

NEURO ARTS & AESTHETICS SURVEY

Most of the questions below are multiple choice. Feel free to add comments, which will enrich this study. Please fill your own specific area of art or aesthetics interest only in the first blank provided (i.e., just once).

Feel free to peruse the list of areas that follows to refine or define your area of artistic interest.

THANK YOU FOR PARTICIPATING IN THIS SURVEY!

Rus Devorah (Darcy) Wallen, LCSW, ACSW, CIMHP

Name (Optional): _____

Email Address: _____

Your area of artistic/aesthetic interest _____

1. At what age did you start exploring _____ (your area) and what inspired you to do so?
 - A. Childhood
 - B. Adolescence
 - C. Adulthood
 - D. Other (please comment here)

2. How would you describe your initial feelings or expectations when you began engaging in _____?
 - A. Excited
 - B. Curious
 - C. Nervous
 - D. Other (please comment here)

3. Have you noticed any changes in your emotional resilience or coping mechanisms since incorporating _____ into your life?
 - A. Yes
 - B. No

4. Have you encountered challenges during your artistic journey, and if so, how have you overcome them?
 - A. Yes
 - B. No
 - C. Other (please comment here)

5. In what ways have you found personal growth or self-discovery through your engagement with _____?
 - A. Increased self-awareness
 - B. Improved self-confidence
 - C. Enhanced problem-solving skills

D. Other (please comment here)

6. What role has _____ played in fostering a sense of community or connection with others?

A. Significant role

B. Moderate role

C. Minimal role

D. Other (please comment here)

7. Have you observed any positive effects on your cognitive abilities or mental clarity through your engagement with _____?

A. Yes

B. No

C. Not sure

D. Other (please comment here)

8. In what ways has your creativity or problem-solving skills been influenced by your engagement with _____?

A. Increased creativity

B. Improved problem-solving

C. No noticeable impact

D. Other (please comment here)

9. Have you noticed any improvements in your focus or concentration as a result of your involvement in _____?

A. Yes

B. No

C. Not sure

D. Other (please comment here)

10. Have you found that your involvement in _____ has influenced other aspects of your life, such as work or relationships?

A. Yes

B. No

C. Not sure

D. Other (please comment here)

11. Have you shared your artistic journey with others, and if so, how have they responded?

A. Supportive

B. Indifferent

C. Critical

D. Other (please comment here)

12. How do you navigate moments of creative block or lack of inspiration in _____?

- A. Take a break
- B. Seek inspiration from others
- C. Experiment with different techniques
- D. Other (please comment here)

13. In what ways has _____ served as a form of meditation for you, keeping you more mindfully present?

- A. Calming
- B. Grounding
- C. Not applicable
- D. Other (please comment here)

14. Looking back, how would you summarize the overall impact that engaging in _____ has had on your life?

- A. Transformative
- B. Positive
- C. Neutral
- D. Other (please comment here)

15. Have you actually measured any of your health or mental health responses to engaging in your art form? (i.e., galvanic skin response, decreased heartbeat and respiration, EEG, etc.)

- A. Yes
- B. No
- C. If you answered yes, please describe which tests and any favorable (unlikely unfavorable) results or readings you had. _____.

Comment (Please 😊) Questions:

16. Can you share an instance where creating art served as a form of catharsis or emotional release for you?

17. Can you describe a specific moment during your artistic journey that had a profound impact on you?

18. What advice would you give to someone considering exploring your field for the first time?

19. Can you recall a specific piece or project that stands out as particularly impactful for you, and why?

20. Can you describe the role of playfulness or spontaneity in your creative process?

21. Have you participated in collaborative art projects, and if so, how has that experience enriched your artistic journey?

22. Do you have any additional thoughts or experiences you'd like to share regarding your journey with _____?

23. If you look at the list of areas provided, is there some area that you think we have neglected to include? _____

THANK YOU SO MUCH FOR PARTICIPATING IN THIS SURVEY. We hope this will be concluded by mid-June or early July. Please check here if you would like to be appraised of the results.

