

Original Paper

The Practice and Exploration of Painting Healing in a Cross-cultural Context: An International Case Study

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Abstract

The practice and exploration of painting healing in a cross-cultural context is an area that has attracted much attention. As a nonverbal way of expression, painting is believed to be able to cross language and cultural barriers and provide people with psychological support and rehabilitation. This study explores the practice of painting healing in different cultural contexts through international case analysis. The study collected cases from different countries and cultures, covering different age groups such as children, adolescents and adults, as well as special groups such as refugees and abused persons. International case studies have shown that painting healing has achieved positive results in a cross-cultural context. Painting provides individuals with a nonverbal way of expression, helping them transcend the limitations of culture and language and express their inner feelings and emotions. Painting healing has shown remarkable effects in alleviating psychological problems such as anxiety, depression and post-traumatic stress disorder.

Keywords

painting healing, cross-cultural background, international case, anxiety level

1. Introduction

As a creative treatment method, painting healing has been widely used in the field of mental health. It helps individuals express their inner emotions, reduce anxiety and promote rehabilitation through artistic expression. However, with the process of globalization, the need for mental health in a cross-cultural context is becoming more and more prominent. In different cultural, linguistic and social contexts, the practice and exploration of painting healing has become particularly important to meet the needs of diverse groups of people.

The purpose of this article is to explore the practice of painting healing in a cross-cultural context, and to conduct in-depth research on the healing effects and applications of painting in different cultural

contexts through international case analysis. The significance of this research method is that by collecting and analyzing cases from different countries and cultures, we can understand the adaptability, effectiveness and challenges of painting healing in different cultural contexts. This helps to provide mental health professionals with more comprehensive reference and guidance in order to better use painting healing in a cross-cultural environment.

This article is divided into three main parts. First of all, we will review the background and importance of painting healing in the field of mental health, discuss its advantages as a nonverbal expression, and introduce the practical challenges of mental health needs in a cross-cultural context. Next, we will elaborate on the research method of this article in detail, namely international case analysis, to show the practice and exploration of painting healing in different cultural contexts. Finally, we will summarize the research results, explore the potential and limitations of painting healing in the cross-cultural context, and put forward future research directions and suggestions.

2. Related Work

Many scholars have conducted research on the healing of painting. Qiu Chen started from the exploration of ceramic painting in art healing, analyzed and compared the content and tone of ceramic painting on the role and purpose of art healing, and concluded that different forms of content and tone will have different effects on art healing (Qiu, 2023). Li Jing uses literature research and example research to introduce the theoretical basis of artistic healing, explore the healing properties embodied in Ku Shulan's paper-cut art, and analyze and sort out the healing factors existing in paper-cut art, including aesthetic creation and aesthetic appreciation from two angles (Li, Dai, & Liu, 2023). Zhu Zhenya believes that painting art therapy, as a novel method of emotional healing, is different from traditional psychotherapy methods. Urban empty-nesters can achieve the effect of soothing emotions and coordinating body and mind through painting and art therapy. Through a systematic analysis of narrative painting art therapy, group painting art therapy, and painting therapist-assisted methods, this paper points out the direction for the emotional healing of urban empty-nesters (Zhu, 2021). Zhu Zhenya analyzed in depth the practical strategies of mandala painting for the psychological healing of urban elderly people, and found that through mandala painting art activities, urban elderly people can effectively map subconscious emotions and experiences on Mandala paintings, and art therapists analyze their creative process and works (Zhu, & Wang, 2021). Feng Ying believes that the theory of body-mind relationship and brain plasticity provide neurobiological theoretical support for painting art therapy. The widespread application of painting art therapy proves its universality and effectiveness, and provides new inspiration for the return of human beings in the medical environment (Feng, & Zhang, 2020). Mardani F. synthesizes a number of studies and cases, emphasizing the positive role of painting, drawing and other art forms in promoting emotional expression, enhancing self-awareness,

and promoting psychological rehabilitation (Mardani, Shafiabadi, & Jafari, 2020). Jalambadani Z discussed the influence of different cultural backgrounds on the concept of art and therapy, and put forward suggestions in terms of cultural sensitivity and adaptability (Jalambadani, 2020). A systematic review study by Ibrahim H A explored the efficacy of painting therapy in alleviating the symptoms of post-traumatic stress disorder among refugees and displaced persons (Ibrahim, & Amal, 2020). Inomjonovna R. I. found that painting healing can significantly reduce the anxiety of cancer patients and improve their emotional state and quality of life (Inomjonovna, 2023). The Moula Z study emphasizes the importance of painting healing as a non-drug treatment method in helping autistic children (Moula, 2020). These studies provide a good reference for this article, and this article will further study the healing effect of painting.

