

The Relationship of Neuroscience and Art:
Understanding Why Art Therapy is an Effective Therapeutic Modality
Pamela Hancock

Annotated Bibliography

Amen, D. (1998). *Change Your Brain, Change Your Life*. Three Rivers Press: New York, New York. Emphasizes the importance of human thought in relation to production of balanced neurotransmitters.

Provides holistic prescription for health based on a decade of brain-imaging-based research.

Berne, P. and Savary, L. (2004). *The 3 Logics of the Brain*. Psychotherapy Networker, September/October (pp. 40-41).

Describes the anatomic and functional qualities of the human brain.

Blakeslee, S. (2006). *Cells That Read Minds*. Science Times, New York Times, January, 2006.

Author discusses discovery and implications of findings on mirror neurons.

Doidge, N. (2007). *The Brain That Changes Itself*. Viking Penguin Group, New York, New York.

A discussion of current brain research, interviews with pioneers in brain science, and case histories of unprecedented progress of people whose cases had been dismissed as hopeless

Everly, G. S., Jr., Lating, J. M., & Mitchell, J. T. *Innovations in Group Crisis Intervention*. Roberts (Ed.), Crisis Intervention Handbook (2nd ed., pp. 77-97) New York: Oxford University Press.

Addresses crisis intervention using a two-factor model: neurological hypersensitivity and psychological sensitivity; also describes excitatory and inhibitory neurotransmitters.

Felten, D. (1993). ***The Brain and the Immune System***. In *Healing and the Mind* (pp.213-238) New York, New York: Doubleday.

Offers a synopsis of author's research linking neurotransmitters and the immune system

Fields, D. (2005). ***Making Memories Stick***. *Scientific American*, February, 2005, pp.75-81.

Outlines functions of neurotransmitters; photo credits.

Flannery, R., Jr. (1995). ***Why Are My Nerves So Frayed?: The Biology of Post-Traumatic Stress Disorder***. In *Post Traumatic Stress Disorder: The Victim's Guide to Healing and Recovery* (pp. 44-61).

Describes the biological and neurological effects of traumatic stress.

Gladding, S. and Newsome, D. (2003). ***In Art Therapy and the Brain***. In C. Malchiodi (Ed.), *Handbook of Art Therapy* (pp. 351-361). New York: The Guilford Press.

Details benefits to using art therapy, including memory retrieval

Goleman, D. (2003). ***The Lama in the Lab. In Destructive Emotions: How Can We Overcome Them?*** (pp. 3-27) New York, New York: Bantam Dell.

Details research conducted in a brain-imaging lab with a Tibetan monk who is a master of meditation. Unprecedented findings support the idea of neuroplasticity (our experience continually changes our brain).

Hannaford, C. (2005). ***Smart Moves*** (2nd ed.). Salt Lake City: Great River Books.

Author explains the body's role in thinking and learning from a neuroscientific viewpoint. Why movement is necessary is detailed, and how to execute integrated movement is illustrated.

LeDoux, J. (2002). ***Synaptic Self: How Our Brains Become Who We Are***. Harmondsworth, Middlesex, England: Penguin Books.

Describes how our brain (specifically, its synapses) determines how we think, act, and feel

Lusebrink, V. (2004). ***Art Therapy and the Brain: An Attempt to Understand the Underlying Processes of Art Expression in Therapy.*** Art Therapy: Journal of the American Art Therapy Association, 21(3), 125-135.

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Malchiodi, C. (2003). Art Therapy and the Brain. In C. Malchiodi (Ed.), ***Handbook of Art Therapy*** (pp. 351-361). New York: The Guilford Press.

The author discusses the far-reaching implications of neuroscience on the field of art therapy, and includes art interventions and image formation.

McNamee, C. (2004). ***Using Both Sides of the Brain: Experiences that Integrate Art and Talk Therapy Through Scribble Drawings.*** Art Therapy: Journal of the American Art Therapy Association, 21(3), 136-142.

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Miller, E. (1997). ***The Healing Image.*** In Deep Healing: The Essence of Mind-Body Medicine. United Kingdom: Hay House.

Emphasizes the power of images to heal

Miller, E. (1997). The ***Magic of Mental Imagery: Rewriting Your Own Life Script.*** In Deep Healing: The Essence of Mind-Body Medicine. United Kingdom: Hay House.

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Moyers compiles the research he originally did for a PBS television series that explores connections between the mind and body. Numerous color plates add to the intrigue of the book

Pert, C. (1993). ***The Chemical Communicators***. In *Healing and the Mind*, (pp.177-194)
New York, New York: Doubleday.

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mind and body*

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volume occurring in individuals suffering from sustained
stress.*

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emotions, and pain tolerance. Details mind-body coping
strategies*

Siegel, D. (1999). ***In Mindsight***. *Psychotherapy Networker*, September/October (pp.29-39).

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and psychotherapy.*

Wylie, M. (2004). ***In Mindsight***. *Psychotherapy Networker*, September/October (pp.29-39).

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neuroscience, and psychotherapy.*
