

The role of painting in the treatment of world famous painters

Abstract

This study evaluates the effect of painting on the personal reconstruction of painters such as Picasso, Salvador Dalí, and Van Gogh. We try to examine the characters of such painters who have created works of art and maintained a close relationship with painting in their lives. The painting expresses the feeling of the inner world and its identity. Likewise, artists have been able to express or conjure their interior by creating works of art. Each work of art represents an aspect of each person's personality, and each person chooses the paint and color tools according to their inner spirit and mood, drawing lines and images that include their personal characteristics. Color, shape, line, tone, and texture are elements in the painting, and the combination of such elements is essentially the quality of artistic expression. Each painting can be a representation of a real or supernatural phenomenon. Therefore, painting is presented as a useful remedy or treatment tool for painters and ordinary people in society. It shows how famous painters in critical situations in their lives were able to express themselves through painting and overcome difficulties and problems.

Keywords: *A personality trait, Treatment, Cubism, Surrealism, Art therapy*

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Introduction

Art is part of everyday life, but its importance differs greatly from person to person. Linguistically, painting is an image that is born from the artist's conscience and is an expressive medium and clear manifestation to present the problems of society and its environment and the beliefs and thoughts of the people. Artists are interested in contributing to people's sense of well-being and happiness and will put a lot of effort and energy into tasks they believe in. Thus, Leonardo da Vinci considers painting as the most complete art, in which the artist opens objects through images and uses the most important human sense, the eye. In the same way, Foucault shows us the first feature of painting in paleontological theory. He believed that painting creates magic, an illusion of space, shadows, and perspective. Furthermore, he thought that the criterion of a work of art is its harmony. If we look at the life of illustrious painters, such as the Spanish myth of Salvador Dalí and the style of Surrealism, we can conclude that painting has been a medicinal remedy throughout his life.

What is Art therapy?

human is always looking for a way to heal themselves and tries to calm down with spiritual art that has been damaged and frustrated in the modern world. The fact is that human lives with these frustrations and art teach a man to love and morality and opens a new window for man and leads man to other

dimensions and causes the human mind to be emptied of other dimensions. and art makes it possible for a person to increase awareness of themselves by creating a work of art and to resist pain and stress. Art attracts people who do not have mental and physical health and drawing is an opportunity to showcase their talent.

Art therapy originated in psychiatric hospitals in the 1940s and 1950s when artists and art educators facilitated open studio classes for the patients (Walker, 2012). Art therapy scientifically is proven in Case studies do seem to suggest the treatments are effective. Case studies and small experiments exploring art therapy as a treatment for dementia found evidence suggesting that art therapy may ease neuropsychiatric symptoms, raise self-esteem, and improve social behavior. People who cannot express their feelings can use art therapy to show their emotions without any verbal communication.

Among all the arts, painting is free art. Painting is the grandson of nature because all visible objects are the product of nature and painting arises from these objects (Leonardo Davinci). The visual components of color, form, line, shape, space, texture, and value that is in painting, color takes precedence over form, and Colors are known to have an effect on people with brain disorders or people with emotional troubles. Coloring has especially become instrumental as people recover from PTSD¹

¹ - Posttraumatic stress disorder, is a syndrome or syndrome that occurs after observing, experiencing, or hearing directly from a severe stressors and trauma that can lead to actual death or the threat of death or

the occurrence of a serious accident. The patient feels fear and helplessness over these experiences, often exhibits disturbed and disturbing behaviors, and constantly tries to avoid recalling events and

