

*Małgorzata Osowiecka, Izabella Gacka*  
SWPS University of Social Sciences and Humanities

## An Artist without Wings? Regulation of Emotions through Aesthetic Experiences

### Summary

Art can help handle difficult experiences. Art therapy sessions (healing through art) have been recognized for years as a well-known and efficient method of treatment. In this paper is considered the problem of regulation of emotions through art, particularly through expressive writing. Important part of the paper is the impact of this way of regulation on task-oriented functioning, especially cognitive functioning.

### Keywords

psychology of creativity, art therapy, expressive writing, regulation of emotions