



Creative Expression & Wellbeing

Katalin Bernát | Psychologist

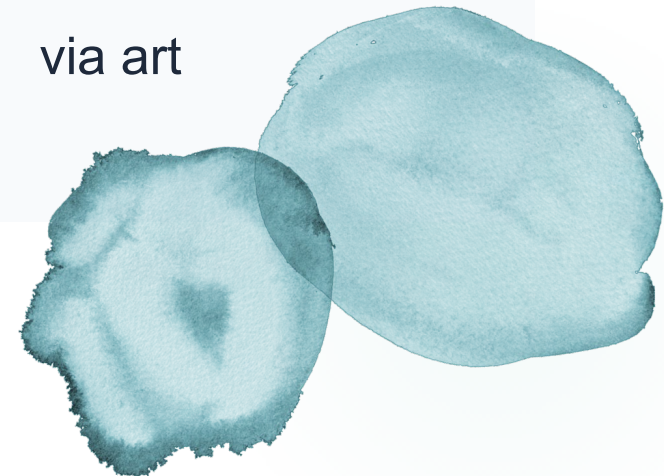
THE VERBAL BARRIER

The Problem

- ⚠ **Inadequate** verbal expression
- ⚠ **Alexithymia** & Stress
- ⚠ **Physical** symptoms

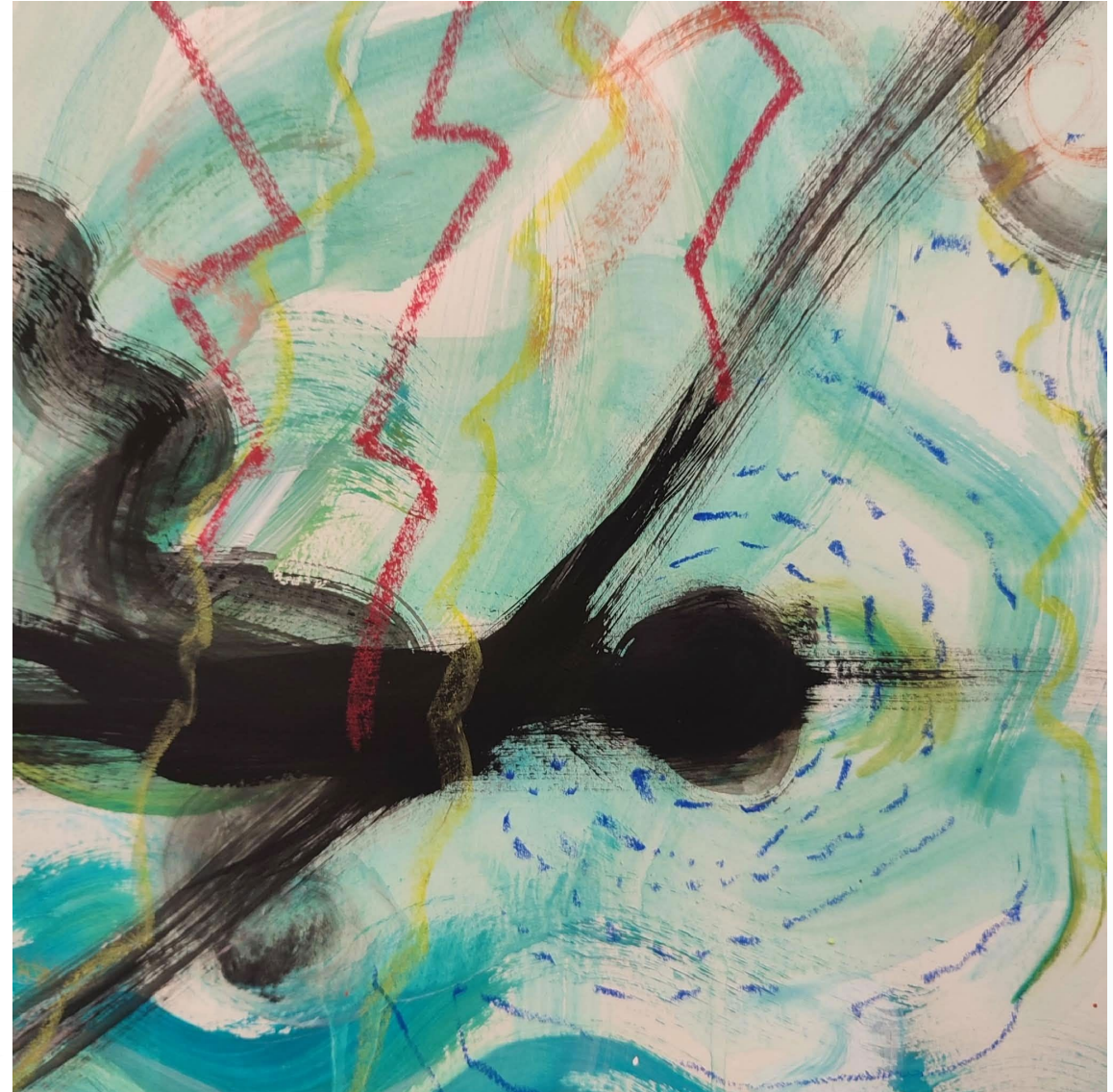
The Aim

- 🎯 **Ottawa Charter** : Equity
- 🎯 **Non-verbal** regulation
- 🎯 **Empowerment** via art



METHOD & RESILIENCE

- 🧪 Mixed -methods design
- 🎨 8 Artists as models
- 🖋️ Case 1: 39yo Writer
- 🛡️ Trauma : Multiple Sclerosis
- ✓ Safety Net : Expressive writing



MANTRA - EFFECT

- 🖌️ **Case 2 : 39yo Painter**
- 🛡️ **Barrier : Severe verbal struggle**
- ✓ **Grounding : Intense focus/shading**
- ✓ **Outcome : Significant stress reduction**
- ✓ **Key : No talent required**





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"Art is a universal tool to bypass verbal barriers and ensure equity in mental health ."

TAKE-HOME MESSAGE

Katalin Bernát | Thank you for your attention

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