

# Arte, museos y salud mental: Transformando la salud mental comunitaria



Museu Valencià d'Etnologia

**Dra. Jessica Marian Goodman Casanova**

Co-Investigadora Responsable - Área 3 - Grupo C03

Enfermera Especialista en Salud Mental

Arteterapeuta

[www.jmariangoodman.com](http://www.jmariangoodman.com)







# Evidencia científica

Received: 15 January 2023 | Revised: 8 August 2023 | Accepted: 10 August 2023  
DOI: 10.1111/jpm.12970

REVIEW ARTICLE WILEY

## Community-based art groups in mental health recovery: A systematic review and narrative synthesis

Jessica Marian Goodman-Casanova<sup>1,2</sup> | Jose Guzman-Parra<sup>1</sup> | Fermin Mayoral-Cleries<sup>1</sup> | Daniel Cuesta-Lozano<sup>2</sup>

<sup>1</sup>Unidad de Gestión Clínica de Salud Mental del Hospital Regional Universitario de Málaga, Instituto de Investigación Biomédica de Málaga y Plataforma en Nanomedicina - IBIMA Plataforma Bionand, Málaga, Spain  
<sup>2</sup>Departamento de Enfermería y Fisioterapia, Universidad de Alcalá, Madrid, Spain

Correspondence: Jessica Marian Goodman-Casanova, Unidad de Gestión Clínica de Salud Mental del Hospital Regional Universitario de Málaga, Instituto de Investigación Biomédica de Málaga y Plataforma en Nanomedicina - IBIMA Plataforma Bionand, Avenida de San Sebastián 3, 9A, Málaga 29010, Spain. Email: jmgarcagoodman@gmail.com

Funding information: Rio Herizaga Contract, Grant/Award Number: CM20-00177

### 1 | INTRODUCTION

Mental health recovery is a complex, active and ongoing journey, which involves living a meaningful life even in the presence of mental illness (Penas et al., 2019). While there is no consensus in the literature on the definition of mental health recovery, it is generally understood as a process of personal growth and self-actualization. This is an open access article under the terms of the [Creative Commons Attribution License](#), which permits use, distribution and reproduction in any medium, provided the original work is properly cited, the use is non-commercial and © 2023 The Authors. *Journal of Psychiatric and Mental Health Nursing* published by Wiley on behalf of British Association of Art Therapists.

128 | [wileyonlinelibrary.com/journal/jpm](https://onlinelibrary.wiley.com/doi/10.1111/jpm.12970)



Received: 28 March 2023 | Accepted: 4 June 2023  
DOI: 10.1111/jmhn.13166

ORIGINAL ARTICLE International Journal of Mental Health Nursing

## Effectiveness of museum-based participatory arts in mental health recovery

Jessica Marian Goodman-Casanova<sup>1,2</sup> | Jose Guzman-Parra<sup>1</sup> | Francisco Javier Duran-Jimenez<sup>1</sup> | Marta Garcia-Gallardo<sup>1</sup> | Daniel Cuesta-Lozano<sup>2</sup> | Fermin Mayoral-Cleries<sup>1</sup>

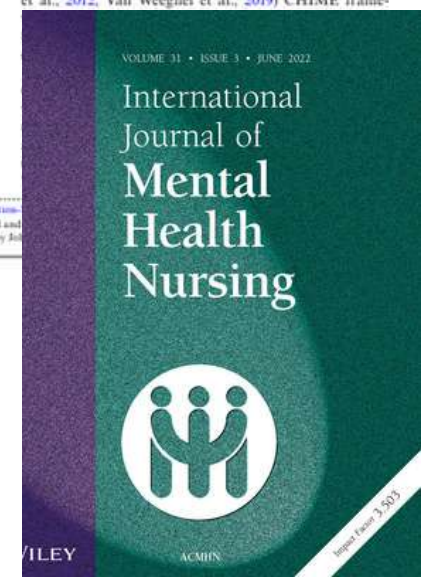
<sup>1</sup>Instituto de Investigación Biomédica de Málaga y Plataforma en Nanomedicina - IBIMA Plataforma Bionand, Unidad de Gestión Clínica de Salud Mental del Hospital Regional Universitario de Málaga, Málaga, Spain  
<sup>2</sup>Departamento de Enfermería y Fisioterapia, Universidad de Alcalá, Madrid, Spain

Correspondence: Jessica Marian Goodman-Casanova, Avenida de San Sebastián 3, 9A, Málaga 29010, Spain. Email: jmgarcagoodman@gmail.com

Funding information: Instituto de Salud Carlos III

### INTRODUCTION

Mental health policies are moving towards services that support recovery with an increased emphasis on evidence-based, culturally sensitive and peer-supported programmes that encourage the active participation of individuals in meaningful experiences within local communities (Keet et al., 2019; World Health Organization, 2021). These recovery-oriented programmes seek to promote the five key processes described by the widely endorsed (Bird et al., 2014; Slade et al., 2012; Van Weeghel et al., 2019) CHIME frame-



INTERNATIONAL JOURNAL OF ART THERAPY  
<https://doi.org/10.1080/13643023.2023.2188610>

PRACTICE PAPER

## It's all about the journey! An online museum-based recovery-oriented art psychotherapy group

Jessica Marian Goodman-Casanova<sup>1,2</sup>, Ali Coles<sup>3</sup>, Daniel Cuesta-Lozano<sup>2</sup> and Fermin Mayoral-Cleries<sup>1</sup>

<sup>1</sup>Unidad de Gestión Clínica de Salud Mental, Hospital Regional Universitario de Málaga - Instituto de Investigación Biomédica de Málaga y Plataforma en Nanomedicina - IBIMA Plataforma Bionand, Málaga, Spain; <sup>2</sup>Departamento de Enfermería y Fisioterapia, Universidad de Alcalá, Madrid, Spain; <sup>3</sup>Gloucestershire Health and Care NHS Foundation Trust, Brockworth, UK

