in the discussion and sharing. In the international perspective, this kind of online interaction can break through the limitation of time and space, so that more people can participate in the social interaction of the museum.

Museum art therapy can enhance the understanding and trust between the audience in social interaction and establish a deep social relationship. It promotes the understanding and appreciation of art by the audience, enhances their aesthetic quality and cognitive ability, promotes the connection and interaction between the museum and the society, and strengthens the social influence and cultural value of the museum. The museum can create a social interaction platform with art as a link, so that the audience can realize the exchange and collision of hearts and minds while enjoying art.

3.4 Creative stimulation and self-expression

The museum's rich artifacts and cultural heritage provide an endless source of creativity. From ancient paintings and sculptures to modern installations and digital art, these works not only show the unique perspectives and creativity of the artists, but also stimulate the imagination and creativity of the audience. As visitors enjoy the works, they are unconsciously influenced by the artists and begin to think about how to incorporate this creativity into their own lives and work. The museum regularly organizes various art activities and lectures, inviting artists and experts to have face-to-face exchanges with visitors. These activities not only provide the audience with more opportunities to get in touch with art, but also provide a platform for them to communicate with and learn from the artists. Through interaction with the artists, the audience can gain a deeper understanding of the process and techniques of art creation, thus stimulating their own creative inspiration. Art therapy emphasizes the expression of one's emotions and thoughts through art. In the museum, under the international perspective, the audience can express their inner thoughts and feelings by participating in various art activities, such as painting, sculpture, photography and so on. This way of expression not only enables the audience to understand their inner world more deeply, but also helps them find a way to release their emotions and relieve pressure. At the same time, it also provides a platform for the audience to display their works. Visitors can display their works in the public space of the museum or on social media, and share their creativity and ideas with other visitors. This kind of display not only allows the audience to be recognized and encouraged by others, but also stimulates their creative enthusiasm and self-confidence. This function provides an endless source of creativity for the audience in terms of creative inspiration and self-expression, stimulates their imagination and creativity, helps the audience to find an effective way of self-expression, allows them to better understand their inner world, and also promotes communication and interaction between the audience, providing them with a platform to display their talent and creativity. It can also promote communication and interaction among the audience and provide them with a platform to display their talents and creativity. It can stimulate the audience's creative inspiration and desire for expression, and help them realize their self-growth and development.

CONCLUSION

In conclusion, the above is a study of the functionality of art therapy in museums from an international perspective. As a bridge connecting the past, the present and the future, museums can not only enrich the visitors' experience, but also promote the harmonious coexistence of individuals and the society through the innovative means of art therapy. The functional performance of art therapy in museums is more diversified, and this form of therapy not only helps to express the audience's emotions and spiritual healing, but also promotes the deepening and expanding of the museum's educational function. Art is no longer just an object to be viewed, but a medium for audience participation, experience and healing.

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