

Is there Any Benefits of "ART THERAPY" OF ARMED CONFLICT AND TSUNAMI VICTIM CHILDREN IN ACEH

Dra. Kusmawati Hatta, M.Pd ,.Ph.D

Abstract

Aceh is a province at the Indonesian region where its historical span had never topped of the armed conflict, either vertically or horizontally, that have made the people suffered inwardly and outwardly, especially children, as long as the armed conflict taken place in which they feel fear, worry, anxiety, stress which bring about trauma, and if not taken seriously the possibility of these children will experience *Post Traumatic Stress Disorder* (PTSD). Based on DSM-IV criteria (2004) stated that Posttraumatic Stress Disorder that the development of characteristic symptoms following exposure to an extreme traumatic stress or involving direct personal experience of an event that causes actual or threatened death or serious injury, or other threat to one's physical integrity; or witnessing an event that involves death, injury, or a threat to the physical integrity of another person; or learning about unexpected death or violence, serious harm, or threat of death or injury experienced by a family member or other close associate (Criterion A1)¹. Judging from these criteria, it can be said the people of Aceh has experienced hard times for a long time such as (1) from 1946, Aceh has been stuck in a social revolution at the expense 1,500 people;(2) In the years 1953 to 1964 have been victim again as many as 4000 people in the event of the "War Cumbok" DI / TII (Darul Islam);(3) In 1998 Aceh back into armed conflict between the Free Aceh movement (GAM) and the Indonesian Armed Forces, the expense of the people as many as 3500 people, (Komnas HAM);(4) On December 26, 2004, Aceh was hit by Earthquake and Tsunami disaster and has sacrificed its people as well as 283 100 people dead, 14,000 missing people, and homeless 1.1269 million people (source US Geological Survey Victim).All these events have left a deep wound for families left behind, the closest -people and also for the people of Aceh itself, so a lot of people especially the children after the incident on her experience things like: great fear when they heard the thump, Sebak anxious without a clear, easily ignited emotions, easily suspicious of people, tremble when you see people with military dress, and frequent nightmares and others. Based on the symptoms that arise after the armed conflict, the earthquake and tsunami, they indicated trauma. Briere (1995) claimed to know someone PTSD, it can be measured by three indicators, namely: *Intrusive experiences (IE)*, *Defensive Avoidance (DA)*, *dissociation (DIS)*².The results showed that adolescents Aceh still Senior Secondary School (SLTA) to experience high trauma, and even existing PTSD (Kusmawati, H Year 2013)³.For handling this trauma, "Art Therapy" is the right approach, especially painting, because this is beneficial for the children healing trauma, especially children Aceh.

Keywords: Trauma, Post Traumatic Stress Disorder (PTSD), Intrusive experiences (IE), Defensive Avoidance (DA), dissociation (DIS) Art Therapy.

A. Preliminary

Aceh province in the span of history endlessly in conflict, either vertically or horizontally, which makes people feel scared, anxious, anxiety, and stress and trauma. Since 1946, Aceh has been stuck in a social revolution at the expense 1,500 people; In the years 1953-1964 has sacrificed more people 4,000 people in the event of the "War Cumbok" DI / TII (Darul Islam); In 1998 Aceh back into armed conflict between GAM and the Indonesian military, the expense of the people as many as 3500 people, (Komnas HAM); On December 26, 2004, Aceh was hit by Earthquake and Tsunami disaster and has sacrificed as much as 283 100 people dead, 14,000 missing people, and homeless 1.1269 million people (Source US Geological Survey Victim). All these events have left a deep wound for families left behind, the closest -people and also for the people of Aceh itself.

From the results of research on Trauma among teens In high school (SLTA) victims of armed conflict and the tsunami in Aceh (2013) found that many teenagers who are still in school at some high school (SLTA) in 12 Districts and Cities in Aceh high traumatized. ⁴ In addition Psychosocial Needs Assessment and Community Mental Health Armed Conflict and GAM in Aceh conducted by IOM (2006 and 2007) found in PNA-2 as much as 41% of respondents Southwest coast suffered depressive syndrome above the cut off level that is recognized among nations , 43% for anxiety symptoms, and 14% for PTSD symptoms. And the PNA-1 found to suffer from symptoms of depression 65%, 69% anxiety and PTSD 34%. ⁵

Based on the results mentioned above, it is necessary for a genuine effort by all parties especially are professional social workers in order to deal with children who suffer from anxiety, depression, PTSD and others as a result of traumatic events, with a variety of approaches, which one of which is the approach of "Art Therapy". This is important because the glory of a nation strongly associated with physical and mental health of his generation, especially the people of Aceh, as has long been the people experienced various conflicts and disasters, and has left a very deep wound for the people.

