

Why We Use Creativity to Heal

Art is a wound turned into light (*1). At the deepest level, the creative process and healing process arise from a single source. When we are artists, we are healers; a wordless trust of the same mystery is the foundation of our work and its integrity (*2). Why? Creativity has the ability to move people along their journey of grief and loss into a more balanced place of healing and hope. In the face of tragedy, the creative process can help re-calibrate a survivor's life (*3). In effect, the arts and creative practices are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness (*4).

1. Georges Braque
2. Rachel Naomi Remen, MD
3. The Chandler Gallery at Maud Morgan Arts
4. Wellarts Association