

Short-Term Art Therapy with Hospitalized Children

Dr. Meirav Hen, Rania Asslan, Sara Ben Itzhak, Miriam Rish

Hospitalization is an unpleasant experience for people in general and children in particular. As part of the effort to facilitate the hospitalization experience of children, and to maintain their educational continuum, educational centers with teachers and therapists have been established in most hospitals in Israel. Art therapy in the hospital is a direct means of addressing the emotional world of the hospitalized child. This treatment focuses mainly on the healthy aspects of the child, on existing strengths that enable coping with pain and difficulty. Unlike traditional treatment, art therapy in the hospital is usually short-term due to hospitalization conditions and duration. This study examined the unique experience of art therapists who work with hospitalized children. The study population included ten art therapists working with hospitalized children in hospitals throughout the country. The findings of the study indicate that art therapists that work in the hospital perceive this type of therapy as value to the recovery process of hospitalized children, and at the same time requires compatibility with the children who enter short hospitalization. The conclusion of the study is that integrating the principles of art therapy with the principles of short-term care can be an effective model for working with children undergoing short hospitalization.

Keywords: Hospitalized children, Art Therapy, Short-term therapy

Corresponding author: Dr. Meirav Hen meiravhen2@gmail.com