Art therapy is a form of mind-body medicine that is part of the holistic healing process. Through the art-making process, patients and caregivers can express, explore and master feelings associated with their medical journeys.

**Benefits of art therapy:**

- Kindles creativity and liveliness (empowerment, self-confidence, communication, dignity and independence)
- Addresses and alleviates emotional distress (anxiety, depression, grief, isolation, anger, frustration and trauma)
- Enhances physical health (improved immune system and sensor integration and decreased pain)
Art therapists are mental-health professionals who hold master’s degrees in art therapy, with specialized training in the therapeutic qualities of an art medium and its clinical application.

We provide inpatient and outpatient services:
- Bedside
- Individually
- In groups
- In an open studio

All services are offered at no cost to patients, their families and friends, and staff. You do not need to be skilled in art.

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