B. Benefits of "Art Therapy" Handling Children In Conflict and Disaster Victims

Based on a wide range of experience in assisting the handling of children affected by the conflict and the tsunami in Aceh, I found a lot of ways that can be done to reduce the suffering of children who are traumatized by an event that is painful and heartbreaking, from various NGOs both locally, nationally and internationally, one is to approach "Art Therapy". Art therapy can literally be interpreted as a merger of the two disciplines, the arts and psychology. According to psychologist and art therapist Judith Rubin in Malchiodi (1998) gives a statement about the definition of art therapy is: "*Art + Therapy*", *This formula conveys the equation that makes up art therapy - The blending of art and therapy. Art therapy is essentially the marriage of two disciplines; art and psychology. Aspects of the visual arts, among others, are important to the definition and scope of art therapy. Art therapy Brings together all of Reviews These disciplines, making it difficult, to understand at the first glances* ".⁶

The statement above shows that there is a unification efforts disciplines of art and psychology, although today there are many who consider that these two disciplines do not intersect or even collaborate. This stigma still persist in the minds of society, even the people in the Western world, where the development of the science of art therapy is already quite

advanced, sometimes still unfamiliar with the term art therapy. Only people who are in this world who has conducted art therapy activities real understanding of what and how the art therapy. It is certainly not out of the collaboration between art and psychology researchers.

From the author's experience in handling over the 150 children affected by the tsunami in Krueng Raya, Aceh Besar in 2007, when there are many children who live in shelter, they are still very difficult to talk with people around him, especially the person never seen, then they will run and hide. Initially author with friends from YP2AK CAMADA trying to help with a variety of children's games such as playing ball, playing furtive, but also still difficult for them to talk fluently, so I was desperate at that moment, because it can not help them, even if only for a smile. But suddenly the writer remembered when the trainee trauma healing done by NGOs from Australia, they share with us flipchart paper and crayons, they said that if the father's mother was troubled, restless then use paper and crayons, create a What can you remember and think at the time. The writing then remembered that the author makes a painting that occurred at that time and still on display at the room flower bed that is drawing up the current interest know what it is, but if considered as a tulip.

Based on that memory, then we are on the foundation YP2AK CAMADA distribute coloring book and crayons at 150 more children over, and asked them to make what they like or what they hate most in the picture book, and extraordinary results showed that children child which has been difficult to communicate fluently finally able to talk to their neighbors for exchanging color crayon we unevenly distributed unintentionally because it is not enough crayons. At that time the author does not think that this is one approach or therapies, which occurred at the time was how these children feel happy, and we managed to do it by giving them a job to paint and they were very happy and joyful at the time, unfortunately we never analyze painting them, because at that point we do not know the meaning of a painting, but when seen their paintings are extremely diverse. Since then, every time I meet with the children that are difficult to talk, the author obtaining try to give crayons and coloring book and turns always successful and the children really like.

From this experience, the author began to arise various questions why children are very fond of painting a picture, to answer these questions the author began to analyze the images are written, unfortunately, these photos have been deleted because of a virus, but I still remember some of the pictures they painted ie images of various weapons, masked men, and mountain views .At that time the author only assume it is the usual image, but ultimately the authors found they what they painted, that is what they play, such as war. Throughout Aceh this game so popular that there are many traders popularity of the benefit because they managed to sell the toy guns are in demand in the market. But the impact of the games look more dangerous, such as riding mini buss full top down and they began to attack the children who watch the road edge, so no child victims who were shot with rubber pistol into the eyes. When in the analysis of the game turned out a lot in common with what they saw during the armed conflict in Aceh. Since that time the author was very eager to explore this art, because the author realized that the painting may issue what is felt that during this difficult to put into words, therefore the author began to read a variety of literature regarding the handling of trauma through art this painting, and the like Where linkages and benefits for victims.

