The Creative Healing Shift

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Abstract

Review of creative therapies to help manage chronic pain. The use of alternative therapies to provide relief to patients suffering from chronic pain, severe depression, and anxiety. Useful tools for psychotherapists and counselors who help clients that have chronic pain and dysfunctions.

Abstract

This paper is a review of ten peer reviewed journal articles from the PsychInfo database that returned studies on the topic of chronic pain with the words, "Creativity" and "Spirituality" as key search terms in uncovering healing factors that help manage pain. While there were a combination of quantitative and qualitative research studies retrieved, I discussed those papers that explored a creative space for utilizing art therapy, dance therapy, and self-expression for pain reduction and to facilitate healing. The purpose of this review was to identify key healing factors that can be used in psychotherapy for clients with severe pain. Because of the complexity of chronic conditions that involve both biological pain and psychological impairment, I intended to narrow these factors down to those that had positive results during psychotherapy and group therapy. The pain management models that utilized the creative arts like art therapy, dance therapy, and various exercises of acceptance and self-expression, had significant improvements in client pain reduction. Furthermore, this review analyzed spiritual factors and placebo effects that can have positive outcomes in combating severe pain. As a result of this review, I have identified several creative and spiritual healing factors that can be used in therapy for treating clients with chronic pain. I encourage clinicians of all backgrounds to explore the beneficial factors of the creative and spiritual therapies that were uncovered in my article review of chronic pain management.

Keywords:
Chronic pain management
Psychological pain
Creativity
Healing Factors
Placebo
Pain Acceptance
Art therapy
Dance Therapy
Depression
Spirituality
Pain reduction
Severe pain
Treating chronic conditions
Creative writing

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