

## **Enriching the Effects of Art Therapy Intervention: Reflecting upon Artworks Produced during Intervention to Restructure Adolescent's Art Expression of Feelings and Emotions**

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**Abstract :** Art activities can fund as a clinical support tool (CST) between interventions in Art Therapy to direct the client back towards better outcome goals. In the present study, during free art sessions, researcher examined the possibilities of motivating the adolescent group to involve in art making process by reflecting upon art intervention administered. Results show that adolescents' reflecting upon their art works generated during the intervention; could change their perceptions and cognitions to improve their positive approach by restructuring their art expressions. Consequently, such reflections triggered and improved their emotions, feelings and ideas, and produced secure attachment between family, peers and teachers. By the end of interference, transformations experienced were effective more upon depression, self-image, and self-efficacy, and to a certain extent on aggressive patterns represented.

**Keywords :** adolescent, adolescent psychology, aggression, art, art therapy, cognition, depression, emotion, self-image

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