

Notice for the PhD Viva Voce Examination

Ms Jongsoon Koo (Reg. No. 1630091), PhD scholar at CHRIST (Deemed to be University), will defend her PhD thesis at the public viva-voce examination on Monday, 22 February 2021 at 10.30 am on the Webex Meeting platform.

- Title of the Thesis** : **Development and Effectiveness of an Art Therapy Application for Children**
- Discipline** : **Psychology**
- External Examiner**
(Outside Karnataka) : **Dr Anita Padmanabhanunni**
Associate Professor and Counselling Psychologist
(HPCSA)
Department of Psychology
University of the Western Cape
South Africa
- External Examiner**
(Within Karnataka) : **Dr Malavika Kapur**
Professor
National Institute of Advanced Studies
Indian Institute of Science
Bengaluru – 560012
Karnataka
- Supervisor** : **Dr Elizabeth Thomas**
Associate Professor
Department of Psychology
School of Social Sciences
CHRIST (Deemed to be University)
Bangalore Central Campus
Bengaluru - 560029
Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva.

Place: Bengaluru
Date: 17 February 2021



Registrar

ABSTRACT

This study involved developing an art therapy app and explored the effectiveness of art therapy using the app on enhancing children's' self-esteem. Digital technology has become a part of human life and has also influenced mental health services. There is a recommendation to use digital technology in low-resource countries to bridge the mental health service gap for individuals with mental health problems. To meet the needs of art therapists and clients, an app called 'Art about Me' was designed as a new medium/tool in art therapy intervention by the researcher, an art therapist. Confidentiality, security, documentation, and a backing up system were the primary features considered while developing the app. Three school counselors who participated in an art therapy workshop provided art therapy intervention using the app for children in school settings to improve their self-esteem. The results indicated that art therapy using the app was significantly effective in enhancing their self-esteem. This study concluded that the app could replace traditional art materials and work as a substitute medium. It helped build a therapeutic alliance with clients, develop self-growth and potential for children, and was appreciated by counselors. The art therapy app would be an adequate solution to provide therapeutic services and overcome the limitation of art materials for art therapy, especially in low-resource countries.

Keywords: art therapy, app, children, self-esteem, India