**ABSTRACT**  
**Background:** Whilst there is evidence of the value of museums for art psychotherapy, evidence about online groups to improve mental health recovery is still scarce. The aim was to assess the impact on mental health recovery of an online museum-based recovery-oriented art psychotherapy group.  
**Context:** The group was designed to help adults under the care of a UK community mental health team with their journey of mental health recovery.  
**Approach:** The group consisted of six, weekly online sessions and used the collections of two local museums. Quantitative outcome measures and qualitative feedback were used to evaluate the group.  
**Outcomes:** Five women participated in the group, and four in the evaluation. Generic wellbeing after each session was rated 4 out of 5. Participants scored higher in the Questionnaire about the Process of Recovery (33.25 vs. 42) and a Visual Numerical Recovery Scale (3 vs. 3.25) after participating in the group. Feeling supported was what participants liked most and found most helpful, and they liked the short duration of the group least. Half found the online setting preferable to face-to-face, and all felt that the museum focus was inspirational, and enjoyed the artmaking. Participants gained a better understanding of their recovery journey and were able to express their emotions better.  
**Conclusions:** This group contributed towards participants' mental health recovery and the museum focus was valued by them.  
**Implications for research:** The evaluation findings encourage further exploration of this way of working.

**Plain-language summary**  
This article reports on the evaluation of an online art psychotherapy group for adults who were under the care of a UK National Health Service community mental health team. The group aimed to help participants to move on in their recovery journeys, and used photographs and videos of objects and artworks from two local museums as inspiration. Participants completed questionnaires and gave written feedback which was used to assess changes before and after participating in the group, and to find out how the participants felt about the group. The group consisted of six sessions, once a week. Five women participated in it, and four of these contributed towards the evaluation. Participants' sense of wellbeing after each session was high, and recovery scores improved after participating in the group. They valued feeling supported most of all, but wanted the group to have been longer. Half of them liked working online better than face-to-face, and all found the museum objects helpful and enjoyed the artmaking. All group members reported that the group helped them to understand their recovery journey and express their emotions better. In conclusion, this group contributed towards participants' mental health recovery and the museum focus was valued by them. The evaluation findings suggest that it would be worth researching this way of working.

### Introduction

**Context**  
This article reports on the evaluation of an online museum-based recovery-oriented art psychotherapy group for adults who were under the care of a UK National Health Service community mental health team. The group aimed to help participants to move on in their recovery journeys, and used photographs and videos of objects and artworks from two local museums as inspiration. Participants completed questionnaires and gave written feedback which was used to assess changes before and after participating in the group, and to find out how the participants felt about the group. The group consisted of six sessions, once a week. Five women participated in it, and four of these contributed towards the evaluation. Participants' sense of wellbeing after each session was high, and recovery scores improved after participating in the group. They valued feeling supported most of all, but wanted the group to have been longer. Half of them liked working online better than face-to-face, and all found the museum objects helpful and enjoyed the artmaking. All group members reported that the group helped them to understand their recovery journey and express their emotions better. In conclusion, this group contributed towards participants' mental health recovery and the museum focus was valued by them. The evaluation findings suggest that it would be worth researching this way of working.

**CONTACT** Jessica Marian Goodman-Casanova [jmgarcagoodman@gmail.com](mailto:jmgarcagoodman@gmail.com)  
Supplemental data for this article can be accessed online at <https://doi.org/10.1080/13643023.2023.2188610>













