
Mindfulness and Positive Psychology

*Student #1
Art 380:
Art Therapy Methods, Materials, and
Theories
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Positive Psychology



Figure 1

- A growing subject in the mental field
- Maximization of people's functioning
- Increases people's abilities
- Flow
- Positive feelings and emotions
- Find life purpose with deeper meaning

(Chilton & Wilkinson, 2013)

Positive psychology is the study of the emotions, the personality that are beneficial to people, and the organizations and groups that support their development.

(Chilton & Wilkinson, 2013)



Figure 2

Humanistic Psychology

- People are naturally good
- Carl Rogers – Client centered therapy
- Maslow – Self Actualization & Creativity
- Horney – Cooperation
- Frankl - Meaning through adversity
- Jahoda – Elements of mental health

(Chilton & Wilkinson, 2013)

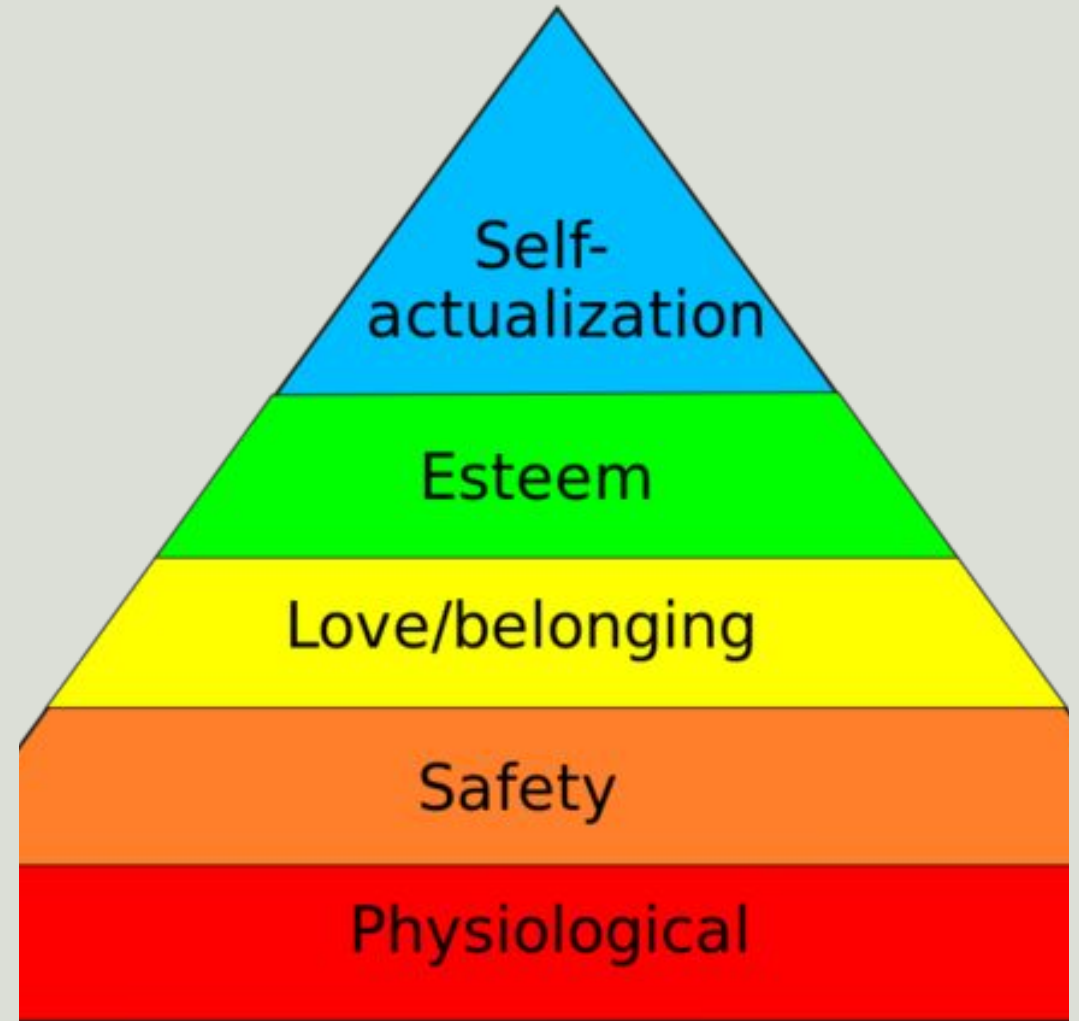


Figure 3

Purpose

- Psychology as a treatment for disorders
- Positive psychology concentrates in the strength and weakness of people (Seligman, 2009)
- The source of Happiness
- Seligman and Csikszentmihalyi theory
 - Building strength
 - People want to find “joy, meaning, and purpose”

