

Student #1

ART 454

Critical Theory Reflection

Moon Ch. 3

Moon, B. L. (2009). *Existential Art Therapy: The Canvas Mirror* (3rd ed.). Charles C Thomas.

Throughout all people who are in need of therapeutic intervention, many display the same messages over and over again. Where adolescents have an immediate need to express these messages, adults tend to approach the matter much more slowly and cautiously. Throughout all these cases, however, all have the important fact in common that people need to come to conclusions on their own in order to truly understand them and learn from them. Any person would prefer to learn something first hand over simply being told something. It is also of utmost importance to stay present with a person while they go through this journey, and to guide them towards their answer so that they can come to this conclusion in the first place.

Whether a person is resistant to treatment, sarcastic, or even on the brink of violence, it is possible to lead them towards their personal truth by persisting in being honest and helpful towards them. Their messages can be read loud and clear, if only they are listened to without judgment or criticism. The stories included in this chapter focus on how each person was led to their truth.