



Proposed Design Activities using Computer Graphic Programs for Art Therapy

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Abstract:

Proposed Design Activities using Computer Graphic Programs for Art Therapy

This study investigates the underemphasized curative strategy employed by art education teachers to achieve their educational objectives.

Research problem: What is the contribution of proposed design activities through computer Graphic programs to art therapy?

Research hypotheses: There is a positive relationship between the proposed design activities through computer Graphic programs and art therapy.

Research methodology: The correlative method.

Research results: The researcher came up with a proposal of (12) sessions that include artistic activities through the capabilities of the computer for art therapy, the final version of which was approved by specialized professors.

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Introduction

The educational process is complex, involving many factors that a good teacher must understand and address to foster student growth and improvement. An art education teacher, through artistic experiences, aims to:

1- Development Strategy:

- Enhance students' efficiency:
 - Implement personalized learning plans tailored to individual strengths.
 - Use modern teaching tools and technologies to engage students.
- Promote compatibility:
 - Foster collaboration and teamwork through group projects.
 - Encourage peer-to-peer learning and mentorship opportunities.

2- Preventive Strategy:

- Provide psychological immunization against problems and disorders:

- Introduce coping mechanisms and stress-relief techniques through art.
- Use proactive measures to identify early signs of mental health issues.
- Focus on the healthy before the ill:
 - Create an inclusive environment that promotes well-being for all students.
 - Encourage participation in art as a form of expression and emotional regulation.

With students with special needs, the teacher also employs:

3- Treatment Strategy:

- This requires more precise psychological expertise:
 - Engage specialists like child psychologists and therapists in the educational process.
 - Develop individualized treatment plans based on specific needs.
- Time, effort, and money, with no guarantee of 100% success:
 - Allocate resources efficiently while being realistic about outcomes.
 - Monitor and adjust strategies continually to find what works best.
- Helwan University's Faculty of Art Education offers a diploma in art therapy to meet the rising interest and applications in fine art.

4- Art Therapy within "Design":

- Using computer contributions as a modern approach:
 - Integrate digital tools and software in therapeutic design processes.
 - Explore various fields where art therapy and design intersect, such as graphic design, animation, and virtual reality.
- Research focus on practical applications:
 - Conduct studies on the efficacy of art therapy in different contexts.
 - Share findings to contribute to the broader field of art education and therapy.

Second: Research Problem:

- To what extent to Propose Design Activities using Computer Graphic Programs for Art Therapy

Third: Research Objective:

- reposit Design Activities using Computer Graphic Programs for Art Therapy.

Fourth: The importance of research:

- Implementing a therapeutic approach within art education is one of the strategies used in the educational sector.
- It aligns with the growing interest in combining art and computer therapy.

Fifth: Research hypothesis:

This hypothesis, derived from deductive reasoning in art and computer therapy, posits that existing facts in these fields support its validity:

"There is a positive correlation between the proposed design activities through the Graphic Programs of computer and art therapy."

Sixth: Research Sample:

The proposed artistic activities can be modified to suit various age groups, taking into account the developmental characteristics specific to each chronological stage.

Seventh: Research Methodology:

The descriptive relational approach The Correlational Method It aims to discover the relationship between variables (art therapy, computer Graphic Programs in design) .

Eighth: Design:

In contemporary research and practice, design involves various topics, tools, procedures, and discussions that are crucial to artistic activities. The focus is not on creating works of art but on using design as an independent variable that influences art therapy.

