

# Psychosocial Rehabilitation Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement

## Arts & The Brain: Evidence-based Therapeutic Arts Theory & Practice

**Juliet L. King, PhD(c), ATR-BC, LPC, LMHC**

Associate Professor of Art Therapy; The George Washington University  
Adjunct Associate Professor of Neurology; Indiana University School of Medicine

**Tuesday, April 9th, 2024**

**11:00am – 12:30pm**

**<https://weillcornell.zoom.us/j/92812036154>**

**Meeting ID: 928 1203 6154**

**Password: 12345**

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact [wempsychiatryce@med.cornell.edu](mailto:wempsychiatryce@med.cornell.edu) for additional CE information

**SPEAKER:** Dr. King has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Juliet L. King (PhDc), ATR-BC, LPC, LMHC is an Associate Professor of Art Therapy at The George Washington University and an Adjunct Associate Professor of Neurology at the Indiana University School of Medicine. Juliet has over two decades as a clinician, administrator, and educator. She developed and implemented the graduate art therapy program at Herron School of Art & Design-IUPUI, where her leadership spearheaded over 30 graduate student internships in the Indianapolis community and throughout the state. Professor King's research explores the systematic integration of art therapy and neuroscience with a focus on neuroaesthetics and imaging technology to explore and test the psychological mechanisms of change in the creative arts therapies. Juliet is pursuing a PhD (ABD) in Translational Health Sciences and her dissertation is the development of a neuroscience-informed art therapy toolkit for the treatment of psychological trauma. In 2016 she wrote and edited *Art Therapy, Neuroscience and Trauma: Theoretical and Practical Perspectives*, and a second edition is set for publication in early 2024.

### Abstract:

In this presentation, participants will journey through the historical, cultural, and therapeutic dimensions of aesthetics and creativity, learning how neuroscience evidence and principles underscore the use of creative, expressive, and receptive practices. Emphasis will be placed on primary agents of change in the application of arts in the context of health: creativity, symbolism and metaphor, materials and methods, embodiment, and the therapeutic relationship. Using the arts for health purposes recognizes body-mind integration as central to well-being, allowing people to access and work through dynamics situated at non-verbal, implicit, and sensory-based levels of experience.

### Learning Objectives:

1. Demonstrate an understanding of the history, evolution, and convergence of humanities, science, and philosophy as pertains to creative arts therapies.
2. Demonstrate an understanding of the evidence supporting the intersections of neuroaesthetics, creativity studies, psychology, and related therapeutics.
3. Apply neuroscience evidence and principles into practical and culturally-informed therapeutic arts applications.

### References:

1. Davies, C., & Clift, S. (2022). Arts and Health Glossary - A summary of definitions for use in research, policy and practice. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.949685>
2. De Witte, M., Orkibi, H., Zarate, R., Karkou, V., Sajjani, N., Malhotra, B., Ho, R. T. H., Kaimal, G., Baker, F., & Koch, S. C. (2021). From Therapeutic Factors to Mechanisms of Change in the Creative Arts Therapies: A scoping review. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.678397>
3. Art therapy, trauma, and neuroscience. (2016). In *Routledge eBooks*. <https://doi.org/10.4324/9781315733494>
4. King, J. L., Kaimal, G., Konopka, L. M., Belkofer, C. M., & Strang, C. E. (2019). Practical Applications of Neuroscience-Informed Art Therapy. *Art Therapy*, 36(3), 149–156. <https://doi.org/10.1080/07421656.2019.1649549>
5. King, J. L., & Parada, F. J. (2021). Using mobile brain/body imaging to advance research in arts, health, and related therapeutics. *European Journal of Neuroscience*, 54(12), 8364–8380. <https://doi.org/10.1111/ejn.15313>