

Ms Vanden Branden
DP2 Part 1 – Purpose & Function of Art

Source: De Botton, Alain. *Art as Therapy*. London. Phaidon Press. 2013

Additional recommended sources:

Alain de Botton on Art Is Therapy in the Rijksmuseum □
The goal of therapy is to become mature, claims Botton.

<https://www.youtube.com/watch?v=ZMb5mik9H7w>

Art as Therapy (45:16 min)

<https://www.youtube.com/watch?v=qFnNgTskHPM>

1. REMEMBERING

Art as a tool to **re-fresh** our memory by depicting the observed; thus helping us to remember particular aspects editing down complexities of people, places and experiences.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 8 -12)

2. HOPE

Art as a tool to **re-direct** energies and provide hope through beautiful, pretty and aesthetic depictions of reality, by providing encouragement and putting us in touch with the carefree aspects of ourselves; thus helping us to cope with the uncertainties of life.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 13 – 25)

3. SORROW

Art as a tool to **re-assure** ourselves, helping us to realize that we are not alone in our experiences, by showing us depictions of sorrow and pain; thus making us realise that these are and have been part of the human experience across time & space.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 26 – 31)

4. REBALANCING

Art as a tool to **re-balance** us by showing is depictions of personal experiences and their interpretations, helping us to see ourselves in a bigger

context and putting us in touch with parts of our better selves, providing moral & ethical values; thus guiding us to the missing “better” portions of our character.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 32 – 43)

5. SELF-UNDERSTANDING

Art as a tool for a **re-knew** self-understanding by guiding our attention to aspects of self otherwise unnoticed; thus helping us to gain deeper insight into our hidden unrevealed parts that remain still to be discovered.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 44 – 49)

6. GROWTH

Art as a tool to **re-develop & grow** by presenting imagery that triggers off-putting associations, helping us to create awareness of our prior experiences; thus inviting us to overcome limiting and defensive mindsets.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 50 – 53)

7. APPRECIATION

Art as a tool to **re-visit** the known and familiar in images; thus supporting us to develop awareness and gratitude for the otherwise unnoticed every-day experiences, scenes or objects.

Alain de Botton & John Armstrong. *Art as Therapy*. London. Phaidon Press. 2013. (p 59 – 63)