3. Method

3.1 Painting Healing from the Perspective of Cross-cultural Psychology

Painting healing is a psychotherapy method that helps individuals achieve physical and mental balance and rehabilitation through painting and artistic creation. It provides a safe creative space (Rezazadeh, Froutan, & Abadi, 2020; Qin, 2020), allowing individuals to express their inner feelings, explore emotions and self-awareness through painting, and promote individual self-growth and mental health. Painting healing from the perspective of cross-cultural psychology emphasizes understanding and respect for different cultural backgrounds, and considers the influence of culture on individual experience and expression. It explores and respects the individual's cultural identity, beliefs and values, and helps individuals explore cultural-related symbols, images and experiences through painting and artistic creation. At the same time, painting healing from the perspective of cross-cultural psychology advocates culturally adaptive methods and techniques, provides personalized treatment support for individuals from different cultural backgrounds, and promotes a platform for cross-cultural exchanges and understanding. Through cooperative research and practice, painting healing from the perspective of cross-cultural psychology has made positive contributions to promoting mental health and the integration of cultural diversity.

Painting healing can become a platform for cross-cultural communication and sharing, promoting dialogue and understanding between different cultures. Through the display and sharing of paintings, individuals can understand and appreciate the perspectives and experiences from other cultures, and enhance inter-cultural interaction and exchanges. Painting healing from this perspective requires the cooperation of multi-disciplinary and cross-cultural teams. Researchers and therapists can jointly carry out cross-cultural research and practical projects to jointly explore the effects and applications of painting healing in different cultural contexts to promote the development of the field of cross-cultural psychology.

3.2 International Painting Healing Case Study

In the war-torn environment of Afghanistan, many children have experienced trauma and psychological distress. An international non-governmental organization has launched a painting healing project to provide these children with opportunities for artistic creation. Through painting, these children can express their inner feelings and experiences, and find an outlet for emotions. The project not only helps children relieve psychological pain, but also promotes their self-growth and social integration (Carr, 2020).

In Japan, some traditional forms of painting are used in psychotherapy. For example, Heyi is a traditional ink painting. People with anxiety and depression can relax by making and painting. This form of painting emphasizes natural elements and meditation, helps the individual connect in harmony with the heart, and promotes peace and balance of the mind.

In some African countries, art therapy is used to help individuals with post-traumatic stress disorder and psychological trauma. Through painting, sculpture and other art forms, individuals can express their pain and recovery process, and find inner strength and hope through artistic creation. These projects provide culturally significant psychological support to individuals by combining local culture and artistic traditions (Hakansson, Smulders, & Specht, 2020).

In Australia, Aboriginal art therapy is widely used in the field of mental health and rehabilitation. Aboriginal art has deep cultural and spiritual significance. Through painting and other art forms, individuals can explore their own identity and culture, find spiritual balance and self-healing. These projects emphasize the continuity and inheritance of culture, and provide a way for aboriginal groups to rebuild and strengthen their cultural identity (Hansen, Erlandsson, & Leufstadius, 2021).

3.3 Data Analysis Method

Qualitative analysis is a research method used to understand and interpret non-numerical data. In the international case analysis of the practice and exploration of painting healing in a cross-cultural context, qualitative analysis is widely used to gain an in-depth understanding of the experience, feelings and opinions of individuals or groups participating in painting healing projects. Collect non-numerical data from painting healing projects, such as interview recordings, observation records, participant feedback, diaries etc. These data can come from participants in different cultural backgrounds in order to obtain diverse and rich information. Table 1 shows the collected data.

Table 1. Data Collected

Participant ID	Age	Gender	Pre-Painting Anxiety Level (0-10)	Post-Painting Anxiety Level (0-10)
1	25	Female	8	3
2	32	Male	6	2
3	45	Female	7	4
4	56	Male	9	2
5	40	Female	5	2
6	38	Male	6	3
7	62	Female	8	1
8	29	Male	7	3
9	51	Female	6	2
10	43	Female	9	4

Organize and integrate the collected data to create a data set that can be analyzed. This involves transcribing interviews, organizing observation records, organizing text data, etc., and encoding the data to divide the data into meaningful units. Coding can be based on pre-determined research issues or topics, or it can be open coding based on emerging patterns and topics in data content. The purpose of coding is to refine the data into parts that are easy to manage and analyze. In the topic analysis stage, researchers summarize, classify, and compare the encoded data to find emerging patterns and topics, and carry out manual methods, such as annotating and organizing data, which can also be supplemented by special qualitative analysis software for support. In the interpretation and reporting stage, researchers explain and understand the discovered topics and link them to research issues and goals. This may involve further anatomy and interpretation of the subject, citing specific data to support the research conclusions, and putting forward suggestions and inferences about the practice of painting healing in a cross-cultural context.