Ninth: Art Therapy:

1- What is meant by art therapy:

- (Fink et al, 1967) describe art therapy as a system that combines elements of psychotherapy with the patient's creativity and expressive sources (Corsini, 1981).
- (The American Art Therapy Association, 1981) defines art therapy as an opportunity for non-verbal communication and self-expression.
- This field features two primary directions:
 - **Art as therapy:** The creative process can reconcile emotional conflicts, enhance self-awareness, and foster personal growth.
 - **Art as psychotherapy:** The artwork and its embedded meanings help individuals achieve a harmonious relationship between their inner and outer worlds (Corsini, 1918).
- (Rubin, 1984) suggests that art therapy pertains to understanding and assisting individuals through art, using it as a tool for catharsis and ongoing revelation.
- (Waddeson, 1987) characterizes art therapy as a descriptive expression, naming treatment as the core and art as the qualifier.
- (London, 1988) asserts that creative work becomes therapeutic under two key conditions:
 - Both the client and therapist must share a clear common goal to transform adverse life experiences into fruitful and valuable ones.
 - The materials generated by the creative process must act as a mental mirror, reflecting insights about the individual's thoughts, life events, and surrounding world.
- Cass and Dalley (Dalley & Case, 1992) describe art therapy as utilizing various artistic mediums through which patients can express concerns and interests driving their need for treatment.
- (Abdul Muttalib Al-Quraiti, 1990) highlights that art therapy is relatively new within professional and academic arenas, wherein plastic art activities are methodically adapted to achieve diagnostic, therapeutic, and psychological developmental goals, either in individual or group settings.
- (Colman, 2000) defines art therapy as a form of psychotherapy allowing patients to communicate their emotions and internal struggles through art.
- The Accredited Board (Credentials Board, 2000) describes the profession as a humanitarian service leveraging artistic media, processes, and responses to foster individual growth across abilities, personality, interests, and conflicts.
- This multidisciplinary field integrates theories from psychodynamics, cognitive psychology, and interpersonal relationships to:
 - Resolve emotional conflicts.
 - Enhance self-awareness.
 - Develop social skills.
 - Manage behaviors.
 - Reduce anxiety.
 - Facilitate reality orientation.

- Boost self-esteem.
- Art therapy serves individuals with various medical, educational, social, and psychological challenges and can be practiced in mental health and rehabilitation facilities.
- Art therapists work with people of all ages, genders, and ethnic backgrounds individually, bilaterally, with families, or in groups.
- In conclusion, art therapy blends psychotherapy elements with creative processes using diverse artistic mediums.
 - It enables patients to non-verbally communicate, vent, and uncover unconscious feelings by projecting emotions and conflicts into their art.
 - This helps them gain insight into their underlying issues and work towards solutions.

2- The foundations on which art therapy is based:

The origins of art therapy are built on several principles, which (Nomberg, 1987) defines as follows:

- It is easier to express unconscious feelings and thoughts through images than with words.
 - Visual expressions can bypass cognitive defenses.
 - Images may provide a more direct pathway to the subconscious.
- Transferring one's internal conflicts into a visual form does not require any specific skills or training.
 - Accessibility allows anyone to participate regardless of artistic ability.
 - Focus is on expression rather than technique.
- Creating a visual representation of internal conflicts promotes symbolic communication between the patient and the therapist.
 - Symbols in artwork can convey complex emotions and thoughts.
 - Art becomes a medium through which patients can safely explore and discuss their issues.
- The artwork created in art therapy reflects unconscious elements such as dreams, conflicts, childhood memories, and fears.
 - These elements become externalized through the artistic process.
 - Allows for tangible examination and reflection of inner experiences.
- This process helps to externalize and solidify these internal conflicts in a tangible form, making them less likely to be forgotten.
 - Creating art establishes a physical record of internal struggles.
 - Assists in processing and resolving conflicts by examining them objectively.
- When patients verbally explain their artistic creations, it facilitates free expression about their projections, enhancing their verbal communication skills, particularly for those who struggle with verbal expression.
 - Verbal articulation of art helps bridge nonverbal and verbal communication gaps.
 - Strengthens overall communication abilities.
- This increased ability to participate in interpreting their art encourages patients' subjectivity and gradually replaces reliance on the therapist with a positive emotional connection to their artwork.
 - Promotes autonomy and empowers patients in their therapeutic journey.
 - Deepens personal insights and emotional connections to the healing process.
- As noted by (Abdul Muttalib Al-Quraiti, 1995), this self-creativity leads to a growing sense of achievement and capability, serving as compensation for feelings of helplessness and frustration.

