

*Read the following text about identity fraud, and answer the 15 questions.*

## **ART THERAPY**

### **Paragraph 1**

Art therapy is a way of expressing specific emotional or physical issues through art. It is not about creating a fantastic piece of art. You don't even need to be able to draw or paint. It aims to help you express yourself in a safe environment. It may be very helpful for people who feel uncomfortable with touch or talk therapies. Art therapists believe that being creative helps the healing process. They believe that we have emotions and abilities beyond our everyday awareness and that these can be accessed through different forms of art therapy.

### **Paragraph 2**

Although contemporary art therapy is a relatively new practice, art has been used since the beginning of human history. However, it wasn't until the 1940s that the therapeutic use of art developed into a distinct discipline. In England, the first person to refer to this specific use of art was Adrian Hill. While being treated for tuberculosis, this artist suggested participating in art projects to his fellow patients. Hill went on to develop art therapy programmes and institutions until he retired in 1981.

### **Paragraph 3**

You don't need experience in art to take part in or benefit from art therapy. It can take many forms including drawing, painting, sculpture work, dance, drama, poetry and photography. Art therapy sessions can last anywhere between half an hour and a whole morning or afternoon. Many people have regular therapy sessions for weeks or months. Some will be held as group sessions and some will be one to one sessions. The therapist encourages participants to use art to explore their feelings, develop their confidence and be more self-aware.

### **Paragraph 4**

Your therapist is responsible for creating a safe and interesting setting for you to work in. This can mean that over time you are able to express powerful emotions. Therapy may bring up some very strong and, at times, uncomfortable feelings. But if this is done in a safe environment with the support of a professional trained art therapist, it is usually a very positive process. Like all doctor/patient relationships, patient confidentiality is taken very seriously. There has to be absolute trust and a very strong bond can develop during the therapy sessions. A therapist has to possess excellent communication skills, be sensitive to the problems of others, be emotionally stable and have a deep understanding of art.

### **Paragraph 5**

More and more, art therapy is being offered to people with physical illnesses, particularly to cancer patients. Studies have shown that it has shown benefits in helping people to express the physical and emotional effect on people with cancer who had many different symptoms, including pain and anxiety. Researchers have found that although many symptoms, such as tiredness and stress, were improved, the therapy did not seem to relieve physical sickness. However, it gave cancer victims a way to express their feelings about their illness. A recent study looked at using art therapy for children having painful procedures for leukaemia. They found that children who had art therapy were less distressed and more able to cooperate during the procedures.

Source: *Preparing for Trinity ISE II*

### Questions 1-5

The text has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and write the letter (A-F) on the lines below. There is one title that you don't need.

- |                |                          |                                              |
|----------------|--------------------------|----------------------------------------------|
| 1. Paragraph 1 | <input type="checkbox"/> | A The history of art therapy                 |
| 2. Paragraph 2 | <input type="checkbox"/> | B Art therapy for cancer patients            |
| 3. Paragraph 3 | <input type="checkbox"/> | C What art therapy involves                  |
| 4. Paragraph 4 | <input type="checkbox"/> | D The relation between therapist and patient |
| 5. Paragraph 5 | <input type="checkbox"/> | E The financial costs of art therapy         |
|                |                          | F What art therapy is                        |

### Questions 6-10

Choose the five statements from A-H below that are TRUE according to the information given in the text. Write the letters of the TRUE statements on the squares below (in alphabetical order).

- |     |                          |                                                                                |
|-----|--------------------------|--------------------------------------------------------------------------------|
| 6.  | <input type="checkbox"/> | A Art therapy gives you the chance to become a professional artist.            |
| 7.  | <input type="checkbox"/> | B Some people cannot express themselves properly through words.                |
| 8.  | <input type="checkbox"/> | C Adrian Hill was ill at the time that he thought up art as therapy.           |
| 9.  | <input type="checkbox"/> | D The more skilful you are at art, the more effective therapy will be for you. |
| 10. | <input type="checkbox"/> | E Art therapy can be at times a difficult thing to go through.                 |
|     |                          | F Art therapists are sometimes doctors who do not know much about art.         |
|     |                          | G Art therapy seems to have a limited effect on cancer patients.               |
|     |                          | H Cancer affects people emotionally in many different ways.                    |

### Questions 11-15

Complete sentences 11-15 with a word, phrase or number from the text (maximum three words). Write the word, phrase or number in the space provided.

11. Art therapy provides a \_\_\_\_\_ in which you can explore and communicate your feelings.
12. Adrian Hill encouraged his \_\_\_\_\_ to produce artworks while they were ill.
13. Some patients have individual art therapy in \_\_\_\_\_ sessions.
14. There is a strict policy of \_\_\_\_\_ so that patients can be sure that their privacy will be respected.
15. According to research, \_\_\_\_\_ were lessened by art therapy for cancer patients.