and they color during therapy and express painful feelings from their past. Coloring engages a different part of their brain that allows them to process their trauma in a different way, for example, art had an important role in building resilience among adolescents traumatized by the tragedy of September 2001 in New York City. Studies show that people with creative outlets like writing, painting, and drawing have a lower chance of developing memory loss illnesses and other cognitive issues(Mike ,2020). As it mentioned the main feature of the painting is the use of color, which is seen in Picasso's paintings, a variety of colors, all of which reflect the spirit of the artist. For example, in the paintings of the Blue Age, a certain dullness and coldness are seen. In this period, Picasso deals with the tragedy of human life in this transient world and his goal is to depict life full of human grief. The blue color in painting can have a calming effect which can then result in lower blood pressure, whereas the color red might have the opposite effect. Green is another color that may be used to relax people who are emotionally unbalanced. Each work of art represents the characteristics of an artist. In free painting, the artist tries to express his alters and feelings with tools such as crayons, gouache, etc and rediscover memories of the trauma, which could then be discussed in therapy. A [British study](#) surveyed over 90,000 people in 2005 on their artistic preferences. Participants completed an online questionnaire and rated 24 different paintings before filling out a personality inventory that related back to the Big Five Model². Participants who preferred representational art like impressionism were significantly more agreeable and conscientious and less open to new experiences. Those who were more open rated the abstract works higher. [Other studies](#) have found that people who have neurotic tendencies — anxious, shy, moody — find abstract and pop art more appealing(Randall,2021) Therefore, art find healing the world-famous painters such as surrealism painter Salvador Dali, who has no mental health and art was able to reconstruct him. Today, a new term has emerged called art therapy and has spread day by day and has been able to find a special place in

all societies such as medicine, psychiatry, forensic science³, and even in the field of criminal law. Due to the importance of art therapy and its effects on prisoners, several studies have been conducted in various fields on prisoners, and the importance of decreasing depression and improving socialization skills in male and female populations (Gussak,2004). The importance of visual arts among inmates who tried with art express themselves, relieve stress, feel happier, be creative, and make better choices(Brewster,2014). It can be said that art therapy was originally based on the early theory of Sigmund Freud and Carl Gustayung As is seen in Salvador Dali paintings. In art therapy, most of the symbols that have been created in the subconscious of a person in the form of various barriers in his psyche Such as fear, suffering, stress, depression, shortcomings, and needs appear in the form of physical and mental disorders and painting can be useful in diagnosing adult mental disorders. psychological strengths in art therapy include healing resilience adaptation, self-efficacy, well-being, positive experiences, and having a meaningful life (council of arts of England,2007). With the importance of art therapy, finally, the American art therapy association (AATA) 2014 the definition of art therapy is as follows: Art therapy is one of the professions related to mental health that clients by facilitating the art of therapist, through artistic mediators creatively and artistically produced works to explore emotions, correction emotional conflicts, cultivate self-awareness, manage behavior, development of social skills, improvement and reconstruction of function and activity of client and sense of personal well- being. Also, the British Art therapist association(BAAT) 2014 defines art therapy: art therapy is the therapeutic use of various forms of art in a professional relationship with clients suffering from illness, injury, or challenge in their lives or striving for their personal growth. Thus, art therapy is a profession based on the psychotherapeutic applications of the artistic

accidents. Incidents such as sexual abuse , accidents , war , natural disasters such as earthquakes , floods , and people in general who experience such events, even in the case of children, are more than we can imagine and understand their feelings. They suffer the event. This is the difference between post-traumatic stress and other life events (excessive stress to accident

² - is a suggested taxonomy, or grouping, for personality traits, developed from the 1980s onward in psychological trait theory. The model asserts that each personality is comprised of a combination of five core traits: openness, conscientiousness, extroversion, agreeableness and neuroticism (known by the acronym OCEAN).

³- Forensic art therapy(FAT) is a unique application of art therapy that blends forensic and social science.FAT is a investigative technique

Process and the relationship between the user and the art therapist .(Asociacion profesional espanola de arte terapeutas). During the past decades, various forms of art therapy have emerged that is called Expressive art therapy(EXA) that it is the artistic expression itself regarded to have a healing potential and presents an alternative method of exploring the psychotic experience, EXA uses various artistic modalities such as music, painting, and poetry. Another art therapy, Mandala⁴ design color therapy is one of the art therapy techniques and the first great psychologist who noticed spiritual values and mandala was Carl G. Jung.