- Enhances self-esteem and builds a sense of accomplishment.
- Provides an outlet for overcoming negative emotions and experiences.
- This supports the patient's ego and aids the development of psychological resilience under pressure.
 - Fosters a stronger sense of self and adaptive coping mechanisms.
 - Contributes to long-term psychological growth and resilience.

Based on these concepts, art therapy has emerged, drawing its foundations from Freudian psychoanalysis to understand psychological dynamics.

- The key difference between art therapy and psychoanalysis:
 - In art therapy: Unconscious experiences like dreams and fantasies are directly translated into visual reality.
 - In psychoanalysis: These internal visual experiences are communicated from nonverbal to verbal forms.

3- Objectives of art therapy:

General Objectives of Art Therapy (Levick, 1981) indicate that art therapy strives to:

- Offer a means to express emotions and experiences through art,
- Enhance the ego by channeling repressed psychic energy into artistic creation, thereby revitalizing and supporting the ego,
- Alleviate guilt,
- Promote the ability to integrate and communicate. Corsini and (Landgarten, 1981) suggest that art therapy assists patients in gaining deeper self-understanding and recognizing their roles as individuals, family members, or within group systems.
- Encourage creativity and lessen superego demands.

In essence, the primary goal of art therapy is to provide an expressive outlet that strengthens the ego to foster self-control, personal integrity, and effective communication with others. However, there are limitations to the use of art therapy. (Robin, 1988) and (Gladding, 1992) noted that some people resist creative activities, believing art therapy is only for those who are deeply troubled. Moreover, it may not be effective for visual artists, material thinkers, or those with severe mental disturbances, and there is the potential for misuse by inadequately trained therapists (Moss, 1993).

Clinicians need to identify which art projects are appropriate for their clients, whether working with individuals or groups. Some exercises may be more suitable for clients with depression, while others might be better directed toward the elderly or individuals with schizophrenia. Therapists should exercise discretion when introducing and selecting training types. Certain methods might need to be spread over multiple sessions if clients process them slowly or lack focus, especially if these methods involve several steps. For example, those with schizophrenia may benefit more from reality-based exercises, whereas individuals with depression may find programs requiring greater focus and abstract thinking more beneficial. Therapists have the flexibility to adjust programs to meet clients' needs.

Art therapy interventions aim to achieve various goals, including enhancing communication, expressing emotions, addressing fears, hopes, conflicts, and problems, as well as fostering problem-solving, thinking, and logical skills. This research uses terms such as clients, group members, and patients interchangeably and often refers to clients using he/she. The content depends on references, most notably Susam I. Buchalter's book "Art Therapy Techniques and Applications."

Further Research Sentences in Points:

- Research by (Levick, 1981): Emphasizes that art therapy's main objective is providing an expressive medium that enhances the individual's ego, ultimately leading to improved self-control and communication skills.

- (Corsini and Landgarten, 1981): Highlight the role of art therapy in helping patients understand themselves better and recognize their social roles, whether as family members or part of larger group systems.
- (Robin, 1984-1988) and (Gladding, 1992): Point out challenges related to art therapy, such as resistance from individuals who perceive it as an activity for the 'deeply troubled', and its varying effectiveness for different mental health conditions.
- (Moss, 1993): Discusses the risks involved in art therapy when conducted by inadequately trained therapists, stressing the importance of proper training and expertise to prevent misuse.
- **Patient Suitability:** Emphasizes the need for clinicians to select appropriate art therapy exercises tailored to specific client groups, such as those with depression, the elderly, or individuals with schizophrenia.
- **Session Adaptations:** Suggests ways therapists can modify art therapy sessions, including spreading complex exercises over multiple sessions to accommodate clients' processing speeds and concentration levels.
- **Therapeutic Goals:** Outlines the broad objectives of art therapy, such as improving communication, emotional expression, problem-solving skills, and addressing personal fears and conflicts.
- **References and Sources:** Notes the reliance on various authoritative sources, including Susam I. Buchalter's book "Art Therapy Techniques and Applications", highlighting the foundational literature that supports current practices in art therapy.