Based on that experience, and supported by the results of the research conducted, it can be said that children affected by conflict and tsunami Aceh has been largely suffered PTSD, it can be seen from the findings by using a scale TSI Biere, J (1995) are still teenagers Aceh sitting in high school (high school) showed high levels of PTSD indicator that *Intrusive experiences*(IE), *Defensive Avoidance* (DA), *dissociation* (DIS).Therefore, to deal with this behavior, the "art therapy" according to the author is needed, because the benefits are numerous including: children become excited, the children can socialize with friends via exchange of crayons, can make children issued their expressions that may not be pronounced orally, other benefits, the authors saw when they paint them drowned with their minds, and when finished they feel satisfied and smiling, and the conditions that make for social workers.

B.1. Definition of Post Traumatic Stress Disorder (PTSD)

Post Traumatic Stress Disorder(PTSD) is the stress that occurs after a traumatic effect on the individual events. Kaplan (1998) reported PTSD is an anxiety syndrome, autonomic liability, unpeacefulness emotions and flashbacks (*flash back*) of a painful experience after experiencing physical and emotional stress that goes beyond the limits of the resilience of ordinary people. PTSD is very important to know, in addition to the high incidence of "disaster" that has befallen the people, PTSD can also strike anyone who has experienced a traumatic event regardless of age and gender⁷.Nevid (2005) reported PTSD is a maladaptive response to a prolonged traumatic events⁸.

Roan (2003) states trauma means injury, tissue damage, injury or *shock*. While the psychological trauma in psychological defined as severe anxiety and sudden someone in the environment as a result of events beyond the limit his ability to survive, overcome or circumvent⁹.Wisdom (2005) said PTSD is a condition that occurs after incredible experience gripping, horrific and life-threatening, such as natural disasters, severe accidents, *sexual abuse* (sexual assault), or war¹⁰. *National Institute of Mental Health* (NIMH) defines PTSD as a form of anxiety disorder that occurs after a person experiences events that threaten the life or physical safety. This traumatic event could be a violent attack, a natural disaster that afflicts humans, accidents or war. (Anonymous, 2005d)¹¹.

Behavioral *stress* stated above is a common response for people who experienced many traumatic events. Brealey (2006) stated THAT pressure (*stress*) is a physiological response of the body, especially to events that seem threatening, intimidating or show changes. Increasing concentration and time to work to change living solely, the dropping rate of pressure towards soared, which will realize a plague associated with the pressure (*stress*).When there is good media, it is easy to forget the pressure (*stress*) may be positive and negative depending on power acts performed. Zainah (2002) states that the study results support good social response and a logical, time management and the involvement of professional workers are more successful in dealing with stress. Since stress is an important phenomenon and associated with individual aspects of work performance, health, quality of life and productivity stage (Sutherland & Cooper, 1990).Following Cohen et al (1993) (in David, 2005) states psychological sources of stress not only reduces a person's ability to adapt, but also affect the health sharply. Many patients who come to consult a doctor associated with stress, can increase the risk of various types of physical ailments ranging from digestive disorders to the heart disease.

Based on the above facts, the conditions of Aceh after the armed conflict and the tsunami, which has destroyed property, eliminating many lives so it takes a long time to arrange the return of life due to the pressure (stress) in the community and if there constantly will have a lot of good disease physically and mentally, especially if it did not get the support of the family, environment and government. Wisdom (2005) suggests three types phenomenon that often occur in people with PTSD are, first, the repetition of the experience of trauma, demonstrated by always remembered the sad event that has experienced it, *flashbacks* (feeling as if the sad event reoccur), *nightmares* (nightmares about the events that made him sad), emotional reactions and physical overload triggered by memories of sad events. Secondly, avoidance and emotional superficial, indicated to avoid activities, places, thinking, feeling, or conversations associated with the trauma. It also lost interest in all things, the feelings of alienation from others, and superficial emotions. Third, the sensitive feeling improved, indicated by insomnia, irritability / can not control anger, difficulty concentrating, excessive vigilance, exaggerated response on everything.

Abovementioned circumstances in line with the opinion of Breslau et al, (1997) (in Tehrani, 2004) stating THAT post-trauma or *post-traumatic* effect significantly to the victim after the incident six months, a year or for many years, where the victim still has the memory of experience trauma, then the effect will be bad for the victims¹². Taniza (2007) states that treatment should be integrated trauma or *integrated* with community experts in certain fields holistically, because the handling of such trauma will have a positive impact for the psychological aspect, pre-hospital, give encouragement and emotional stability , moral support, helping the process of integration to the victim to return to normal life after the traumatic incident.

