

Painting Art as therapy for Autism

This study aims to improve the communication skills of children with autism through the process of painting. Painting art is useful for autism children because it has aspects that are very close to their world, namely aspects of play in which there is a pleasant nature. Since people with autism find it difficult to express themselves verbally, the art of painting can be used as a convenient therapy to enable them to express themselves visually through images that fit with the developmental pattern of their psyches. This concerns, in particular, the shape and color of the painted portraits that they look at, whether they are their own or the work of painters (Emery, 2004). Also, the aesthetic value produced by the work of autistic children improves their emotions (Hunter Barnbaum, 2012). On the other hand, it is experienced that some paintings create higher activity in the superior parietal lobule, which is associated with top-down visual attention, and exhibit greater attentional sensitivity, uniquely by viewing them, such as Caravaggio's paintings (Ogawa et al., 2023). Thus, it is interesting to link different behavioral approaches to the different emotionalist approaches to painting art. Finally, based on a sample of 30 children with autistic manifestations from the association of autism therapy domiciled in the east region of Morocco, the two aforementioned types of autism therapy (children with autistic manifestations as painters and as viewers of paintings stimulating their attention and concentration) are applied. The results are obtained and analyzed using a relational statistical model.