4. Results and Discussion

Design experiments to evaluate the impact of painting healing on mental health in a cross-cultural

context, and understand its effect and applicability in different cultural groups. Recruit 30 patients with depression from different cultural backgrounds, let them paint for a period of time to assess whether their depression level has decreased, and use anxiety level and feedback survey as the evaluation indicators of this experiment. The experiment was conducted in a community center or art studio in a cross-cultural context. This environment can provide appropriate privacy and comfort, and provide participants with a space to focus and relax. 15 people in the experimental group underwent painting healing, and 15 people in the control group underwent normal healing. The anxiety level of the first 30 people in the experiment was 5, (the score range was between 0 (no anxiety symptoms) and 4 or 5 (severe anxiety symptoms)). After one month, their anxiety level and experience were tested and investigated. In order to reduce evaluation bias, evaluators can evaluate participant data without knowing which group they belong to.

4.1 Anxiety Level

Anxiety levels can provide a more comprehensive assessment of the condition of patients with depression. High anxiety levels may be related to the severity of depressive symptoms, indicating that the condition is more serious. In this article, the degree of change in anxiety level is used to determine whether painting can reduce the degree of depression in patients. Figure 1 shows the test results.

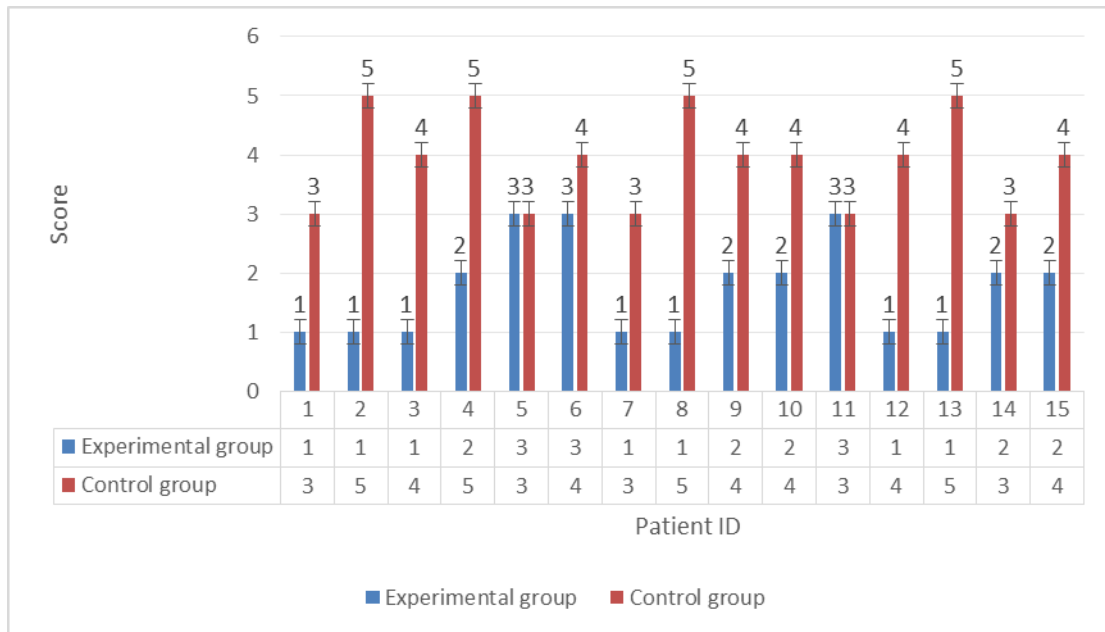


Figure 1. Anxiety Level

After one month of painting treatment, we found that the anxiety level of the experimental group dropped from 5 to 1-3, while the control group dropped to 3-5. This experiment shows that painting can

effectively reduce the anxiety level of patients with depression and bring them good healing effects. Painting provides a creative way of expression for patients with depression, enabling them to express their inner emotions and experiences through art. Through painting, patients with depression can transform their deep emotions into images, thereby reducing emotional stress and anxiety. When they focus on painting, their attention shifts from negative thinking and emotions to creative activities. This degree of concentration helps to reduce inner interference and anxiety.

