General

Art Expression therapy helps people manage pain

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PEKAN, 18 November 2020 - The use of spoken words to express is sometimes challenging for some individuals.

Therefore, the use of art in the context of psychotherapy and counselling can help individuals in creating images and imagination in their minds creatively on drawing papers.

Realising the importance of pain management especially those involving emotions and feelings, the Unit of Employee Assistance Programme (EAP) in collaboration with the Student Affairs and Alumni Department (JHEPA), Universiti Malaysia Pahang (UMP), organised an Art Expression Therapy Workshop at Bilik Latihan 1, the Centre for Information & Communication Technology (PTMK), UMP Pekan.

The Art Expression Therapy Workshop is one of the programmes organised during the Self-Care Month.

A total of 15 participants attended the workshop conducted by the Psychology Officers in the Division of Counselling & Psychology JHEPA, Hajah Paridah Md Ali and Nur Azila Osman.

According to Nur Atiqah Mohd Nor, a Psychology Officer of EAP, this Art Expression Therapy is a psychological treatment that applies art as a modality to help someone in the process of expressing hidden emotions and feelings.

“Through this workshop, participants will be given space and opportunity in giving meaning to the artwork produced.

By focusing on pain management issues, this therapy can help in expressing emotions and feelings as well as exploring actions on the issues experienced and achieve insight on those issues,” she said.

Organising workshops like this can help participants in understanding the types of emotions that exist as well as provide guidance to participants to learn techniques in applying how to control emotions.

Meanwhile, according to a participant, Noor Afiza Mohd Asmi, Assistant Cultural Officer of the Centre for Sports and Culture said, the organisation of such workshop is highly recommended because it will make us more recognise ourselves as well as to give expression to feelings indirectly.

“Besides that, we may feel that we are not alone, but we must share our feelings with those around us so that we will be more open in solutions.

“Our thinking will not be narrow because it only focuses on one thing, but the more we share, the more we are open on various matters.

“This workshop needs to be widely open to all responsibility centres (PTJ) so that the benefits provided can be used by all staff, especially in improving the performance of individuals and the organisation in general,” she said.

Various programmes were organised in the self-care programme such as Know Your Personality, Time Management, Emotional Intelligent, Discover Your Talent, How to Cope with Toxic People, 10 Tips Feeling Amazing Every Single Day, Breathing Technique, and Emotional Freedom Technique.

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