Art therapy is widely for mental disability therapy, learning disabilities, academic failures, anxiety, depression and obsession are used, in addition, art therapy has been used in psychiatry for decades in order to further the patient's healing process. For example, art therapy is an important part of the psychological treatment of patients suffering from schizophrenia. Another effect of art therapy is related to people who have strokes and art therapy practice in its psycho-social objectives for stroke survivors include facilitating emotional processing and self-insight; moreover, art therapy is useful for stroke survivors that renewed purpose and joy in life.

Thus, Art therapy helps children, adolescents, adults, and inmates who explore their emotions, improve self-esteem, manage addictions, relieve stress, improve symptoms of anxiety and depression, and cope with a physical illness or disability. It can be said Art therapy is an integrative mental health profession that combines knowledge and understanding of human development and psychological theories and techniques with visual arts and the creative process to provide a unique approach for helping clients improve psychological health, cognitive abilities.

Reconstruct Pablo Picasso through painting

The art of this spokesman of the human soul, from the birth of man to the last breath, expresses our inner secrets, emotions, and feelings. Painting was one of the arts that people showed interest in, and for many years people thought about painting, that is, depicting the landscapes and the

⁴- Mandala, a compound word in Sanskrit (a language in ancient India) that comprises the word "Manda" (meaning center) and "la" (meaning accomplishment), refer to reaching individuals about their center and essence, being sincere with themselves, and achieving a peaceful essence). In other words, magic ring and its allegorical area contains all regular

objects they observed. However, Pablo Picasso, a famous painter, was able to bring evolution and modernity to the Art of Painting in the style of Cubism⁵. His paintings originated from the eyes and the mind and abandoned the objective display and turned to the mental display. Cubism was Two-dimensional mode on a flat-screen. In addition, he tried to premise the supposed connection between "universal" inner feelings and impulses and the artist's gestures on the canvas. Cubism takes distance from fine art and tends to be more rational way than art with new ways of depicting. Picasso believes that "the art of applying is not a law of beauty, but the application of something that instinct and the brain can imagine beyond any law" and structural brain differences in relation to expertise have been demonstrated in visual perception. He says "I paint objects as I think they are. not as I see it".

In all of Picasso's paintings, one can see his inner states, and it can be clearly said that painting was a cure for him. He was the only artist whose paintings show a variety of content and style, and this shows the changes in his inner world. His paintings depicted a sense of self-expression and the strengths and losses he had realized in life that this feeling can be seen in the paintings of the blue period. While in the paintings of the rose or pink period (1904-1906), showed the happy spirit of the painter, and there were no more mourning, dark and closed images that were in the paintings of the blue period. If you look at blue Picasso's paintings, you will get a sense of loneliness, sadness, and forgetfulness. Picasso in the blue period showed a sad atmosphere and the life of poor people. Blue Picasso's period coincided with the beginning of his adolescence, and some believe that he was influenced by depression after the suicide of a friend, which led him to create. For example, from 1935 to 1950 can find different elements of violence, fear, pain, and despair in his paintings. One of the most famous paintings of the blue period is Guernica which depicts the Spanish Civil War and the crises that the people of that time suffered from in blue, black, and white, and he depicts the chaos of that time on a large scale because he wanted to show himself and able to heal the aggression that he suffers from in his being, or in other words, to evacuate himself. He used two animals cow and a horse which are an important feature of Spanish culture. The

concentric forms, radial or spherical shapes all circles or squares have the central point.

⁵- The word "Cubism" is derived from the root "Cube" meaning "cube".

cow is a symbol of savagery and darkness and the main theme of destruction. The horse is a symbol of decency, honor, and freedom. Picasso in Guernica's⁶ painting used the black color have seen in European paintings of that time, and in the Spanish dictionary it is referred to as negative, and white, which is psychologically the first color in which a person feels motionlessness and a sense of silence and the color blue is the only color that is connected in the mind and soul.

Picasso wanted to emphasize the difference between a painting and reality. Cubism involves different ways of seeing, or perceiving, the world around us. He took into account both his observations and his memories when creating a cubist image.