Likewise, Christie (2000) describes the handling of trauma must be built continuously by involving experts medical NGOs, community experts, social workers, councilors, psychologists and organization in the workplace as well as the victim's family members. PTSD have symptoms that cause interference. Generally, the disorder is *panic attack* (panic attacks), avoidance behaviors, depression, kill thoughts and feelings, feel excluded and alone, feeling insecure and betrayed, irritability, and a significant disruption in everyday life (Anonymous, 2005b)¹³. *Panic attack* (panic attacks). Teenagers who have experience trauma may have panic attacks when confronted or faced something that reminds them of the trauma. Panic attacks include strong feelings on fear or discomfort that accompanies the physical and psychological symptoms. Physical symptoms include palpitations, sweating, trembling, shortness of breath, chest pain, abdominal pain, dizziness, chills, body heat, and numbness. This is evident from the results of the study author interviews on the subject in the study of other forms of traumatic experience in adolescents prey to conflict and tsunami (Kusmawati H, 2009)¹⁴.

Trauma clinical if not treated will lead to a variety of *dysphonic mood* disorders, avoidance behaviors (*Defensive Avoidance*) is one of the symptoms of PTSD that is, the victim can avoid those things that reminded him of the traumatic event. Sometimes -sometimes people associate all the events in their lives every day with trauma, whereas living conditions are now far from the condition of the trauma. In addition, many people become depressed after experiencing a traumatic experience and be no longer interested in things - things that had once been his favorite before the trauma. They developed a feeling that is not true, guilt, self-blame,

and feel events experienced by a mistake, although it is not true. Kill the thoughts and feelings, sometimes -sometimes people depressed, felt that life was not worth it. Danger to PTSD possibility depends on factors such as resilience and susceptibility to the effects of trauma, a history of sexual molestation in childhood, trauma severity, degree of exposure, availability of social support, the use of active coping response in the face of traumatic stressors, and feelings of shame (Adrews et al, 2000; Brewin, Andrews and Valentine, 2000; Nishith, Mechanic, &Resick, 2000; Prigerson et al, 2001, Regehr, Hill & Clancy, 2000; Sharkansky et al, 2000; Silva et al, 2000) in Nevid, SJ (2005)15. Therefore, for the handling of all these conditions can be carried out with a variety of therapies, one of which is "*Art Therapy*".

B.2. Handling Trauma With "Art Therapy"

Seni is something beautiful that can be heard, seen and felt, especially the art of painting, so much favored by various groups, children, teens and parents, with a variety of different perspectives. Children love to paint with crayons what the picture book, teenagers like to paint with pen edge-edge writings, while parents in accordance with the hobby. It used to be every painting is nothing to the author even though the painting was very expensive. However, post-conflict and tsunami in Aceh, and are often involved in handling traumatized children, the art of painting has a meaning and significance for the author, because the results of the painting was able to describe one's feelings is not necessarily associated with artists such as dancers, painters, or singers. Art is universal and can be used by anyone, anytime, it is not just a hobby that can satisfy the heart, eyes and pleasing to the ear as a compliment, but the art also can be a drug, such as art therapy, known as "*art therapy*", therapy This can help people cope with trauma and other mental stress problems.

Art is fun and soothing and a great stress reliever. If an individual suffering from mental trauma or emotional disorders, art therapy this could be the right choice, because it is based on the belief that the creative process such as drawing, painting, or make other craft are healing and life-affirming. For some people, psychological trauma can be very difficult to express in words. Therefore, art therapy can be a means to describe the pain of emotions and feelings that are very deep and very hurt if expressed in words, then by following this therapy, the client is asked to describe and put out thoughts and emotions through the arts. This picture can be in the form of paintings, drawings, sculpture or artwork creations of clay. Furthermore, the therapist will ask the client to discuss the work of creation. Through this process, the client will be invited to open about all the emotions and feelings pent. Through this analysis, the therapist can explore feelings and resolve the issue in a constructive way, creative and innovative.

