

## Neuroscience and Art

**The structure and function of the human brain can be changed by thoughts and images cultivated in the mind.**

The human brain is no longer believed to be the fixed gray matter it once was. Neuroscientific research now supports the idea of *neuroplasticity* – the ability of the brain to physically change, grow, and rejuvenate according to human experience and need. The brain is a resilient, living organism that is continually modified by our actions and thoughts.

Neuroplasticity is the key to understanding the relationship between art therapy and neuroscience. Images viewed in the mind's eye have seemingly fantastic effects on the brain: neurotransmitters and hormones are produced, genes are switched on and off, the brain's anatomy is altered. Using art materials, the art-making process, and visual expression to sustain focus on chosen images can have a lasting positive effect on the brain, altering its structure and its function. Consequently, the far-reaching benefits of improved mental functioning, strengthened social interactions, and physical healing can also be achieved.

For more in-depth information on the revolutionary discoveries taking place in the world of brain science, investigate these resources:

- [Understanding the Relationship](#) Between Neuroscience and Art
- An Annotated Bibliography of Contemporary [Brain Research](#)
- <http://brainimaging.waisman.wisc.edu>
- <http://positscience.com>
- <http://drdansiegel.com>