

Abstract

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This bachelor thesis deals with research on the effectiveness and application of art therapy in the care of the mentally ill. The theoretical part provides a comprehensive overview of art therapy, its principles, history and role in treatment processes aimed at mental illness.

The empirical part of the thesis is based on qualitative research conducted through semi-structured interviews with patients who have experience of art therapy. The data was analysed with an emphasis on thematic analysis to identify key themes and patterns of responses. The aim of this thesis is to explore the impact of art therapy on improving patients' mental health and overall quality of life, and to consider how art therapy techniques can enrich existing nursing practices. The results of the research show that art therapy has a positive impact on the emotional state of patients, and how art therapy techniques can enrich current nursing practices.