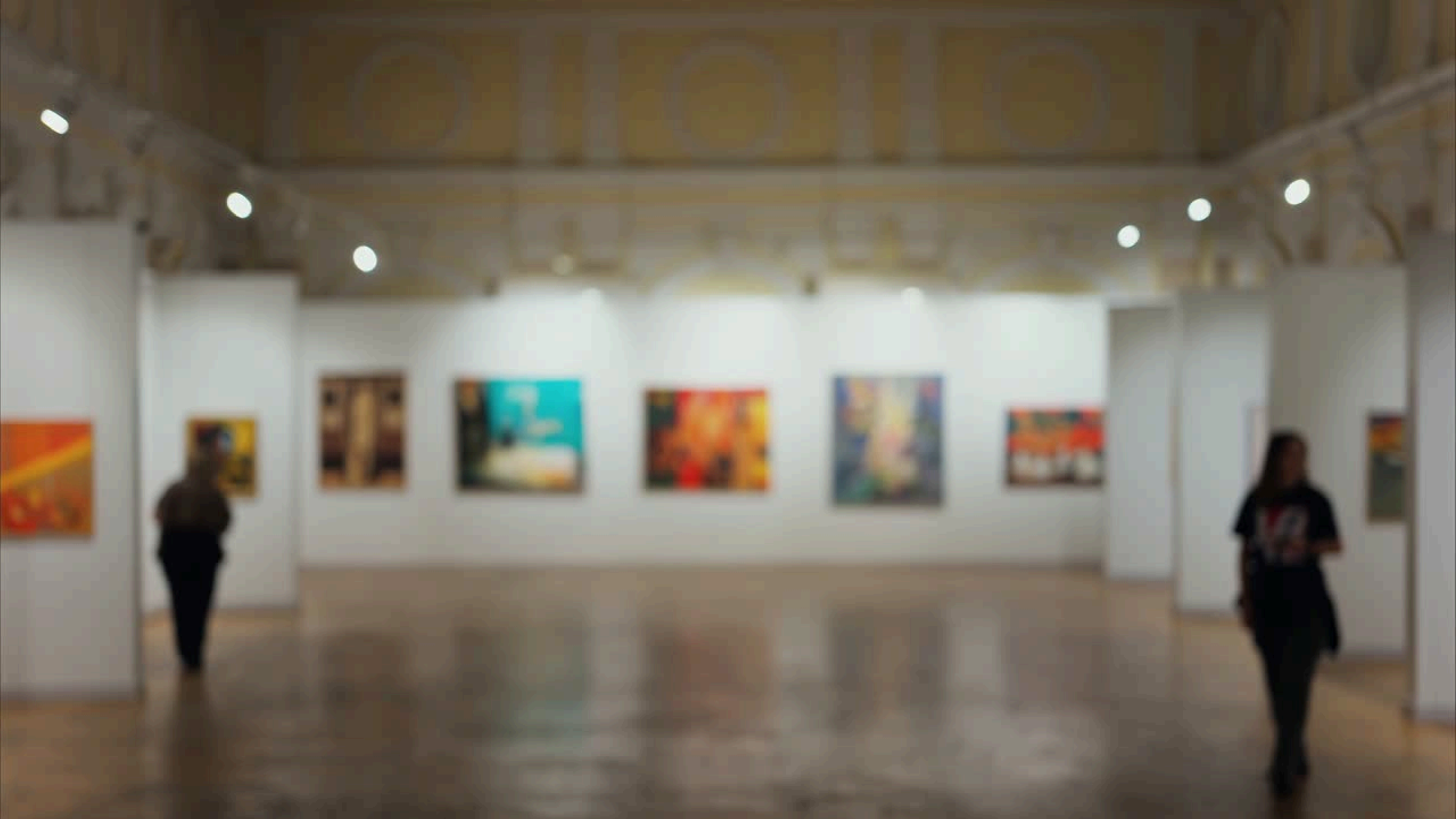


















salud mental

arte

MUSEOS

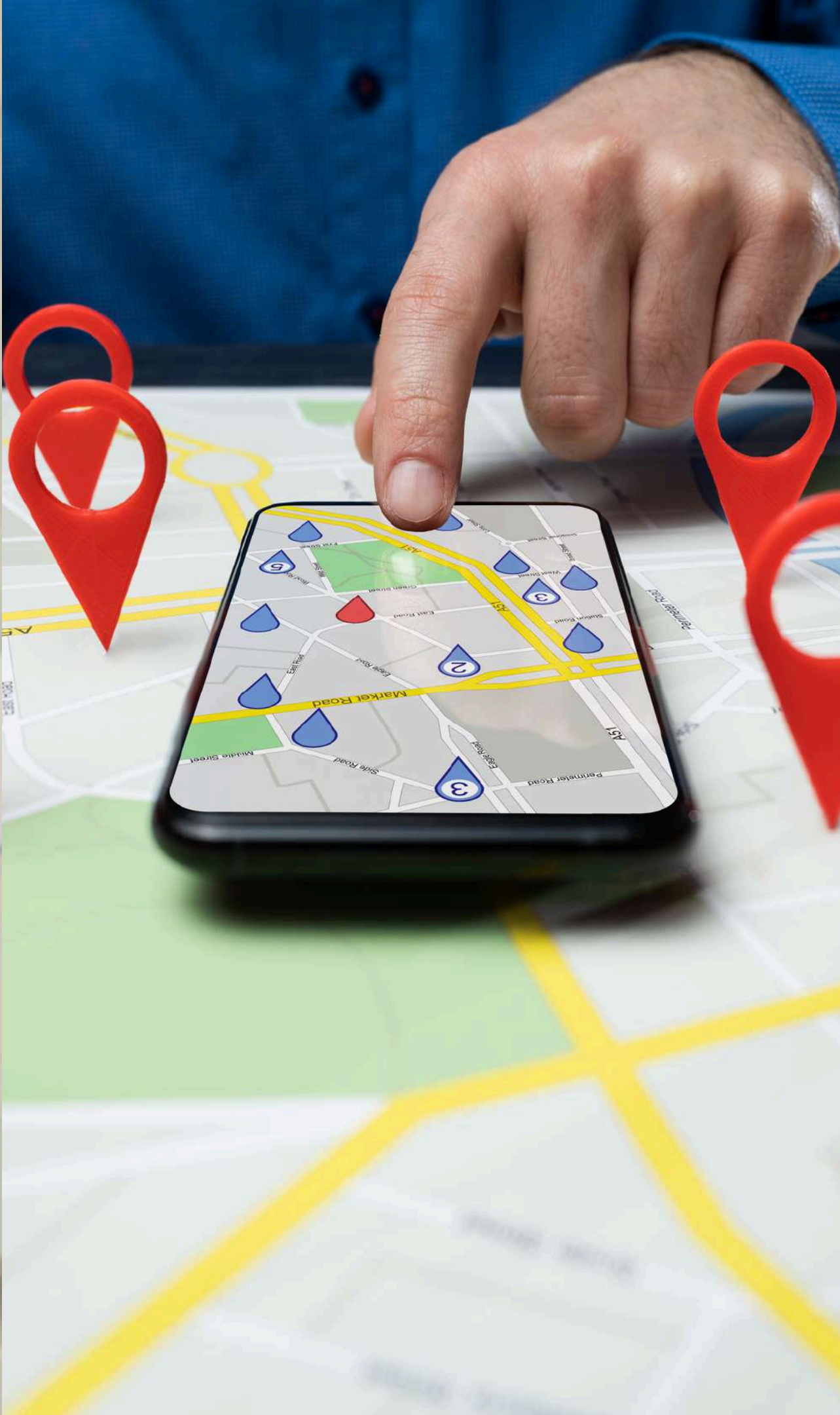
intersectorialidad





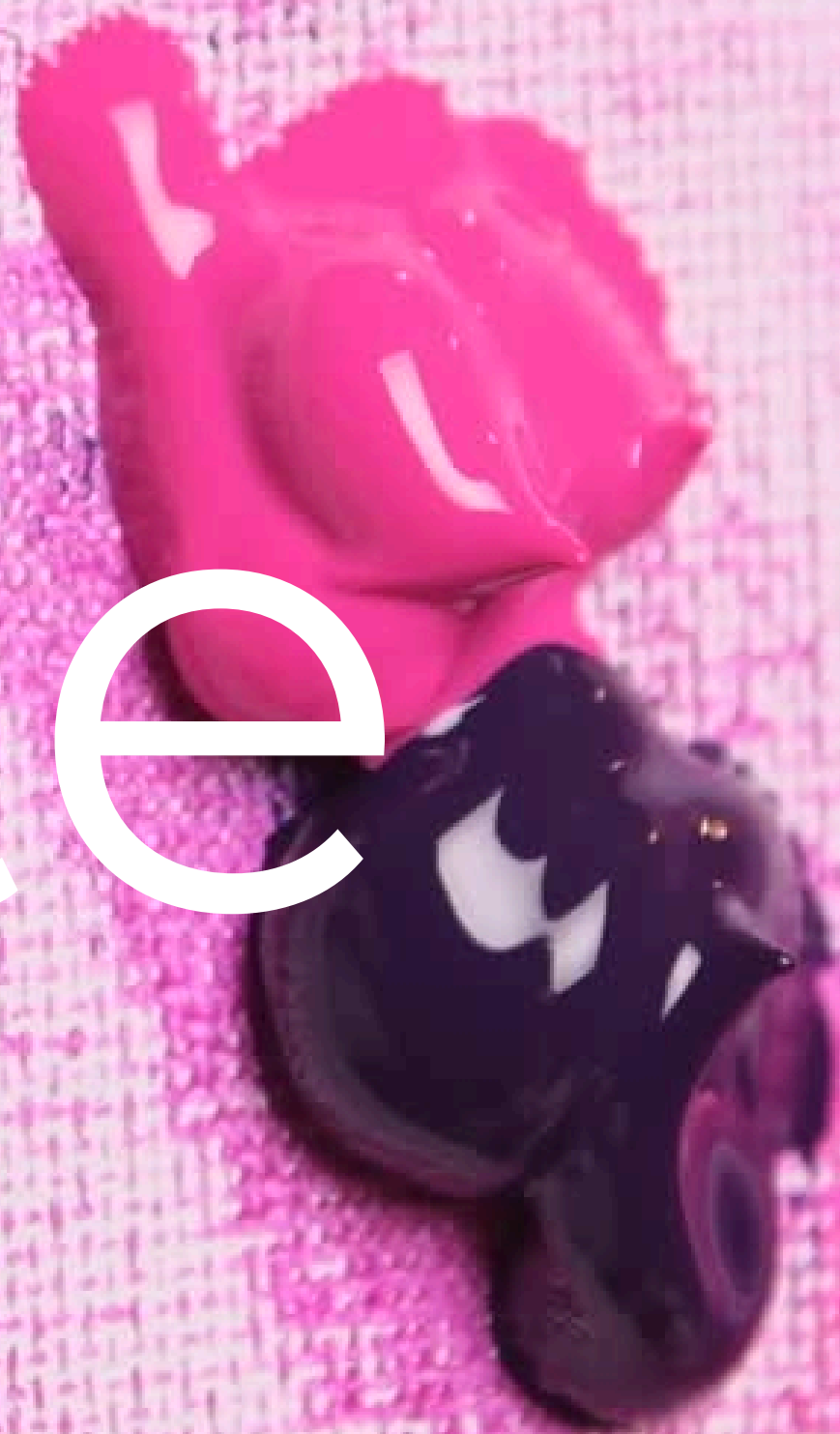
salud mental



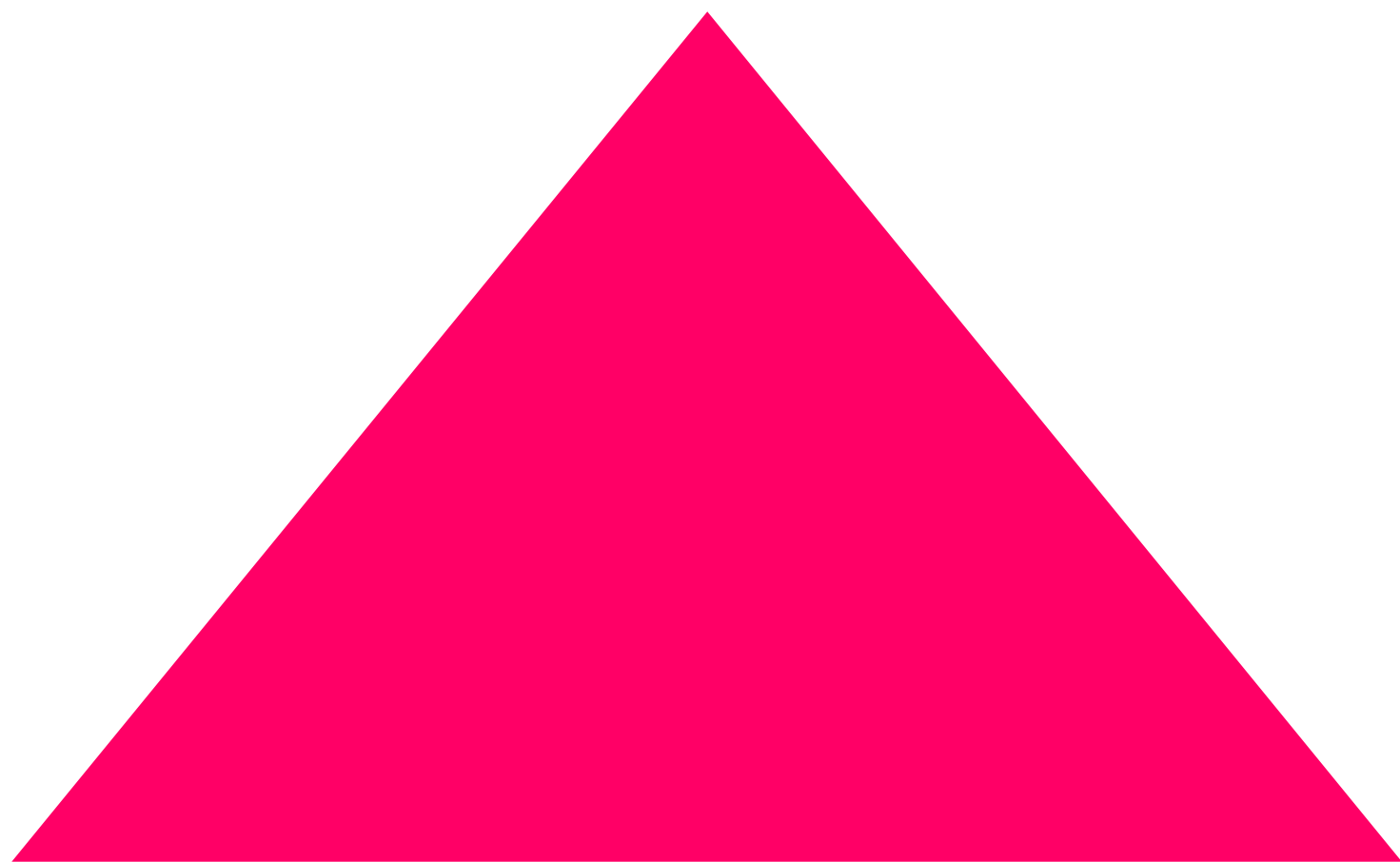




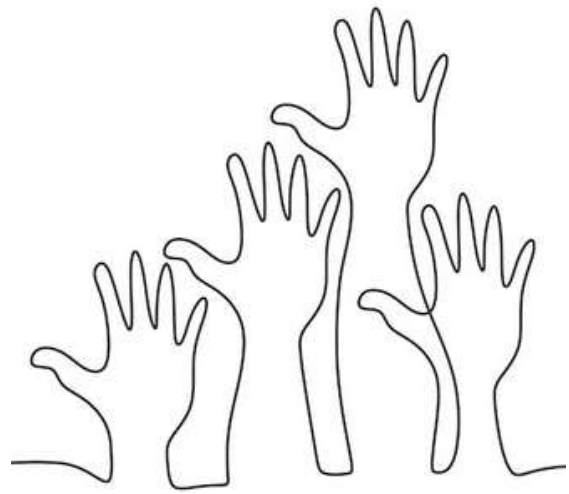
arte





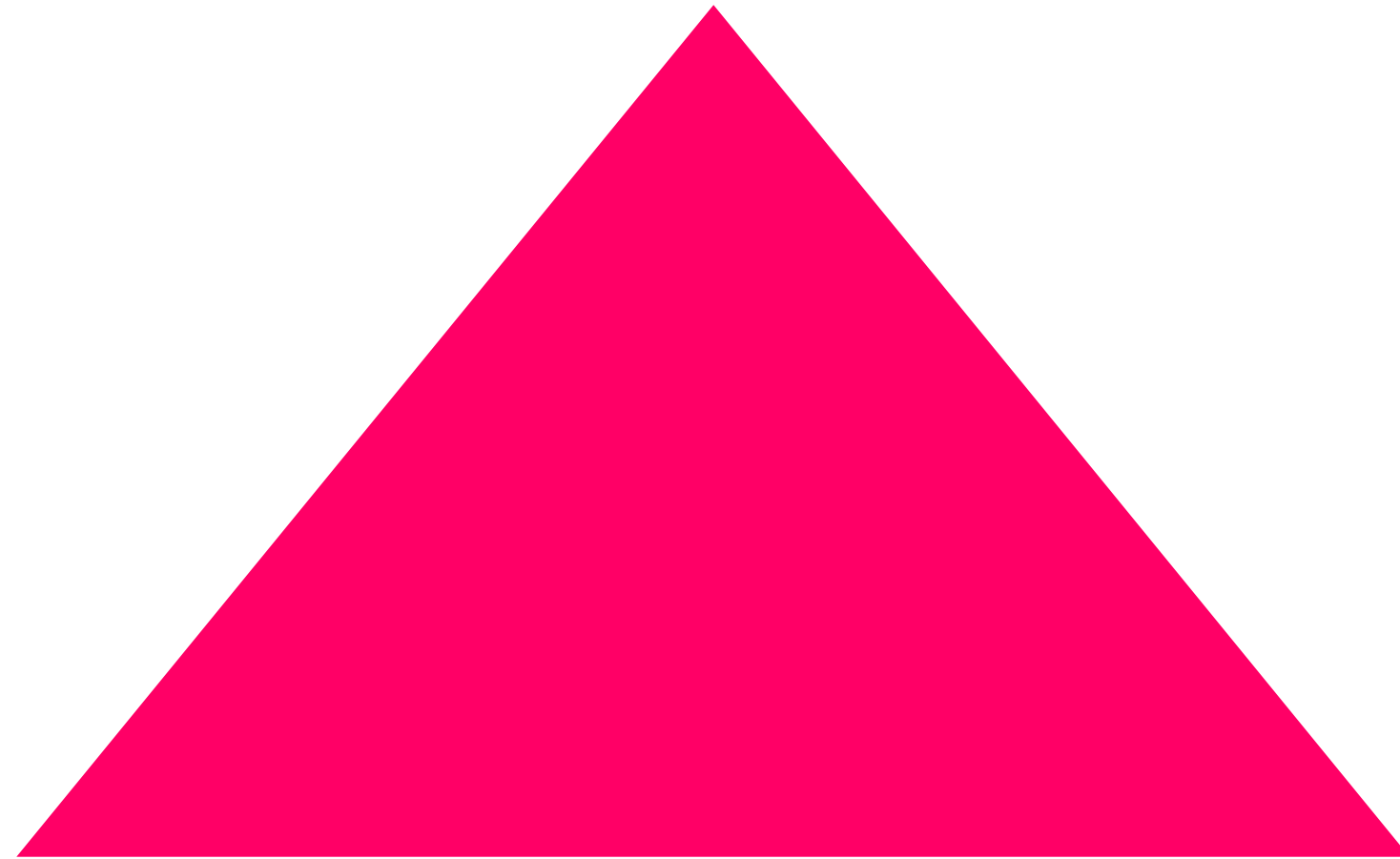




