

## **Beyond Words | Info Sheet**

### **Sponsored by the American Art Therapy Association**

2004, 13 minutes, color, Judith A. Rubin

#### ***Full Description:***

This film demonstrates some of the ways in which art therapy can enrich and give meaning to the later years, by showing a number of older Americans who were helped by participating in art activities.

While art therapy cannot reverse the aging process, it can help to increase the quality of people's lives, by providing a creative arena for improving their outlook and sense of well-being.

Art therapy can also help older adults cope with the inevitable psychological problems that accompany the aging process, especially when illness and disability have taken their toll.

Art therapy can affirm the wisdom and self-awareness that come to those who have lived a full life; at the same time that it helps people to deal with pain, and enhances their capacity to manage a multitude of challenges.

#### ***Selected Comments:***

"This engaging visual document beautifully demonstrates the potential and therapeutic benefit of art with elders. Much more than merely occupying a person's time in the later stages of life, art can deepen joys, capture legacies, and enhance experiences. Dr. Judith Rubin has skillfully and sensitively conveyed the contribution of creative activity to well-being for older adults."

Irene Rosner David, Ph.D., ATR-BC  
Director, Rehabilitation Department, Bellevue Hospital

"a skillfully produced film depicting stories painted for us by different artists in a series of inspiring vignettes."

Donna Betts, Ph.D., ATR-BC  
Adjunct Professor  
Florida State University Art Therapy Graduate Program

" It is so inspiring! I cannot believe the amount of substance art brings to the lives of the people in the video. I really feel it gives everyone a deeply satisfying sense of purpose. It makes their lives--pain and all--worth living. It also makes everyone young again!"

Rob Weinstein  
Artist, Author, Survivor, and Stand-Up Comedian