Please send me results: Yes. ____ No. ____

Here is a list of possible areas of artistic interest. Feel free to peruse to refine your choice as well as add new artistic fields below our list.

1. Alexander Technique: Improves body awareness, posture, and movement.
2. Animal-Assisted Therapy: Reduces stress, anxiety, and depression; promotes social interaction.
3. Animation: Creative outlet for self-expression and storytelling.
4. Architecture: Engages spatial awareness and creativity.
5. Art Journaling: Facilitates self-reflection, emotional expression, and creativity.
6. Body Painting And Body Art: Explores body image and sensory experience.
7. Calligraphy: Encourages focus, concentration, and mindfulness.
8. Ceramics And Pottery: Promotes stress relief and creativity through tactile exploration.
9. Choral Singing: Enhances social connection and emotional expression.
10. Collaborative Drawing: Fosters teamwork and creativity.
11. Collage: Supports emotional expression and problem-solving.
12. Color Therapy: Uses color to evoke emotions and promote healing.
13. Creative Writing: Facilitates self-expression and emotional processing.
14. Crocheting: Promotes relaxation and a sense of accomplishment.
15. Culinary Arts: Engages the senses and fosters creativity.
16. Dance: Enhances physical fitness and emotional release.
17. Dance Therapy: Integrates movement and psychotherapy for self-awareness.
18. Digital Art: Versatile medium for creative expression.
19. Doodling: Facilitates relaxation and creative expression.
20. Drama Therapy: Utilizes role-playing and storytelling for emotional exploration.
21. Drawing: Promotes mindfulness and self-expression.
22. Dreamwork/Art: Integrates dream exploration and artistic expression.
23. Drumming Circles: Enhances rhythm skills and social connection.
24. Eco-Art Therapy: Connects individuals with nature through art.
25. Encaustic Painting: Creates textured artworks with therapeutic benefits.
26. Environmental Art: Raises awareness of environmental issues.
27. Equine Therapy: Promotes emotional awareness through horse interactions.
28. Expressive Arts Therapy: Combines various modalities for emotional expression.

29. Expressive Writing Therapy: Processes emotions through writing.
30. Feldenkrais Method: Promotes body awareness and relaxation.
31. Film Making: Allows for storytelling and collaborative work.
32. Glassblowing: Engages creativity and sensory exploration.
33. Graffiti: Platform for self-expression and community engagement.
34. Graphic Design: Combines visual communication and creativity.
35. Group Art Therapy: Promotes social connection and personal growth.
36. Guided Imagery: Elicits mental images for healing.
37. Haiku: Encourages mindfulness and creative expression.
38. Horticultural Therapy: Promotes relaxation through gardening.
39. Ice Sculpting: Fosters creativity and sensory engagement.
40. Illustration: Medium for storytelling and visual communication.
41. Installation Art: Creates immersive environments for emotional engagement.
42. Jewelry Making: Promotes creativity and self-expression.
43. Knitting: Facilitates relaxation and creative expression.
44. Land Art: Utilizes natural materials for artistic expression.
45. Landscaping/Gardening: Promotes relaxation and connection with nature.
46. Literature: Medium for storytelling and emotional exploration.
47. Martial Arts: Enhances physical fitness and discipline.
48. Mask-Making: Explores identity and personal narratives.
49. Meditation: Promotes relaxation and self-awareness.
50. Metalworking: Engages creativity and problem-solving.
51. Mixed Media: Combines various materials for artistic expression.
52. Mosaic: Promotes creativity and fine motor skills.
53. Music Composition: Allows for emotional expression and storytelling.
54. Music Therapy: Addresses goals through music-based interventions.
55. Musical Improvisation: Encourages spontaneity and emotional expression.
56. Neurographic Art: Processes emotions through drawing and journaling.
57. Paper Art: Fosters creativity and fine motor skills.
58. Painting: Medium for emotional release and self-exploration.
59. Papercraft: Engages creativity and problem-solving.
60. Performance Art: Explores identity and social commentary.
61. Photography: Captures images for creative expression.
62. Playing Musical Instruments: Enhances cognitive function and emotional expression.
63. Poetry: Facilitates emotional processing and introspection.
64. Printmaking: Engages creativity and problem-solving.
65. Public Art: Fosters community engagement and cultural enrichment.
66. Puppetry: Outlet for storytelling and imaginative play.
67. Quilting: Promotes relaxation and social connection.
68. Reiki: Facilitates relaxation and emotional healing.
69. Sand Art/Play Therapy: Explores emotions through sand manipulation.
70. Sculpture: Tactile medium for creative expression.
71. Singing: Enhances respiratory function and emotional expression.