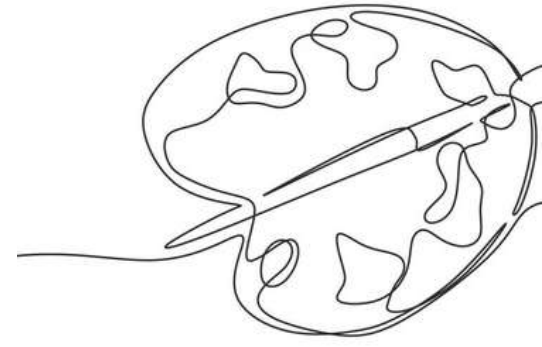


Sujeto

Individual o grupal

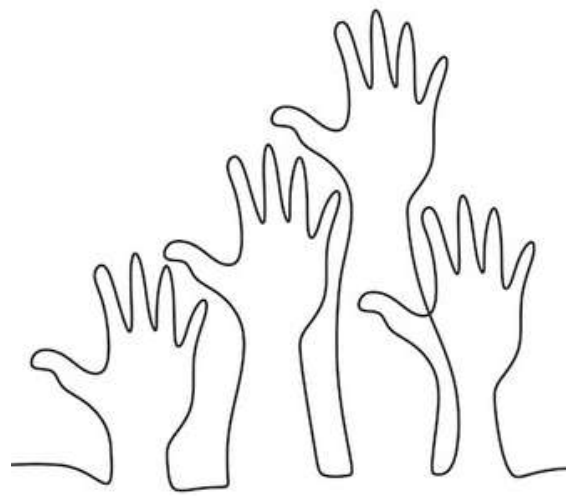






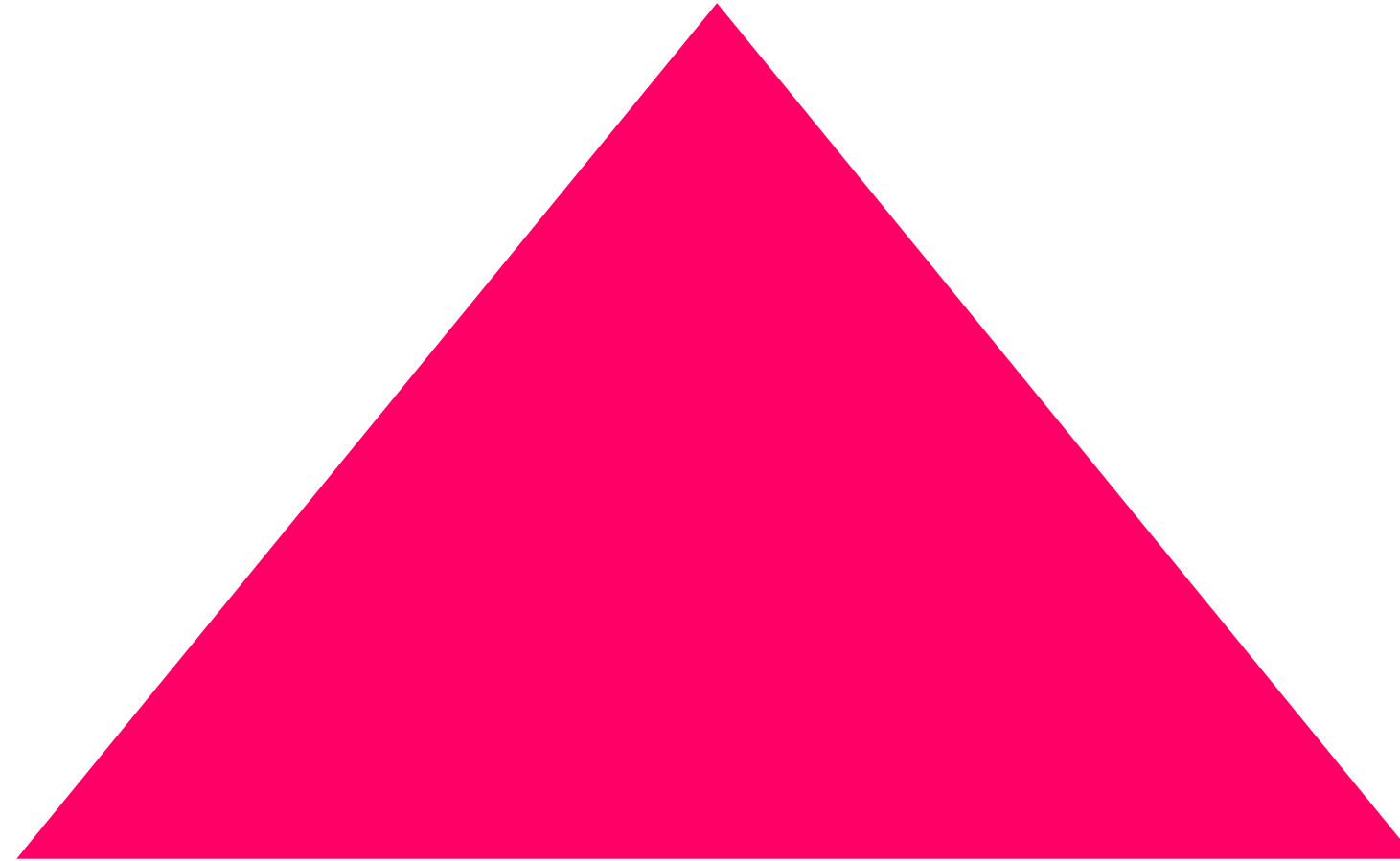
Medio

Escénicas, Visuales o manuales, Literarias, Culturales y Digitales

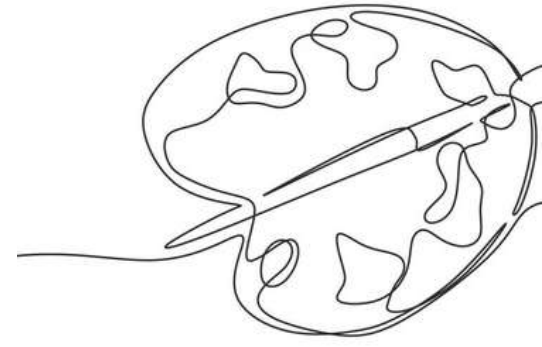


Sujeto

Individual o grupal

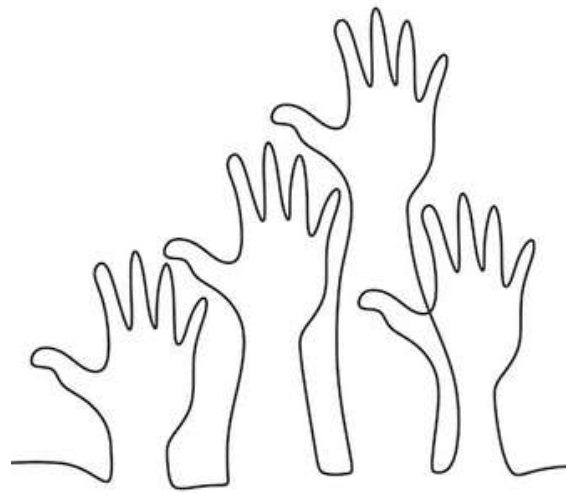






