



# Art May Bridge the Conscious and Unconscious Regions of our Mind in the Psychology

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## Abstract

From psychological point of view, human mind has certain relationships between heart and art for some decades. It has been situated at the crossroads of scientific investigation and human creative expression of art. They include art therapy and neuroaesthetics, where some expressions would exist from human complex creative feelings. The experience for neuroaesthetics may demonstrate emotional and cognitive processes, and activate certain brain areas, including the posterior cingulate cortex (PCC) and the superior temporal sulcus (STS). When integrating psychology themes and artistic creativity, it will produce the integration of emotion, cognition, social interaction and human relationships, leading to human well-being.

**Keywords:** Art therapy; Neuroaesthetics; Posterior cingulate cortex (PCC); The superior temporal sulcus (STS); Psychology; Well-being

## Commentary Article

For decades, clinical importance has been broadly understood concerning patient-oriented medicine, such as holistic medicine, psychosomatic medicine, and integrative medicine (IM) worldwide [1]. Among them, art therapy has recently attracted attention as non-pharmacological treatment [2]. Art therapy is included in IM and also psychotherapy, where everyone can take most advantage of various treatments [3]. Among them, the philosophy of fundamental medicine would be required for all people [4]. Furthermore, all patients with various impaired function and diseases will be wholly treated by mental healthcare and medical care [5]. In this article, several perspectives will be described, where the involvement of art can bridge the status between conscious and unconscious regions in our mind.

From psychological point of view, human mind has certain relationships between heart and art for some decades. It has been situated at the crossroads of scientific investigation and human creative expression of art. Such connection shows not only historical aspects but also development of modern disciplines. They include art therapy and neuroaesthetics, where some expressions would exist from complex human creative feelings [6].

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The famous psychiatrist Sigmund Freud (1856-1939) also acknowledged the possibility of art for externalizing the unconsciousness. They include internal dialogue and emotional regulation in the artistic expression. In recent psychology, the intersection of psychology and art may transcend historical progress, and include various neuroscientific studies for brain responses to art and some therapeutic research.

As a recent research region of psychology, neuroaesthetics can explore the neural function which exists under human artistic creation and perception. The experience in the light of neuroaesthetics may demonstrate the broad range of emotional and cognitive processes, and activate certain brain areas, including the posterior cingulate cortex (PCC) and the superior temporal sulcus (STS). These area can be respectively responsible for emotional reflection and also perceptual analysis in the brain [7]. Simultaneously, art therapy can develop human creative process for stimulating the neuroplasticity, developing functional and structural changes for the brain, where cognitive resilience and emotional well-being will be enhanced. From these processing, both significance of scientific progress and subjective experience would contribute the dual development together.

Mutual correlation of psychology and art includes the interdisciplinary curiosity as well as robust inquiry leading to multiple complementary approaches. For combining psychological, neuroscientific and artistic aspects, related articles on the research topics will develop unique perspectives of various interactions [8]. They include the interactions among human experience, creativity and novel methods of research. Such research topics will give significant meeting point of the discussion and integrative approach of understanding of mind and several expressions. When investigating psychological issues, the transformative potential perspectives would be expected by the art-based knowledge translation pathway. For the patients with neurodegenerative diseases such as dementia or Parkinson's disease (PD), certain neuroscientific research with actual experiences will bring various approach from multimedia and societal aspects. Such method will produce emotionally accessible and engaging narratives by the combination of clinical understanding and scientific data with artistic media. The feedback from the audience may increase awareness and empathy.

Various studies provide behavioral and psychophysiological data. This set of contextual information can then be used to enhance understanding and deepen the emotional experience of art for relevant audiences, including curators, educators, and psychologists [9]. These processes accumulate insights into psychology and art, which may shed light on the interplay between cognitive and emotional responses in art perception and help optimize engagement with art. Through the experience of being aesthetically moved by art, emotionally evocative art can play a role in fostering empathy and emotional solidarity in social interactions. The emotional expression felt from great artworks can help individuals navigate social and emotional contexts. By eliciting vicarious emotions, art strengthens emotional intelligence and promotes social ties. In other words, art has universal appeal that transcends cultures and time, and also serves as an important tool for emotional regulation and social learning.

As non-pharmacological intervention, visual art therapy has been expected for beneficial effect for combining adequate mental health and human services to maintain cognitive functions [10]. It is likely to show promising clinical benefit for supporting cognitive ability for healthy elderly, the patients with mild cognitive impairment (MCI), moderate dementia and Alzheimer's disease (AD). Since previous pharmacological therapy for dementia revealed certain limitations, visual art therapy has been expected to show effective treatment method. It present alternative methods for sensory, cognitive and emotional stimulation leading to expecting neuroplastic changes in the elderly brain with impaired function.

In the case of patients with PD, they have showed some decline in motor function, cognitive impairment and influences of mental health. Since they have problems of higher cost and reverse effects

of previous treatments, patients and related community expect more effective and beneficial alternative treatments. The review was conducted for 3440 articles screened, and 16 papers were met the criteria and studied [11]. They included several non-pharmacological treatments, such as meditation, music therapy, art, yoga, theater, dance play therapy and video games. As a result, various arts therapies showed clinical efficacy for improving psychological, motor and cognitive rehabilitation process of PD patients.

For the people with visuospatial cognitive disorders, the therapeutic applications of art and design can become a significant tool for providing visualization of various artistic data. By integrating aesthetic application with analytic data, the approach can strengthen the engagement and comprehension [12]. The method of artistic visualization makes from abstract intangible data to tangible imagination. It can create the compelling narrative world which bridge quantitative analysis with human-centered storytelling. Consequently, the combination of psychology and art may give a beneficial framework for enhancing human important experiences. When integrating psychological themes and artistic creativity, it yields the integration of emotion, cognition, social interaction and human relationships. Then, it will highlight various arts for multifaceted role as a therapeutic tool, medium of expression and adequate educational resource.



*Figure 1: AI involvement for recent trend of art and psychology.*

As recent focus in art and psychology, clinical application of artificial intelligence (AI) is detected across the world (Figure 1). AI can be involved in the creativity of artistic works [13]. It may develop the transformative potential for the novel creative expression by the usage of a variety of AI applications. At present, AI can serve as both tool and/or collaborator, which challenges traditional authorship and offers new perspectives for originality and creativity. Through this progress of human and AI, future themes include how AI emphasize human-like creativity, while

how AI open the avenues for emotional and cognitive processes associated with artistic generation.

### **Conflict of interest**

The authors declare no conflict of interest.

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