Guernica,1937

Thus, Painting played a fundamental role in Picasso's life. He was able to cure depression, anxiety and stress by depicting the deepest thoughts that arise automatically in his subconscious mind, he painted on a white canvas. in the painting of the triple façade in 1907, whose light blue shade and dark fringe represented the poverty and hardship of life in those years and the exhaustion and inner pain of the artist. Painting as a treatment was effective in Picasso's mental health and reconstruction, and she was able to learn to improve her flexibility and acceptance through painting and adapt to society.



triple façade ,1907

Healing Salvador Dali with painting

In the past, human beings only mentioned painting as a hobby, but with the development of societies and human thought, the painting was less considered a means of healing and recognizing people. So that in the twentieth century, the Spanish painter, one of the great inventors of all time with extraordinary intelligence and a strange personality in the art of painting, created a revolution in painting and introduced the school of surrealism⁷ to the art community. He was able to turn his subconscious dreams and thoughts into a reality, and this method gradually became a way of life for Dali. Painting may be a proper treatment for a person who had a mental disorder and suffered from anxiety and fear during his childhood also he had an aggressive and rebellious spirit. He was the first person to paint the mutilated parts of a woman's body as a teenager, and this issue emerged after his father's marriage to his aunt. His paintings were influenced by the theories and

⁶- Depicting the bombing of the northern village of Guernica by Nazi German bombers on April 26,1937, during the Spanish Civil War

⁷ - Surrealism,where links were posited between automatism,the unconscious,dream and art.

writings of the subconscious mind of the famous psychologist Sigmund Freud⁸, Carl Gusta Jung⁹, and the Dadaist¹⁰ school of the early 20th century. He tried to express his feelings through colors and lines, and painting as a bridge between the inner world and the outer realities, and the images created were a mediator of his conscious and unconscious, as well as a reflection of memories of his past and present life and future. Since the depiction of dream works was very common in surrealist art, He challenged the boundaries of consciousness and rationality to liberate the subconscious mind. Dali spent 50 years on surrealist painting techniques, and if she did not insist on reinforcing his dreams, his dreams would never come true, and persistence can be called one of the characteristics of an



Memory continuity, 1931

artist. Thus, Dali's special aesthetic techniques combined objective, mental, and internal issues, turning them into very special and timeless works, such as the "memory continuity" and the clocks that are falling apart.

To regulate confusion and thus discredit the real world, It depicts the loss of time and intolerance, and collapse. Salvador Dali portrays this surrealist work under the influence of Freud's ideas and accurately depicts imaginary scenes without logic and animating everyday objects and turning them into strange creatures. He intended to provide a field for his subconscious expression in painting through psychological automation. Therefore, due to his imaginative personality, he was able to depict his mental imagination through painting.

Painting in Rehabilitation of Vincent van Gogh

Human has always sought to create beauty and sometimes portrays it in the form of music, poetry, and sometimes the form of painting and an artist who tries to connect the mental world and the outside world and depicts the mental crises and inner anxieties that suffer on a canvas

⁸ - He was a prominent Austrian neurologist and the founder of psychoanalytic science as a therapeutic method in psychology.

⁹ - He was a Swiss philosopher and psychiatrist known for his work in psychology and theorizing analytical psychology and Jung believed that the conscious realm of the mind in man is like a small island in an ocean of the unconscious. Jung divided the subconscious into two main parts: the individual subconscious, which is the source of

until treat inner needs. Painting has played an important role in the lives of artists such as Picasso and Salvador Dali and was able to bring Salvador Dali back from the unpleasant memories of his childhood and Picasso from the sufferings, depression, and despairs he had experienced during his life. However, Could paint have played a rehabilitative role in the life of Dutch painter, Van Gogh?

inner motivations and desires, and ends with childhood themes.

¹⁰ - The absurdist school that emerged in 1916 was a cultural movement that was related to the fields of visual arts, music, literature, theater, and graphic design.