Tenth: Computer Programs in Design for Art Therapy:

- **Utilization in Innovative Designs:**

Computer programs can be utilized to develop innovative designs. With Internet access, users have an endless supply of resources to integrate objects like houses, trees, and outdoor scenes.

- **Creation and Enhancement of Complex Shapes:**

More complex shapes and images can also be created and enhanced with various tools such as brushes, pencils, erasers, and more.

- **Benefits for Patients:**
 - **Increased Self-esteem:**

Patients gain numerous benefits from using computers, including increased self-esteem through technological education.

- **Enjoyable Process:**

Initially hesitant individuals often find the process of creating digital art simple and enjoyable.

- **Minimal Effort:**

Producing impressive results requires minimal effort.

- **Ease of Editing:**

Images can be easily edited, saved, or deleted, providing a sense of control and flexibility.

- **Experimentation and Success:**

Using simple programs, patients can experiment with designs confidently, ensuring success and allowing them to create unique artworks.

- **Personal Achievement and Control:**

This process helps patients gain a sense of personal achievement and control.

- **Research Findings:**
 - Studies show that digital art therapy can significantly reduce stress and anxiety levels in patients.
 - Use of computer-based design platforms has been linked to improved cognitive function and memory retention.
 - Digital art creation fosters creativity and problem-solving skills, beneficial for mental health recovery.

These aspects illustrate how computer programs in design can serve as effective tools in art therapy, providing both therapeutic and educational benefits to patients.

The following is a highlight of the Graphic Programs of the computer and its advantages in the field of design:

1. The role of the computer in improving the educational process :

(Nouria Hamad Ali Al-Salem, 2003) concluded the following:

- **Empower students to create their own presentations:** By allowing students to design and present their own projects, they gain confidence, improve public speaking skills, and take ownership of their learning process.
- **Encourage deep thinking that enhances understanding and meaning:** Promote activities and discussions that require students to analyze, synthesize, and evaluate information, fostering a deeper comprehension of the subject matter.
- **Incorporate technology that promotes cognitive thinking and intellectual contributions:** Utilize digital tools and resources that stimulate critical thinking, problem-solving, and creative expression, encouraging students to contribute thoughtfully to academic discussions.
- **Provide opportunities for innovation-related skills:** Offer tasks and projects that challenge students to think outside the box, develop new ideas, and apply practical solutions, thereby nurturing an innovative mindset.
- **Function as a guide and mentor, potentially substituting for teachers:** Act as facilitators who support and guide students through their learning journey, offering personalized advice and feedback, and stepping in to fill educational gaps when necessary.
- **Link computer tasks to the capabilities of the available software:** Ensure that assignments involving computers are aligned with the functions and features of the software at hand, maximizing the effectiveness and efficiency of the technology being used.

2. Advantages of using the computer in the design material:

(Ahmed Mohamed Azmi Ahmed, 2014) concluded the following:

- **Positive Engagement:** Interacting with a computer fosters a dynamic and engaging experience for users. This contrasts sharply with the passive nature of television viewing, where users are merely spectators. Computers require active participation, which can enhance cognitive engagement and overall learning experiences.
- **Enhanced Motivation and Attention:** Computers have the unique ability to boost student motivation and sustain their attention. The interactive nature of computer screens keeps students actively engaged, preventing the passivity often associated with traditional learning tools. Visual and interactive elements can capture interest and help maintain focus.
- **Opportunities for Experimentation and Exploration:** The computer environment provides a safe space for students to experiment and explore new concepts without fear of failure. This encourages innovative thinking and the pursuit of new ideas, leading to numerous creative accomplishments. The ability to easily revise and retry promotes a growth mindset.