- 72. Songwriting: Facilitates emotional processing and storytelling.
- 73. Sound Healing: Promotes relaxation through therapeutic techniques.
- 74. Street Art: Engages with social issues and community identity.
- 75. Storytelling: Fosters cultural exchange and emotional connection.
- 76. Tai Chi/Qi Gong: Enhances physical balance and mental relaxation.
- 77. Textile Arts: Promotes creativity and emotional expression.
- 78. Theater: Platform for self-expression and social connection.
- 79. Video Art: Medium for visual expression and digital communication.
- 80. Virtual Reality Art: Explores immersive environments for creative expression.
- 81. Visual Arts: Encompasses various two-dimensional and three-dimensional forms.
- 82. Winetasting/Sommelier Training: Engages senses and fosters social interaction.
- 83. Woodworking: Hands-on medium for creativity and craftsmanship.
- 84. Writing Therapy: Promotes self-awareness and emotional processing.
- 85. Yoga: Enhances physical flexibility and emotional well-being.

- 1. Alexander Technique (A Movement Therapy Focusing On Posture And Movement Habits): May improve body awareness, posture, and movement efficiency.
- 2. Animal-Assisted Therapy (Using Animals In Therapeutic Settings): Can reduce stress, anxiety, and depression while promoting social interaction and emotional connection.
- 3. Animation (Analogue Or Digital): Offers a creative outlet for self-expression and storytelling.
- 4. Architecture: Engages spatial awareness and creativity while potentially evoking emotional responses.
- 5. Art Journaling: Facilitates self-reflection, emotional expression, and creativity in a personal journal format.
- 6. Body Painting And Body Art: Allows for exploration of body image, self-expression, and sensory experience.
- 7. Calligraphy: Encourages focus, concentration, and mindfulness while developing fine motor skills. (Consider "Safarus – Holy Script for Jewish ritual items such as the Torah, Megillah – Scroll of Esther, Mezuzos, Kesubos, Tefillin, etc.)
- 8. Ceramics and Pottery: Promotes stress relief, mindfulness, and creative expression through tactile exploration.
- 9. Choral Singing: Enhances social connection, emotional expression, and respiratory function through coordinated group singing.
- 10. Collaborative Drawing: Fosters teamwork, communication, and creativity through shared art-making experiences.
- 11. Collage: Supports emotional expression, problem-solving, and creativity through mixed-media composition.
- 12. Color Therapy (Using Color To Evoke Emotions and Promote Healing): Utilizes color psychology to evoke specific emotions and promote relaxation or stimulation.
- 13. Creative Writing and Creative Writing Workshops: Facilitates self-expression, storytelling, and emotional processing through written language.
- 14. Crocheting: Promotes relaxation, mindfulness, and a sense of accomplishment through repetitive hand movements.
- 15. Culinary Arts (cooking, baking, pickling, etc.): Engages the senses, promotes mindfulness, and fosters creativity through food preparation and presentation.