If you look at Van Gogh's life and a sad story of a man struggling with his declining mental health until finally, in despair of ever getting well or living independently, he chose suicide this the question may arise for us, Has painting been effective in his life. Throughout his life he had attacks of depression, periods of normality, and bouts of intense elation: all symptoms that are now recognized as characteristic of bipolar disorder¹¹ Van Gogh suffered from a mental illness for many years, and after cutting his left ear, he was hospitalized in a psychiatric hospital, where he was only connected to the outside world through his room window, and this scene led to the creation of his best work, *Starry Night* Which can be clearly seen in the style of postmodernism¹². He had created this work from the window of a mental asylum. Van Gogh tried to create a simple art that would be soothing and surprise ordinary people. In his works, he focused on intensifying colors, thick and special painting methods, fast brush movements, excitement, and emotion. In this work, the artist shows the internal conflicts on the canvas. Therefore, feelings of isolation and detachment can be seen in this painting. Van Gogh's style and painting began to reflect a deeper meaning, a look into his deteriorating madness. His innate ability to see and feel everything and express myriad emotions is one of the gifts he gave humanity. Although his painting *Starry Night* depicts the view from his dreary asylum room, it captures the aspirations of hope he derived from the sky and stars. He once stated, "I don't know anything with certainty, but seeing the stars makes me dream." (Philips, Renee, N D). The only painting that depicts 16 self-portraits, For example,, the self-portrait with bandaged ear that express his artistic power and personal struggles which can be considered a sign of strength

¹¹- Mood disorders or emotional disturbances are mental disorders that are associated with changes in human mood and its fluctuations towards severe depression or extreme vitality. In other words, on the one hand, this disorder can be seen as depression, and on the other hand, it can be seen as extraordinary joy and happiness. In fact, manic / depressive disorder has stages of mania and major depression, but the patient may also be in a state of normal mood between these states. Mania / Depression, also known as Bipolar Disorder, is

and Resistance. Moreover, a great way to get to know yourself and your relationships with others in through portraits. This self-portrait is thus powerful proof of Van Gogh's determination to continue painting. It is reinforced by the objects behind him, which take on a symbolic meaning. In addition to his face, he portrayed the face of the psychologist who helped him, which is known as one of the ways of art therapy today you draw a portrait of someone who has helped change your path, for better or worse, draw this person.

In all of Van Gogh's artworks can be seen powerful handling of color and brushwork that declare his ambition as a painter. For example, in the painting of sunflowers, which can be seen only in yellow, which is widely used in all her paintings. For Van Gogh, the color yellow is a symbol of the happiness of sunflowers in Dutch literature and is a symbol of devotion and loyalty. These flowers also remind us of the cycle of life and death. Therefore, Most of the paintings for which Van Gogh is famous were painted during the three years when his depression was at its most acute and Van Gogh was not trying to make an exact copy of reality in his paintings. He did not use color merely to imitate nature, but to express emotion. The self-portraits were painted only one week apart at the asylum and show Van Gogh in very different lights – the first was painted as he was still in the midst of the severe mental health crisis that had struck him in mid-July, while the second was created as he was slowly recovering. Indeed, Van Gogh made clear that being able to paint was key to his healing process. the self-portraits provide a unique insight into Van Gogh's changing psychological condition and the way he viewed himself. (Landmark exhibition at the Courtauld, 2022).

a mental illness that affects a person's strength, activity, and ability to perform many activities by making fundamental changes in his or her mood. In this disease, a person's mood changes from a state of extreme euphoria to a state of despair and severe depression

¹² - In this style, it explicitly deals with the form and strength of the structure or the emphasis on internal expression with the help of color



Self-portrait with bandaged ear,1889 Sunflowers,1888
Starry Night,1889

Conclusion

Painting can enable a person to recognize the power and ability of their own creativity and thus make it easier to solve problems and because it has found a balance for social problems, it suffers less from its shortcomings. If the painting has not played a complete role in the whole life of artists, it can be said that it has been able to prevent, cure and rehabilitate their sufferings and disappointments in their lives. For example, Van Gogh expresses subjective emotions through an

impulsive, gestural application of paint and symbolic colors Francisco Goya depicts horrific paintings of Disasters of war and strange faces, all of which originate from the painter's inner mind.

Art brings about the incarnation of the spirit in the sensible. As an artist, the human makes what is sensible his own. Art can therefore be understood as a humanization of the sensible

(Harries,2012)Thus, Painting as visual art is the art of constructing the character. Anybody can build his character with paint, strengthen it and re-socialize it.

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