

Art Therapy Approaches to Educate Lombok Earthquake Survivors to Reduce Their Depressive Symptoms

Monty P. Satiadarma, Untung Subroto, Lindawati

Department of Psychology – Tarumanagara University
Jakarta, Indonesia

Art therapy (AT) has been utilized by many therapists to help people to recover from various psychological problems. Many professional have also been educating people how to utilize art therapy for improving mental health. Numbers of Lombok earthquake (2018) survivors experienced depressive symptoms including insomnia, losing appetite, feel sad and helpless almost all the time following the disaster. Data was collected by using depth interview following BDI (Beck Depression Inventory) questionnaire. Further, numbers of survivors voluntarily participated in the therapeutic processes. During the 5 phases of AT the participants a) expressed their visualisation conducting self dialogue, b) envision their mind-body relation through drawing, c) transforming the negative image into the positive, d) harmonizing mind-body relation through metaphors, and e) rebirthing processes. Each phase may take one to two sessions; in a few particular cases they may need additional sessions. In most cases each person received 2 sessions with 3 days interval within a week. Results indicate that symptoms of depression is reduced significantly after the participants completed the program thoroughly. Discussions followed.

Keywords: Art Therapy, Depression, Earthquake

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Author Information

Monty P. Satiadarma, Tarumanagara University, Indonesia
Untung Subroto, Tarumanagara University, Indonesia
Lindawati Lindawati, Tarumanagara University, Indonesia

Author Information

Monty P. Satiadarma, Tarumanagara University, Indonesia
Untung Subroto, Tarumanagara University, Indonesia
Lindawati Lindawati, Tarumanagara University, Indonesia

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Abstract

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Monty P. Satiadarma, Tarumanagara University, Indonesia
Untung Subroto, Tarumanagara University, Indonesia
Lindawati Lindawati, Tarumanagara University, Indonesia

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Best Regards,

Alexander Pratt

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