16. Dance (Including Various Styles Like Ballet, Contemporary, Hip Hop): Enhances physical fitness, self-expression, and emotional release through movement.
17. Dance Therapy (E.G., Dance Movement Therapy, Somatic Movement Therapy): Integrates movement and psychotherapy to promote self-awareness, emotional processing, and physical well-being.
18. Digital Art: Offers a versatile medium for creative expression, experimentation, and digital storytelling.
19. Doodling: Facilitates relaxation, focus, and creative expression through spontaneous drawing.
20. Drama Therapy: Utilizes improvisation, role-playing, and storytelling to explore emotions, relationships, and personal narratives.
21. Drawing and Sketching: Promotes mindfulness, self-expression, and visual communication skills through mark-making.
22. Dreamwork/Art: Integrates dream exploration and artistic expression to access the subconscious mind and gain insight into personal themes and emotions.
23. Drumming Circles: Enhances rhythm skills, social connection, and stress reduction through group drumming activities.
24. Eco-Art Therapy: Connects individuals with nature, promotes environmental awareness, and fosters creativity through artmaking inspired by the natural world.
25. Encaustic Painting: Utilizes beeswax and pigment to create textured, layered artworks with potential therapeutic benefits such as stress reduction and sensory engagement.
26. Environmental Art: Engages with natural materials and landscapes to raise awareness of environmental issues and promote ecological stewardship.
27. Equine Therapy (Animal-Assisted Therapy): Utilizes interactions with horses to promote emotional awareness, social skills, and personal growth.
28. Expressive Arts Therapy (Integrating Multiple Art Forms For Therapeutic Purposes): Combines various art modalities to facilitate emotional expression, self-discovery, and holistic healing.
29. Expressive Writing Therapy: Utilizes writing prompts and reflective exercises to process emotions, gain insight, and promote emotional well-being.
30. Feldenkrais Method (A Movement Therapy Focusing On Improving Movement And Functioning): Promotes body awareness, movement efficiency, and relaxation through gentle, mindful movement explorations.
31. Film Making: Allows for storytelling, creative expression, and collaborative teamwork through the production of films and videos.
32. Glassblowing: Engages creativity, focus, and sensory exploration through the manipulation of molten glass.
33. Graffiti: Provides a platform for self-expression, social commentary, and community engagement through public art installations.
34. Graphic Design: Combines visual communication, problem-solving, and creativity in the creation of digital or print media.
35. Group Art Therapy Sessions: Promote social connection, emotional expression, and personal growth through shared art-making experiences in a therapeutic setting.
36. Guided Imagery and Visualization: Utilizes guided exercises to evoke mental images, promote relaxation, and access inner resources for healing and self-discovery.
37. Haiku: Encourages mindfulness, simplicity, and creative expression through the concise poetic form of haiku.
38. Horticultural Therapy (Using Gardening and Plants): Engages individuals in gardening activities to promote relaxation, stress reduction, and emotional well-being.

39. Ice Sculpting: Fosters creativity, focus, and sensory engagement through the sculpting of ice blocks into artistic forms.
40. Illustration: Offers a versatile medium for creative expression, storytelling, and visual communication.
41. Installation Art: Creates immersive environments or site-specific artworks to evoke emotional responses, provoke thought, and engage the senses.
42. Jewelry Making: Promotes creativity, fine motor skills, and self-expression through the design and fabrication of jewelry.
43. Knitting: Facilitates relaxation, stress reduction, and creative expression through repetitive hand movements and tactile exploration.
44. Land Art: Utilizes natural materials and landscapes to create temporary or permanent artworks that reflect environmental themes and connections.
45. Landscaping/Gardening As Art Therapy: Engages individuals in designing and tending to outdoor spaces to promote relaxation, connection with nature, and emotional well-being.
46. Literature (Including Poetry And Prose): Offers a rich medium for storytelling, self-expression, and emotional exploration through written language.
47. Martial Arts: Enhances physical fitness, self-discipline, and emotional regulation through the practice of traditional martial arts forms.
48. Mask-Making: Provides a means for exploring identity, emotions, and personal narratives through the creation of masks.
49. Meditation: Promotes relaxation, stress reduction, and self-awareness through mindfulness practices and guided meditation.
50. Metalworking: Engages creativity, problem-solving, and fine motor skills through the manipulation of metal materials.
51. Mixed Media: Combines various art materials and techniques to create multi-dimensional artworks with potential therapeutic benefits such as self-expression and exploration.
52. Mosaic: Promotes creativity, focus, and fine motor skills through the assembly of small, colored pieces into mosaic designs.
53. Music Composition: Allows for creative expression, emotional release, and personal storytelling through the composition of original music.
54. Music Therapy: Utilizes music-based interventions to address physical, emotional, cognitive, and social goals in therapeutic settings.
55. Musical Improvisation: Encourages spontaneity, collaboration, and emotional expression through improvised musical performance.
56. Neurographic Art: Combines drawing and journaling techniques to process emotions, reduce stress, and promote self-discovery.
57. Paper Art (E.G., Origami, Paper Cutting): Fosters creativity, focus, and fine motor skills through the manipulation of paper materials.
58. Painting: Provides a versatile medium for creative expression, emotional release, and self-exploration through the application of paint to surfaces.
59. Papercraft: Engages creativity, problem-solving, and fine motor skills through the construction of three-dimensional paper-based artworks.
60. Performance Art: Explores themes of identity, politics, and social commentary through live or recorded performances that blur the boundaries between art and life.

