

A dialogue with five art materials: Creators share their art making experiences

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Art materials constitute the basis for art therapy interventions. It is essential for therapists to be familiar with and cognizant of the qualities of the different materials they offer to clients and the potential responses the engagement with them may evoke. The purpose of the present research was to examine the responses to art materials by means of reflections written by 120 students after working with five different materials. A random sample of 30 reflections was collected for each material and analyzed by two judges. The analysis produced four main themes: the initial reactions of the participants before working with the material; their perceptions of and reactions to the material during their work with it, their attitudes towards the art products, and the childhood memories that emerged during their work. The findings highlight the importance of understanding the significance of interventions using different art materials in clinical settings.

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