

Applications of Art therapy in the Clinical Field to Women Suffering from Fibromyalgia

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This proposal is part of a doctoral research project called "Art Therapy and Fibromyalgia: Languages of the Body", which was held in the Public Hospital Virgen de las Nieves, Granada (Spain), for eight months with women who had been treated previously in the area of mental health, diagnosed with fibromyalgia syndrome.

This paper traces a reflective field to thinking about the processes of formation of the subject in our days, through analysis between experience and creative artistic practice. It is action research, using qualitative methodology that alternates qualitative and quantitative strategies for data collection.

One of the goals of this project is to reflect, through the art therapy practice, on art therapy as an effective treatment, within a multidisciplinary intervention, to attend to the symptoms of pain and to check whether art therapy, through its ability to bring intra-psychic materials to the conscious, can increase the understanding of somatic characteristics of the fibromyalgia syndrome.

It will be illustrated in some of the work that has been carried out, especially how the participants have made use of this tool in order to rethink and understand the pain in a comprehensive way (both physical and emotional), allowing them to re-elaborate the pain through creative processes.

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Keywords: Art therapy, Fibromyalgia, gender, body, re-elaboration of the pain.

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