- **Catering to Individual Differences:** Computers effectively accommodate individual differences by allowing each student to progress at their own pace. This personalization ensures that learning is tailored to match each student's mental and academic abilities, providing a customized educational experience that can address diverse learning needs.
- **Enhanced Artistic Expression:** With its diverse set of tools and capabilities, the computer enhances artistic expression for all students, including both the gifted and those requiring special attention in art education. Digital tools allow for greater experimentation with various artistic techniques, potentially uncovering hidden talents and fostering creativity.
- **Utilization of Multiple Techniques:** Computers facilitate the use of multiple techniques within a single artwork by enabling storage and preservation throughout the creative process. Students can track their progress, make adjustments as needed, and refine the final composition over time. This digital flexibility allows for continuous improvement and detailed developmental tracking (Ahmed Mohamed Azmi, 2014).

3. Types of computer arts:

Digital concept:

As defined by (Muhammad Hafez al-Khouli):

- **Definition and Basics:**
 - Digital design is distinct from traditional art forms.
 - It relies on digital systems and mathematical composition.
 - Often created from small parts within specific networks.
- **Data Storage and Transfer:**
 - Information is stored and transferred as numbers.
 - Processed in intermittent pulses rather than continuous signals.
 - This method ensures precision and accuracy in data handling.
- **Conversion to Visual Forms:**
 - Digital data is transformed into visual representations.
 - Involves graphs, shapes, and drawings.
 - Business analysis programs play a crucial role in this conversion.
- **Application and Utility:**
 - Highlights differences and contrasts in the data.
 - Enables better business decisions through visual insights.
 - Used across various industries for data interpretation and analysis.

4. Digital Design:

Digital design is conducted using an array of computer applications:

- * Introduction of certain digital systems into the computer unit. These systems can include software for 3D modeling, vector graphics, and animation.
- * The computer converts these systems into various forms, elements, colours, or contacts through specific technical processes managed by designated programs. This includes the use of algorithms to manipulate images and create intricate designs.
- * This process results in highly precise and perfect decorative works (Lesley Jackson, 2011). Digital design allows for unprecedented accuracy and detail that would be difficult to achieve manually.
- * For multimedia design: "Image" is paired with "Sound" and "Motion." Multimedia design integrates visual and audio elements, often used in video games, virtual reality, and interactive websites.

Graphic Design is a digital art form that has become widespread in advertising, book covers, and posters. It is a coordinated blend of diverse elements such as signs, ready-made forms, words, and images, all

linked together within an artistic framework to communicate a particular message (Philip B. Meggs, 1992). This field relies heavily on typography, color theory, and layout principles to deliver impactful visual communication.

5. Digital Drawing:

This is a movement in plastic arts that relies on the computer as a drawing tool, with the optical pen being one of its key instruments. Digital drawing can simulate traditional drawing techniques while offering unique advantages such as easy editing, layering, and undoing mistakes.

- * Artists use various types of digital tablets and pens, which provide pressure sensitivity to mimic the feel of traditional drawing tools.
- * Software like Adobe Photoshop, Corel Painter, and Procreate are commonly used in digital drawing for their robust features and flexibility.
- * Digital drawings can be easily shared and reproduced without degradation of quality, making them ideal for both professional and recreational purposes.

6. Graphic Design:

It encompasses all aspects related to publications, both paper and digital. Graphic design involves creating visually appealing layouts for magazines, books, brochures, and digital content such as websites and mobile apps.

- * Designers must consider readability, user experience, and accessibility when creating digital publications.
- * Tools like Adobe InDesign, Illustrator, and Affinity Designer are essential in the graphic designer's toolkit, enabling them to create complex designs efficiently.
- * The field is constantly evolving with new trends such as minimalism, responsive design, and the use of augmented reality in publications.

Composition in digital art:

I. **Zero method:** Creating the elements of the artwork completely without the help of ready-made materials to complete the design.

