Abstract
This dissertation examines the benefits and limitations of art therapy as a facility for students in private schools of age group 1-7 years in Pakistan. The study also highlights the importance of this field and its potential in primary schools by researching on the progress of a few pioneering training programs being offered in art-as-therapy. This is useful for people who are interested or looking for opportunities in this field.
I have also tried to make use of my own experience as an art-as-therapy trainee for a grounded perspective.
Through my research, I have tried to develop a better understanding of art therapy practices, restrictions and limitations in Pakistan, suggesting ways to overcome issues. I have also evaluated how schools can be influential to support and expand this therapy in Pakistani society.
My research would help art therapists to overcome these limitations. Through my research I hope to encourage minorities in our society to benefit from art therapy and encourage them to implement this practice into their daily lives.