

## Learn More About Art Therapy

**Phyllis:** My avenue of escape is art.

**Mike:** People think that it's painting your feelings and playing with arts and crafts, but it's deeper than that. You're addressing pain and trauma.

**Phyllis:** You engage it, embrace it, then you end up a more rejuvenated you.

**Jacqueline:** To see him actually become passionate about something again and want to like keep going and keep striving for something and to have goals for the first time in a while, that was amazing.

**Mike:** It's not affecting me anymore. I can take it out of me and I can set this thing on the shelf. It doesn't have to control me.



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**