II. **Aggregate method:** It is the collection of a group of images and the creation of a relationship between them in one image.

III. **Zero and aggregate method:** It is the collection, organization and modification of images according to the design purpose. (Lesley Jackson, 2011)

- **Digital Art Schools:** Experts in the field of digital art divide schools into:

I. Technical schools in terms of subject and idea:

- * The realistic school.
- * The school of fiction or surrealism.
- * Expressive school.

II. **Technical schools in terms of technology:** There are four main schools under them:

- * Pixel School.
- * Vector School.
- * Collage School.

Eleventh : Proposed design activities through the computer Graphic Programs of art therapy:

Boot:

- * The problem, goal, hypothesis, and significance of combining art therapy with computer capabilities were considered.
- * Based on the researcher's design expertise, 12 design activities were proposed as sessions for art therapy.
- * These sessions aimed to achieve therapeutic, developmental, and preventive strategies.
- * The activities were organized into a table with four columns: session sequence and name, tools, procedures, and discussion.
- * The table was reviewed and approved by:
 - * Prof. Dr. Hussein Ali, from the department of Design.
 - * Prof. Dr. Emad Farouk, from the Department of Design at Helwan University's Faculty of Design.
 - * Prof. Dr. Omnia Rashad, from the Department of Design at Helwan University's Faculty of Design.
 - * Prof. Dr. Mustafa Abdel Aziz, from the Department of Art Education Sciences (Psychology).
 - * Prof. Dr. Afaf Ahmed Farrag, from the Department of Art Education Sciences (Psychology).

Table (1) Sequencing, Tools Used, Procedures and Discussion

Discussion	Procedures	Instruments	Activity Title (Session)
Discuss how other patients see. The important thing for them when they meet someone (smile, eyes, teeth, or appearance as a whole, etc.)? Encourage patients to talk about transformation, and how they feel as they treat and control the individual's image. Hint at the possibility of sharing the ways they have experienced transformation in their lives or, if they like, transform physically or psychologically Goals include problem-solving, abstract thinking, and a sense of control.	Suggest that patients transform the image of the person they took to work on into a completely different individual, telling them that they can change all the features, some of them, or distort them, add or decrease features until they find the face that is attractive.	Photoshop programs are powerful programs from Adobe that allow image processing, this program has filters that allow you to change what the image looks like completely, you can change the structure and methods, and distort the image, for example, the image of an apple can be smaller, or larger, or folded or become painted as if it were a charcoal drawing, or oil painting, the face can expand, or inflate and the nose can be raised, descended, or damaged.	1. Transformation
The discussion focuses on the type of movement presented in each design researching	Encourage patients to explore multiple tools and create a design that	Pomomo (http://bomomo.com) is a site that allows	2- Abstiact Design Reflecting Movment

Discussion	Procedures	Instruments	Activity Title (Session)
<p>the braiding of lines and how they create activity and energy on the page. Ask patients about the feeling and mood shown in their artwork. Suggest patients associate design with movement in their lives, and see if they are moving forward or stationary. Goals include concentration, processing as a way to gain control, and perception of one's direction in life.</p>	<p>reflects movement.</p>	<p>freedom of expression through the use of a variety of Widgets that allow you to manipulate fonts: for example you can move the font is a tool in a wavy way.</p>	
<p>The discussion examines family interactions and relationships. Patients can modify and recall scenes at any time during or after sessions, allowing continuous changes that give group members more freedom and control. The program is user-friendly, includes an eraser, and reduces frustration. Goals include enhancing focus, promoting collaboration, and exploring individual roles within the family.</p>	<p>Create a scene for your family being active with KidPix.</p>	<p>The Education Company's Kid Pix program is like an electronic collection of complex color images with a wide range of stamps and drawing tools such as chalk, paint, pencils, and wax colors. Unusually tools such as Esprii Paint, Sound Art and Three-Dimensional Shapes, and Special Effects such as Smearing.is part of the program. It also offers multiple backgrounds such as forest viewing, or fairytale castles with moats. Patients can use the mouse to click and place a large number of shapes, people, flowers, and other objects in the background to create a scene, design, or story.</p>	<p>3- Family Scene</p>

