

Title:

Abstract Art As Therapy

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529

Summary:

Abstract art is not just a mixture of colourful meaningless patterns and arbitrary shapes.

There is, I believe, a definite therapeutic value to be found in most of the enigmatic marks m

Keywords:

abstract,art,painting,therapy

Article Body:

Abstract art is not just a mixture of colourful meaningless patterns and arbitrary shapes.

There is, I believe, a definite therapeutic value to be found in most of the enigmatic marks m

Here are some suggested associations from one artists point of view:

Colour plays an obvious healing and therapeutic role to be found in a carefully selected craft

Indefinite shapes or patterns by the likes of Jackson Pollock, Peter Lanyon, and Howard Hodgki

Let us not deny, however, the fact that many an image that has the potential to provoke a nega

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