4.2 Patient Evaluation

One month later, a questionnaire survey was conducted on the patients in the experimental group to investigate their experience of the healing effect of painting and their feelings about the process. The evaluation was divided into four levels: AAAA, AAA, AA, and A, followed by very recognized, recognized and supported, no impact and negative impact. Figure 2 shows the survey results.

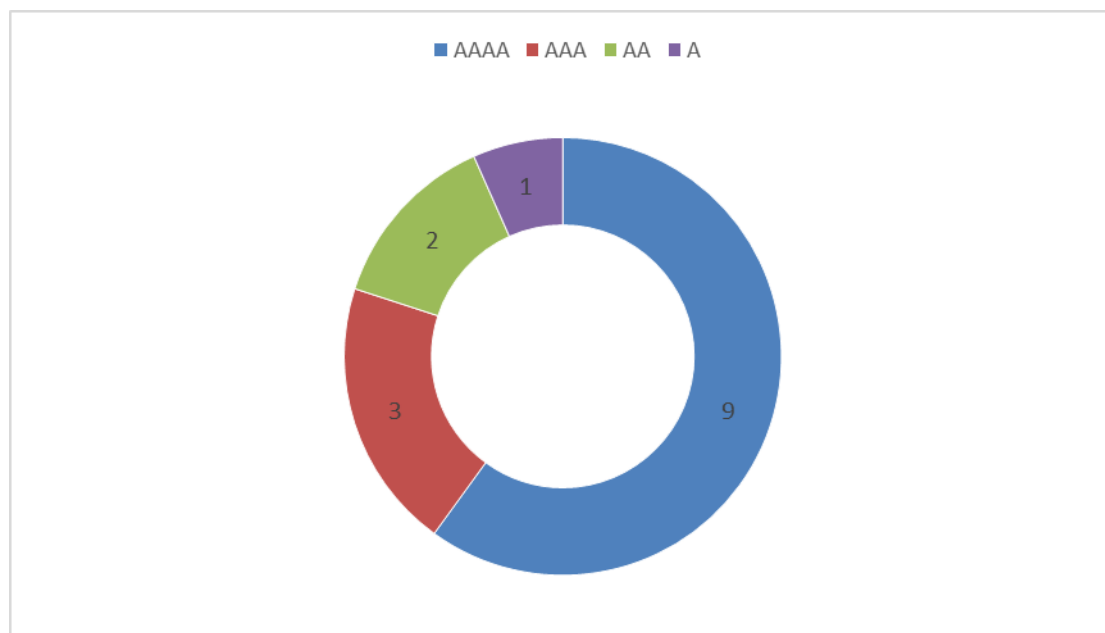


Figure 2. Survey Results

In the survey results of the questionnaire, we can find that 9 patients believe that painting can change their anxiety and express great recognition of it, and 3 patients express their support and recognition, which means that 12 of the 15 patients believe that painting can help change their anxiety.

5. Conclusion

The practice and exploration of painting healing in a cross-cultural context is an encouraging and promising field. International case studies have shown that painting healing can become a

cross-cultural treatment method, providing psychological support and rehabilitation for individuals in different cultural backgrounds. Through painting, people can express their inner feelings in a nonverbal way, transcend language and cultural barriers, and improve self-awareness, emotional regulation, and mental health. Case studies have also shown that painting therapy has achieved positive results in alleviating psychological problems such as anxiety, depression and post-traumatic stress disorder. In international cases, painting healing is applied to children, adolescents and adults in different cultural backgrounds, including special groups such as refugees, war victims, and abused persons. The practice and exploration of painting healing also reflects cultural sensitivity and adaptability, and provides individuals with personalized treatment support by respecting and integrating the artistic elements and values of different cultures. However, cross-cultural painting healing also faces the challenges of cultural differences, language barriers, and treatment standards. Therefore, further research and cooperative efforts are necessary to gain an in-depth understanding of the effectiveness and adaptability of painting healing in different cultural contexts. The practice of painting healing in a cross-cultural context provides us with a global perspective, emphasizes the importance of art and creative expression in the field of mental health, and has made positive contributions to promoting cross-cultural exchanges and sharing mental health resources.

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