Discussion	Procedures	Instruments	Activity Title (Session)
<p>Patients share their contribution to the image as a whole and discuss what the images represent to them. With their help, patients share the image as a whole and discuss what the images represent to them. Goals include social activity, forming relationships, collaborating, and increasing communication (connection) with others.</p>	<p>Each patient takes their turn in adding the background image of the character. The scene agreed upon by everyone. The laptop passes from one person to another gently. When group members decide that the image is complete, they begin to discuss the symbols and the entire design. The group then puts a title for the design.</p>	<p>Kid pix program.</p>	<p>4- Group drawing pass with Laptop</p>
<p>Patients participate with their advertisements and features. Have them research how it will benefit themselves (advertising) and benefit others. Goals include problem solving, abstract thinking and gaining control and/or responsibility (through the use of software tools and becoming a new product designer).</p>	<p>Tell patients that they will come up with a product advertisement (such as a healthy and tasty vegetable advertisement) or a message (such as smoking is harmful) that can delight people in one way or another. Assemble a collection of photos for patients to choose from.</p> <p>Make them choose the images that will represent the product with the click of the mouse (mouse). Encourage them to think of a name for the product and write it somewhere in the ad. Suggest they choose one or more additional images and the text that will go along with the theme. They can create a frame as part of the advertising.</p>	<p>Picasa is a free image processing program from the makers of the Google search engine that allows you to change colors, tones and structure (it can make the image look grainy), and converts designs to black and white if desired, you can add text and frames (borders).</p>	<p>5 - Advertisement</p>
<p>The discussion focuses on achievement and how it was</p>	<p>Direct patients to create an advertisement using</p>	<p>Microsoft Power Point is part of the</p>	<p>6 - Announcement</p>

Discussion	Procedures	Instruments	Activity Title (Session)
presented may encourage patients to discuss how they feel while using different tools in creating their design. Goals include problem-solving and increased self-esteem.	Microsoft tools for an achievement or something else they are proud of (people in their lives, things and jobs, special qualities such as thinking and willingness to help, volunteer positions, etc.).	Microsoft Office family of programs (you can use any version) Although it is concerned with creating presentations, this program can be used to create a variety of artworks. Lots of different template formats are available providing a variety of backgrounds. Can add main and sub-headings. Side) and images can be taken from the Art clip section, you may find images. Under different sections in the Clip Art section, which include Emotions Pictures , or Entrammels Pictures , words can be designed in a decorative way.	(personal statement) Announcement
The discussion focuses on the mood, the feeling depicted in the design, the colors and shapes chosen, and the goals include concentration and expression of emotions.	Patients are guided in choosing and using the right tools to create abstract designs that represent mood and feeling, they may use Spray Paint, pencil, or brush, etc.	Microsoft paint is a free graphic extension that comes with almost every version of Microsoft Windows » Microsoft Windows	7- Mood Design
The discussion focuses on the use of tools, means and the finished product. Research what blending media looks like. Goals include experimentation, expressing emotions and solving problems.	Ask patients to create a half-page design using Microsoft paint and have them print it and then continue (complete) it with flumaster pens, pastel colors, wax, etc.	Microsoft Point , paper, pastel colors, wax colors, flumaster pens.	8- Abstract Design using Microsoft Point and Mixed Media
The discussion focuses on the action and meaning of the collage. The goals include	1- Choose a desired image from the Internet.	Free copyrighted images, DVR. Microsoft Paint	9- Computer Assisted Collage