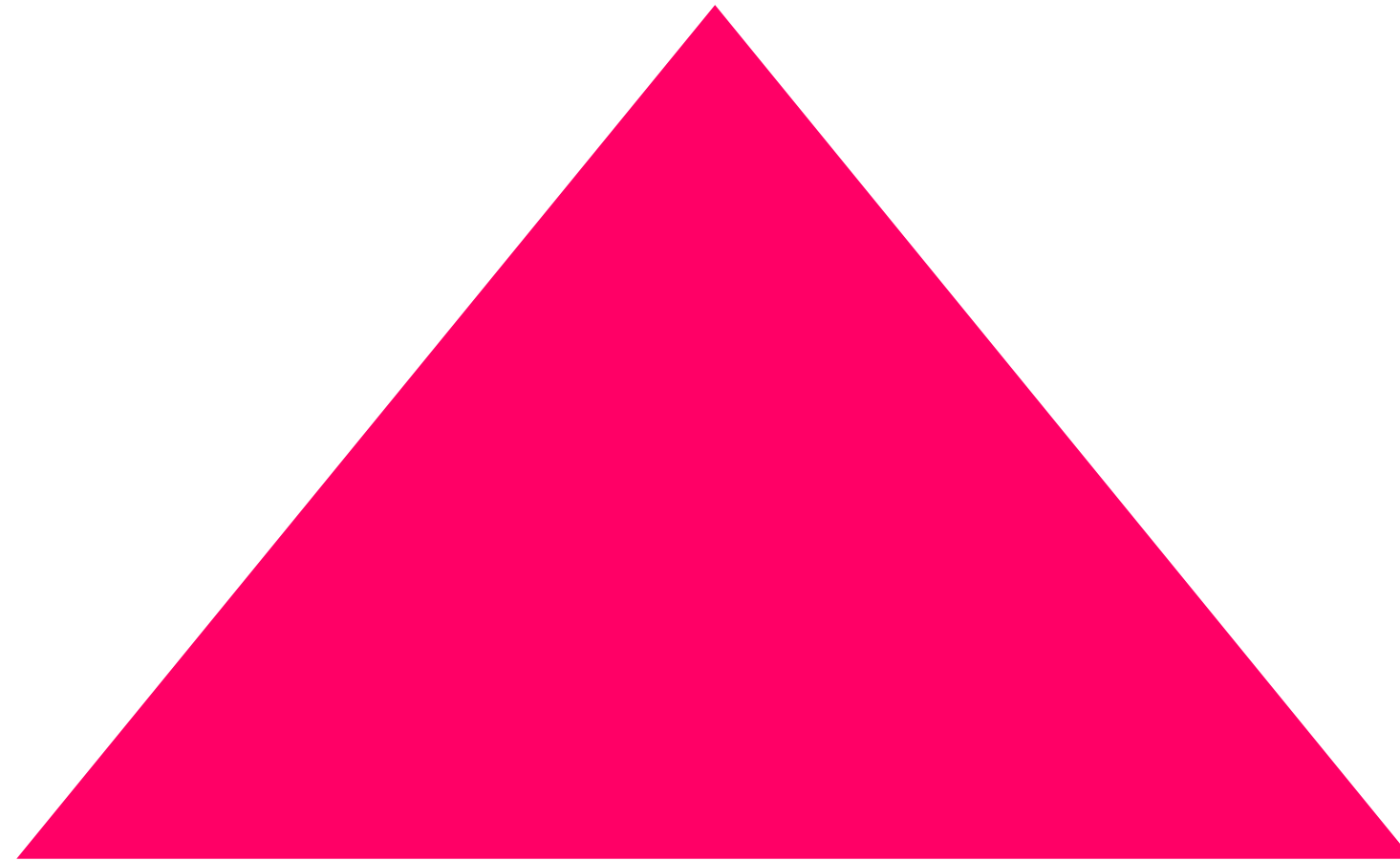
Medio

Escénicas, Visuales o manuales, Literarias, Culturales y Digitales



Sujeto

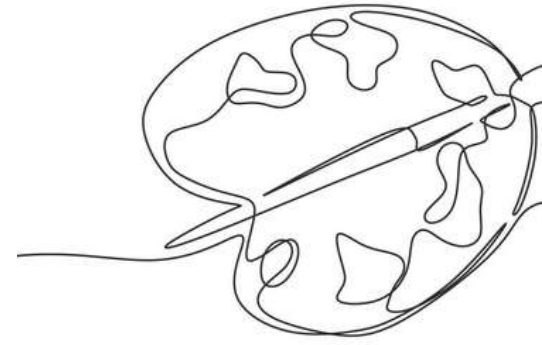
Individual o grupal



Objeto

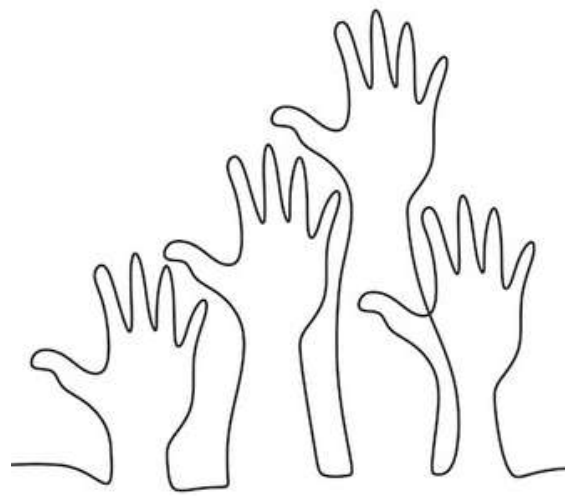
Material o experiencial





Medio

Escénicas, Visuales o manuales, Literarias, Culturales y Digitales



