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Art of Community

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Providence College

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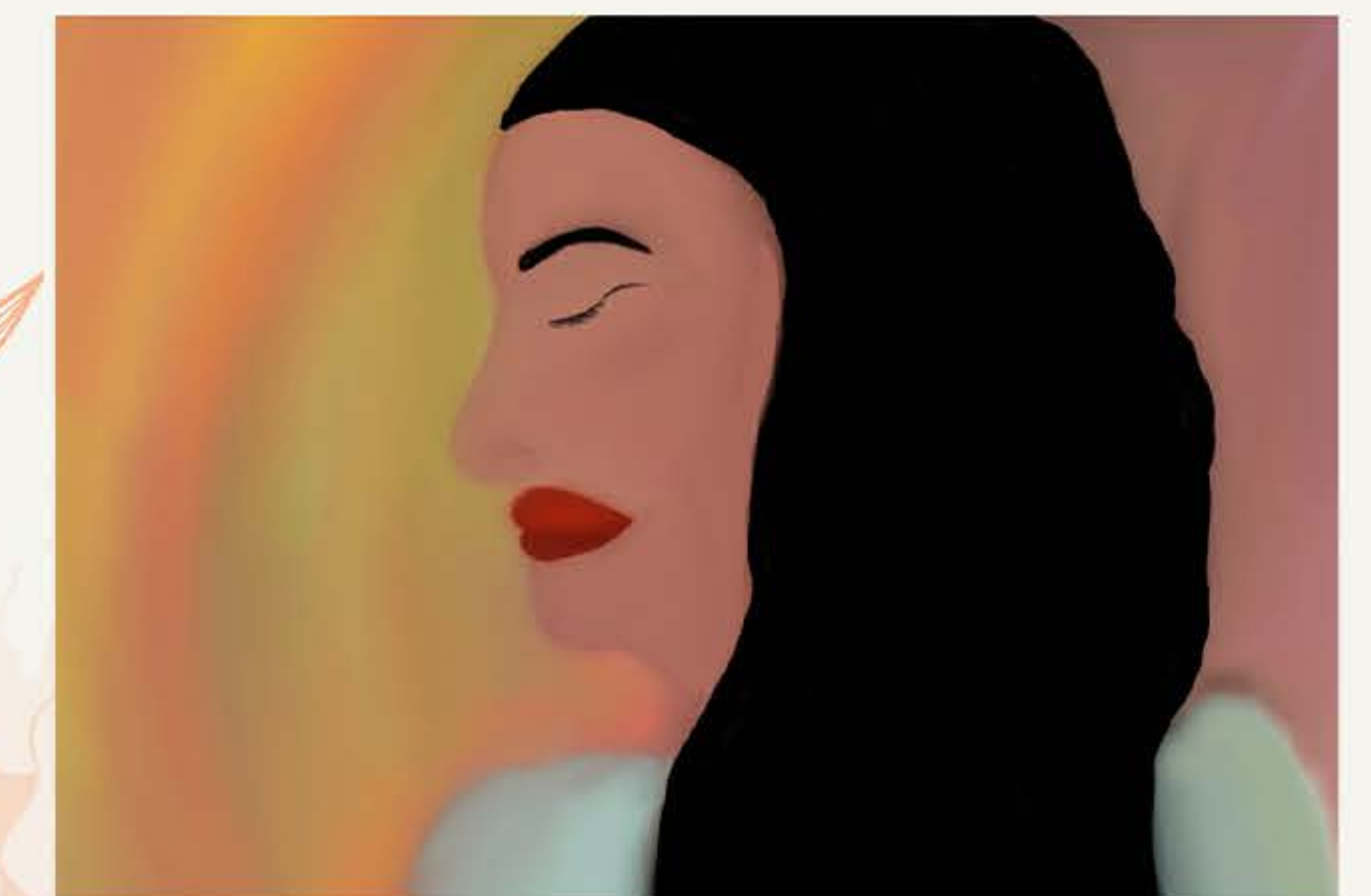
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Purpose

During my junior year at Providence College, I took a class called community lens, where we used the artist's way of using photography to tell a story. I strongly relied on it as a way to tell a story that was stuck inside my mind and eating me alive. After creating my profile and using the photos to tell my story, I am now more aware of my life and relieved. I conducted this case to show the public how the compact art of illness helps humans live their lives. This case study touches on the need for Art as a way of healing, how it has been used, and how it has impacted individuals. By providing art to individuals by the organization as a form of healing.

Art has been used to create a spacious place for many people and has been a way to express themselves differently without using communication. There are many ways to do art: art can be painting, sculpture, literature, agriculture, cinema, music, or theater, no matter how individuals use it to help release emotions. Creating art as the artist or using it as the audience can help lift depression and positively heal mental health. Using art as a way of healing has represented patients and individuals throughout their lives. The power of art can lift many emotions.



How to support Art

Organizations are in need of funds to continue supporting children to heal with art.

Help Art to be seen and value

Use Art as Part of Your Healing

Undergraduate Research

Exploring Art as Part of Healing



How has Art been part of your Healing?



Liz Gonzalez

"I've been using art as a part of healing for about 4 years to help with college stress and the anxiety that comes with it."

"I have seen art as a way of healing. I know it exists in therapy as a way to get your brain to think and process. For me, it works when I'm anxious or nervous. I doodled when I'm learning. Art can be an excellent way to put what's bothering you into something, or a way to process what's bothering you."



Jessica Norton

"It goes beyond laugh, and beyond that; I work with kids every day that may not speak the same languages as me, but we communicate through art, and that process is my favorite overall."

"Is the mind-body connection for me and creates a moment of calm when I'm in my creative process. Whether I'm blending paint or oil pastels or whatever it is, I forget everything else that's going on, you know, whether I'm dealing with heartbreak or an illness. It's whatever, maybe it. It just kind of makes me escape and gives me confidence."

Nayely Y Furcal Marte



Christina Bevilacqua works at Providence Public Library as Program & Exhibitions Director. Christina focuses on helping the community through art; she uses art as a resource to bring equality into Providence Public Libraries. Christina also uses art as part of healing in her situation and as part of using art to grief.

Analysis

Art needs to be valued and respected as a form of healing; it needs to be an open resource that every individual can access anytime. Without the ability to create, we humans are forced to live in a world that causes us to forget about our mental health.

The use of art has helped each of them overcome obstacles in life. It has enabled them to express themselves; it took heavy stress off their shoulders. It gave them hope and the power to keep going. As we know, everyone goes through hard times in life, and we tend to keep everything inside of us:

The uses of art helped them overcome the obstacle that comes through our living life. Art should be a resource for everyone to have access to as a way to heal and improve mental health among us (humans)

Art is a way of creating, using our imagination, to use our energy which can be negative or positive; art takes all we have inside, no matter what, to help us heal our hearts and mind.



Maria Marte is a CNA who creates bracelets to pass her time and bring joy to her patients and the people surrounding her. Maria makes bracelets at her house and gives them away during her patient's weekly hospital visits. While giving bracelets to patients, she has also found friends who are also creating art to spend time and release stress.