

Building bridges between (un)usual areas - story of a doctor and art therapist in training in the context of a mandatory practical internship in Brazil: a report on the experience in the field

Construindo pontes entre áreas (im)prováveis - história de uma médica e arteterapeuta em formação no contexto do estágio prático obrigatório no Brasil: um relato de experiência

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Despite the growing demand from the general public for complementary therapies, so-called non-medical therapies still face challenges in terms of their credibility and appreciation in the traditional medical field.

It would be no different with art therapy and, in this sense, qualitative and quantitative research in the scientific field highlights relevant results, in the case of Cleveland and the finding of art therapy's impact in acute hospital admissions in improving the patients' mood, alleviating their pain and their anxiety (Shella, 2018).

Along with the scientific basis, it is mandatory to mention an historical exponent of art therapy and her contributions. Nise da Silveira has been a pioneer when it comes to valuing the therapeutic potential of art and images in the context of mental health in Brazil since the 60s. According to this psychiatrist, the image created in our psyche gets materialised throughout the artistic process. This image is extremely important in the therapeutic approach, as it represents unity and encompasses a definite meaning: the expression of the situation of the conscious and unconscious mind, constellated by the individual's experiences (Da Silveira, 1992).

This abstract aims to contextualise the need to bring medicine and art therapy together, as a process that emphasises the importance of the latter, based on an experience report from the mandatory practical internship in art therapy of a Brazilian doctor and art therapist in training from April to September 2023 in the city of Uberaba, Minas Gerais. 33 sessions of 120 minutes were held with 24 adolescents and young adults, divided into 3 groups, enrolled in a vocational education institution in Brazil.

It also aims to legitimise this educational experience as a scientific one and to contribute with new theoretical notions that have potential to solve the intrinsic, misguided conflict between medical science and art therapy.

References

Shella, T.A. (2018). Art therapy improves mood and reduces pain and anxiety when offered at bedside during acute hospital treatment. *The Arts in Psychotherapy*, v. 57, p. 59-64, 2018.

Da Silveira, N. (1992). O mundo das imagens. São Paulo: Ed.

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Apesar da crescente demanda do público geral pelas terapias complementares, as chamadas terapias “não médicas” ainda encontram desafios no que tange a credibilidade e valorização das mesmas no meio médico tradicional.

Não seria diferente com a arteterapia e, nesse sentido, pesquisas qualitativas e quantitativas no campo científico evidenciam importantes resultados, como no caso de Cleveland e o registro do impacto da arteterapia em internações hospitalares agudas com a melhora do humor dos pacientes e alívio da dor e ansiedade desses (SHELLA, 2018).

Junto ao embasamento científico, é mandatório mencionar uma expoente histórica da arteterapia e suas contribuições. Nise da Silveira é pioneira na valorização do potencial terapêutico da Arte e das Imagens no contexto de saúde mental no Brasil desde os anos 60. Segundo a psiquiatra alagoana, a imagem criada na psique pode ser materializada pelo processo

artístico. Isto é de extrema importância no recorte terapêutico, visto que a Imagem representa uma unidade e abrange um sentido particular: a expressão da situação do consciente e do inconsciente, constelados por experiências vividas pelo indivíduo (DA SILVEIRA, 1992).

O presente resumo de pôster visa contextualizar a necessidade da aproximação entre Medicina e Arteterapia, como processo impulsionador da última, a partir de relato de experiência do estágio prático obrigatório de uma médica brasileira e pós-graduanda em Arteterapia do NAPE (Núcleo de Arte e Educação) durante abril a setembro de 2023 na cidade de Uberaba, Minas Gerais. Foram realizadas 33 sessões de 120 minutos com 24 jovens, divididos em 3 grupos, matriculados em instituição de ensino profissionalizante no Brasil.

O presente registro visa também legitimar tal experiência educacional como fenômeno científico e, a partir disso, contribuir com novas noções teóricas com potencial de esclarecer o equivocado conflito entre Medicina tradicional e Arteterapia.

Referências

Shella, T.A. (2018). Art therapy improves mood and reduces pain and anxiety when offered at bedside during acute hospital treatment. *The Arts in Psychotherapy*, v. 57, p. 59-64, 2018.

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Biography

Ana Carolina Hidaka Koga is the offspring of a mother with a Brazilian indigenous background from the north of the country and a father with a Japanese background from the south. She grew up in a city called Uberaba, which is located close to the centre of Brazil. The search for a balanced lifestyle has always been Ana's priority in life, and perhaps this is the main reason why a 2-years-graduated-doctor ended up in an art therapy professionalising course, even before enrolling in a psychiatry specialty training programme, as was the initial intention. Currently, she works as a general practitioner in Brazil's public health system, which she considers an honourable opportunity to get in touch with every patient's peculiarity daily. In addition, she is keen on painting and drawing, and thoroughly passionate about learning languages and being exposed to all sorts of different cultures.

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