Sujeto

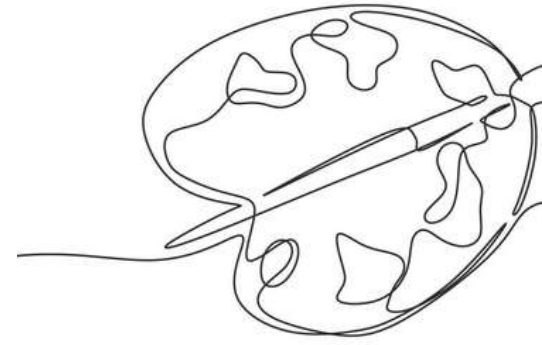
Individual o grupal



Objeto

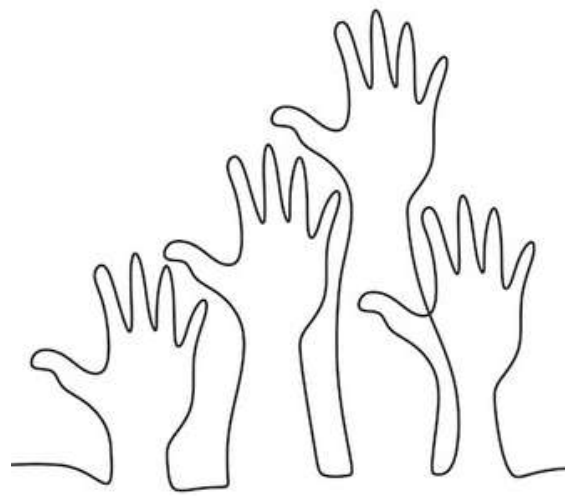
Material o experiencial





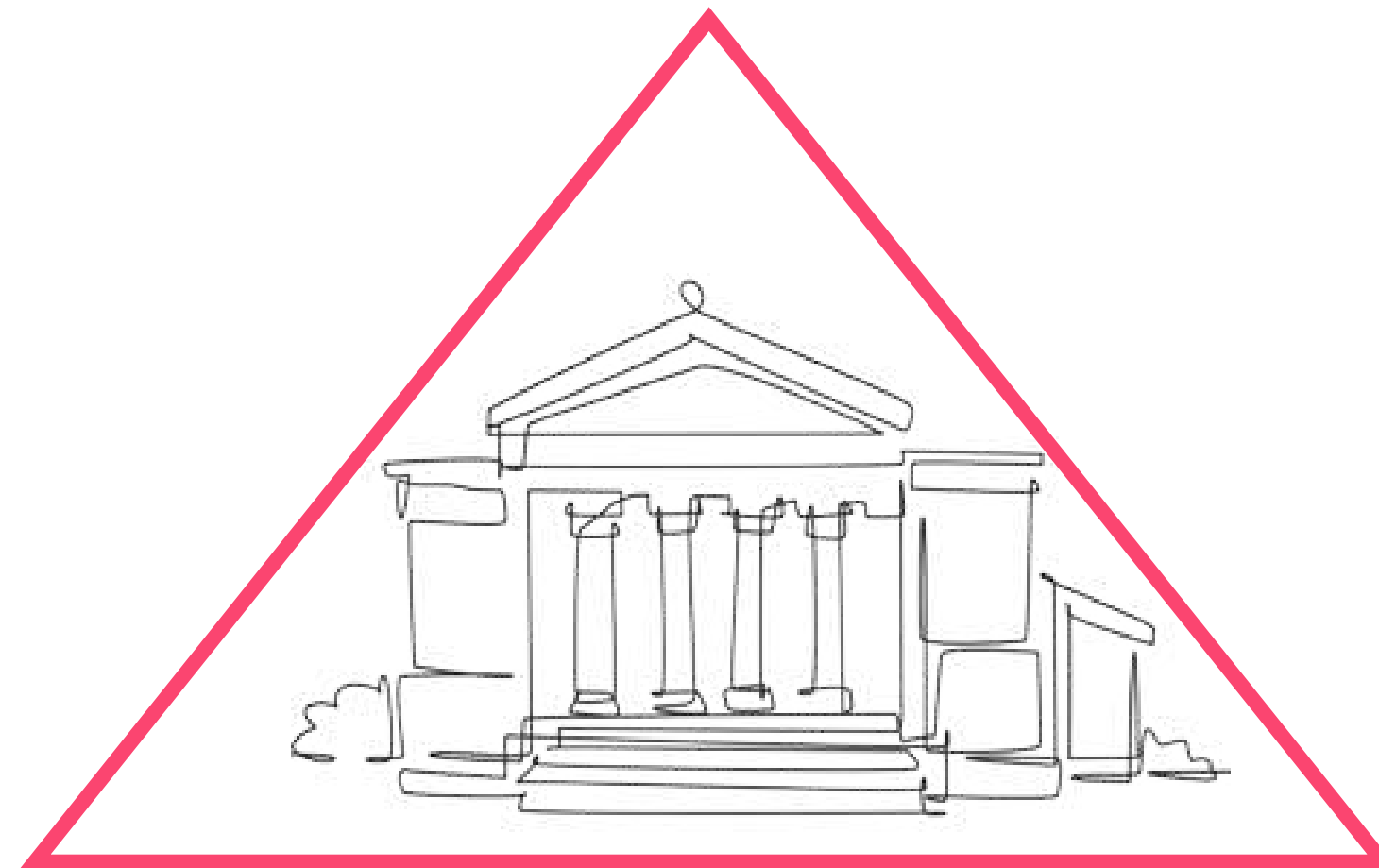
Medio

Escénicas, Visuales o manuales, Literarias, Culturales y Digitales



Sujeto

Individual o grupal



Espacio

Clínico o comunitario



Objeto

Material o experiencial



## HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn



### Components

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
- Cognitive stimulation
- Social interaction
- Physical activity
- Engagement with themes of health
- Interaction with health-care settings

### Responses

- **Psychological** (e.g. enhanced self-efficacy, coping and emotional regulation)
- **Physiological** (e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity)
- **Social** (e.g. reduced loneliness and isolation, enhanced social support and improved social behaviours)
- **Behavioural** (e.g. increased exercise, adoption of healthier behaviours, skills development)