(Chilton & Wilkinson, 2013)



Figure 4



Figure 5

Elements of Positive Psychology in Art Therapy

1. Happiness and Well-Being
2. Flow
3. Strength
4. Positive emotion

(Chilton & Wilkinson, 2013)

“**Human flourishing** is defined as a state in which individuals and communities function with high levels of emotional, psychological and social well-being (Keyes, 2007)”

Well-being

- Subjective & Psychological
- Success in relationships, work performance, income, and health
- Autonomy
- Personal growth
- Life purpose

(Chilton & Wilkinson, 2013)

Happiness and well being



“Siri what’s the meaning of life?”



Figure 6

- Life events and service
- Personal growth and life meaning after traumatic events
 - Personal transformation
 - Meaning found through art therapy

(Case & Dalley, Kramer, Landgarten, Naumburg, Rubin, Wadeson)

(Chilton & Wilkinson,
2013)

FLOW



Figure 7

- Concept coined by Csikszentmihalyi
 - Timeless experience
 - Loss of self consciousness
 - Total concentration
- Seligman indicated how flow can build resilience
- Kramer among other art therapist promoted a state of flow in art therapy
- Making meaning through post-art-making discussions

(Chilton & Wilkinson, 2013)

Strengths

- Flow help people to connect with their highest talents
- Strengths develop through Art Therapy
 - Appreciation of Beauty
 - Excellence
 - Curiosity
 - Interest in the world

(Chilton & Wilkinson, 2013)



Figure 8



Figure 9

Positive Emotions

- “Love, Joy, interest, gratification, and hope”
- Resiliency building
- Fredrickson – Positive emotions
- Studies and research indicate that art making improves mood, and positive emotions
- Art Therapy Practices:
 - Visual Gratitude journal, identify strengths through artwork, illustrate joy and love

(Chilton & Wilkinson, 2013)



Conclusion

Figure 10

- The power of art and creativity
- Healing process creating resilience
- Go further than relieving suffering
- Create deeper meaning
- Build up strength

(Chilton & Wilkinson, 2013)

Questions

- ❖ Have this presentation changed your perception of mindfulness and positive psychology? How?
- ❖ What is your biggest take out of this presentation?



References

Chilton, G., & Wilkinson, R.A. (2013). Positive art therapy: Linking positive psychology to art therapy theory, practice, and research. *Art Therapy: Journal of the American Art Therapy Association*, 30(1), 4-11.

Images

Figure 1 https://indianculturalforum.in/wp-content/uploads/2020/04/mental_health_040620.jpg

Figure 2 https://62e528761d0685343e1c-f3d1b99a743ffa4142d9d7f1978d9686.ssl.cf2.rackcdn.com/files/128534/wide_article/width1356x668/4xrvf3gr-1467124351.jpg

Figure 3 <https://s3-us-west-2.amazonaws.com/courses-images/wp-content/uploads/sites/1931/2017/05/30180348/convert-crop-0-0-1050-744.png>

Figure 4 <https://mt-xing.github.io/APPsychProject/Images/TOC/Optimal.png>

Figure 5 https://c2.staticflickr.com/6/5056/5534877330_4a8d40fcf6_b.jpg

Figure 6 <https://cdn.iphonelife.com/sites/iphonelife.com/files/meaningoflife.jpg>

Figure 7

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Figure 9 <https://leadershipfreak.files.wordpress.com/2021/07/action-creates-emotion.jpg>

Figure 10 https://starbeamrainbowlabs.com/images/placeholder/?width=1000&height=400&text=Conclusion&weight=bold&bg_colour=cdee1f&fg_colour=inverse&angle=15