Discussion	Procedures	Instruments	Activity Title (Session)
<p>problem-solving, becoming able to follow a series of directions as well as creative thinking, expressing fears, feelings, and emotions.</p> <p>Many changes can be presented in this collage. Ideas and topics can be similar to posters, magazines and mixed circles: such as people, emotions, happiness, family, hobbies, etc.</p>	<p>2- Select it (point at the image with the right mouse button).</p> <p>3- Copy the image.</p> <p>4- Insert the image into the paint program.</p> <p>5- Continue to repeat this procedure until the patient determines all its images.</p> <p>6- Now the images can be processed, placed in multiple places (e.g. near each other, on top of each other, overlapping, etc.) until the collage is complete.</p> <p>7- Then click (Save) and then (Print) if there is a desire.</p>	<p>Program</p>	
<p>It provides patients with a way to vent fears and worries. They gain a sense of control by controlling the news The discussion focuses on the way they change the news, the edits, and the ideas presented.</p>	<p>Hint to patients that they can create a newspaper article of their choice or change an existing article to represent their emotions and/or perspective.</p> <p>1- Open Paint</p> <p>2- Go to a news site such as CNN (WWW.cnn.com) and make the window large enough to contain as many selected newspaper articles as possible.</p> <p>3- Press the (Alt) button and press the (print screen) button on the keyboard.</p> <p>4 - Go back to Paint, go to the Edit menu and choose Paste.</p> <p>Now anything on the screen can be modified.</p>	<p>Paint software.</p>	<p>10 - Changing the News</p>

Discussion	Procedures	Instruments	Activity Title (Session)
	<p>For example, you can return to Google Image Search and search for the image, then click on the image with the right mouse button (right click) and click " copy image" (copy image) and then return to the paint program and press " paste".</p> <p>Now anything on the screen can hurry. For example, you can go back to Google Image Search and search for the image, then click on the image with the right mouse button (right click) and click " copy image" (copy image), then return to Paint and press " paste " Text can be deleted, deleted, erased, edited, etc. Patients can post their own titles, phrases, comments, and pictures.</p>		
<p>Discussion focuses on how to complement the image, and what patients believe has arrived through the image (communicating feelings is common) goals include problem solving, creative expression, and introspection (subconscious meditation).</p>	<p>Select and print a photo that you think is exciting. You can do this before the session or with patients, for example, if you work with seniors, the image of the group of seniors laughing with each other will be a way to discuss and research.</p> <p>After selecting the image, I make copies for everyone, ask patients to either write what they think is in the image and/or complete it by adding an environment around it.</p>	<p>Free copyrighted photos, pencils, ballpoint pens, paper, pastel colours, wax colours, flumaster pens.</p>	<p>11 - Complete the Picture Computer the Picture</p>
<p>The discussion focuses on the sense of power that an</p>	<p>It introduces patients to this simple and free</p>	<p>Location: Moon Ji (moonjee.com 11710)</p>	<p>12 - Design a Person</p>

Discussion	Procedures	Instruments	Activity Title (Session)
individual has when choosing the type of features and shape that the innovative individual will have. Explore how innovation reflects the patient. Continue the discussion by asking group members questions regarding the person who created it. Research lifestyle, friends and family, age, marital status, employment status, etc. Make patients associate their lifestyle etc. with the same things as the innovative person, goals include experiencing a sense of control, communicating emotions, and creative expression.	program, showing them how they can choose the size and shape of the face they want to create. They may choose to be either male or female, thin or fat, young or old, attractive or look strange size, color, shape of the eyes, ear, nose, and mouth designed by the patient and can change at any time. In addition to moles, ear piercings, group members have the ability to choose what kind of person they created and what their nationality will be, and they can also make their person look like a movie star like Tom Cruise.		

Notes Notes

Color images, created by Colorforms Corporation, consist of thin, cut-out paper and vinyl pictures and shapes that can be applied to a cardboard background.

These images stick to the cardboard and can be rearranged to create new scenes and designs.

While Adobe Photoshop is the most prominent and feature-rich option for image editing, it comes with a high price tag.

This software can be purchased online or from computer retail stores.

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