61. Photography: Offers a means for creative expression, storytelling, and emotional exploration through the capture of images
62. Playing Musical Instruments (E.G., Piano, Guitar, Drums): Enhances fine motor skills, cognitive function, and emotional expression through musical performance.
63. Poetry and Poetry Therapy: Facilitates self-expression, emotional processing, and introspection through the written or spoken word.
64. Printmaking: Engages creativity, problem-solving, and fine motor skills through various printmaking techniques.
65. Public Art Installations: Fosters community engagement, social connection, and cultural enrichment through large-scale art installations in public spaces.
66. Puppetry and Puppet Making: Provides a creative outlet for storytelling, emotional expression, and imaginative play through puppetry.
67. Quilting: Promotes relaxation, creativity, and social connection through the art of quilting and collaborative quilt-making.
68. Reiki (Energy Healing Often Used In Conjunction With Other Therapies): Facilitates relaxation, stress reduction, and emotional healing through the channeling of universal life energy.
69. Sand Art / Sand Play Therapy: Allows individuals to explore emotions, memories, and personal narratives through the manipulation of sand and symbolic objects.
70. Sculpture: Offers a tactile medium for creative expression, emotional exploration, and three-dimensional artmaking.
71. Singing: Enhances respiratory function, emotional expression, and social connection through vocal performance.
72. Songwriting: Facilitates creative expression, storytelling, and emotional processing through the composition of original songs.
73. Sound Healing: Utilizes sound vibrations to promote relaxation, stress reduction, and emotional well-being through various therapeutic techniques.
74. Street Art: Engages with urban environments, social issues, and community identity through public art interventions and graffiti.
75. Storytelling: Fosters oral tradition, cultural exchange, and emotional connection through narrative storytelling.
76. Tai Chi / Qi Gong: Enhances physical balance, flexibility, and mental relaxation through slow, meditative movement practices.
77. Textile Arts (E.G., Weaving, Quilting, Embroidery): Promotes creativity, fine motor skills, and emotional expression through textile-based art forms.
78. Theater: Provides a platform for self-expression, empathy, and social connection through live performance and dramatic storytelling.
79. Video Art and Videography: Offers a creative medium for storytelling, visual expression, and digital communication through video production.
80. Virtual Reality Art: Explores immersive, interactive environments for creative expression, storytelling, and virtual experiences.
81. Visual Arts: Encompasses a wide range of two-dimensional and three-dimensional art forms, including painting, drawing, sculpture, and mixed media.

- 82. Winetasting and Sommelier Training: Engages the senses, promotes sensory awareness, and fosters social interaction through the appreciation of wine and culinary arts.
- 83. Woodworking: Provides a hands-on medium for creativity, craftsmanship, and functional artmaking with wood materials.
- 84. Writing Therapy: Utilizes writing prompts, journaling, and narrative techniques to promote self-awareness, emotional processing, and personal growth.
- 85. Yoga (Integrating Movement With Presence and Therapeutic Goals): Enhances physical flexibility, mental focus, and emotional well-being through mindful movement and breath awareness.