The benefits of art therapy itself has been real and scientifically proven. In real terms this therapy has been felt by some traumatized children in Aceh, where initially they are difficult to talk, but to paint them finally can do with this efficiently. The same problem also delivered by Witruk in Art Therapy workshop together Evelin Witruk, in Yogyakarta, on Monday (26.03.2012), in which the art therapy developed by Witruk previously been committed against children affected by the tsunami in Aceh, which emphasizes art to painting and drawing, it is quite successful therapy to restore (recovery) their psychic condition post-Tsunami¹⁶. While scientifically, a study from the *University of Granada* in Spain prove that this therapy could help overcome mental disorders. Elizaberta Perez, one of the researchers, following the development of 20 patients with acute mental disorders of the *Therapeutic Community of the Northern Area of*

the Virgen de las Nieves Hospital of Granada for more than 1 year. The patient voluntarily follow the art therapy for 2 days a week. During the therapy, they adapted paintings by artists like Amedeo Modigliani, Edvard Munch, Vincent Van Gogh, as well as add their views as well. The patient uses to describe the paintings hidden desires, feelings, and emotions of their hearts and minds. During this process, he said, patients can express their feelings and their emotions. By doing so, they could not shake the feeling that they want and adjust to what they really want¹⁷.

Related to the above, various figures Art Therapy stated among others: Johnson DR (1987) and Lev-Wiesel, R (1998) stated that in order to gain access to and encourage the disclosure of traumatic memories can be done through art therapy, because the visual and sensory modalities, can help clients in traumatic material is stored in the implicit memory, in the form of sensory memory is the same body that is not realized narrative memory. Besides a sound approach of the body can also be used to access material in implicit memory, but also more likely to clients. The making of art has a certain amount of time and control, and thus give sense to the client detention.¹⁸In addition, Johnson, (1987) also states that artistic expression can help clients who suffer Alexithymia, a condition related trauma inability to express his feelings in words, which can make it safe "transitional space" that can encourage clients to express traumatic memories.¹⁹Vera VarahBararah (2012) states Alexithymia is a psychological disorder characterized by the inability to identify and verbally describe the emotions and feelings experienced in himself like other people. Usually people with this disorder are more aloof, have less empathy skills, have great difficulty in understanding and responding to the feelings of others²⁰.

Meanwhile, Frye, B (1990) states the making of art can be a safe way for clients with dissociative identity disorder to "tell" their memories, in the past the transition that might change the personality that occurs when they try to report their memories verbally.²¹Another with Malchiodi, CA (2003) neurological researchers speculate that the causes for PTSD may rule out traumatic memories of explicit memory storage, and art that can provide a bridge between implicit and explicit memory.²²Meekums, B. (1999) reported a study found art therapy is also useful to uncover consciousness, to produce a finished product that could provide further therapeutic agents to work by providing a non-verbal way on the client to "talk" about the abuse.²³

B.3.Benefits of "Art Therapy" On Client Trauma

In general, the benefits of "Art Therapy" for the client is able to relieve trauma and reduce the level of trauma they experienced, because with this therapy the client can issue all the painful things without words. Because not everyone is able to express what is felt verbally, therefore it is necessary container and the means that can be used as a tool to disclosure. In particular there are five aspects of the benefits for the client, namely: (1) can heal the client, (2) the achievement of the client, (3) strengthen the client, (4) the relaxation and stress relieving the client, and (5) Relieves pain on the client.

First, it can heal the client: that art therapy can help clients understand personal feelings to recognize and deal with anger, resentment and other emotions through painting, drawing or graffiti is done. Will be particularly helpful during or after an incident or illness that left the

trauma, which is difficult to express in words. In addition, this therapy could help revive his spirits. Because this therapy not only helps the mental problems of adults, this therapy can also help children who lack words to express themselves fully. Children client is basically a very creative and artistic. They could easily describe their feelings and emotions through the creation of works of art. Because, through art, traumatic event that has been stored in the subconscious can also back up to the surface. If emotion is released, then the recovery process will be faster.

Second, the achievement of the client: it means creating a work of art can build confidence and nurture a sense of love and respect ourselves. Because in this case, art therapy can be used as a means of communication, more than just talking verbal, clients are also more easily express the events that left the trauma through artistic creation rather than using words. Through art therapy, they are asked to reveal dreams experienced. Because the dream difficult to disclose verbally, this sort of thing excavated from art therapy. From there it will be visible conditions experienced in the narrative, symbolic, and schematic. By doing so, they can understand the real problems and can increase their confidence.

Third, strengthen client: Art therapy can help clients describe the emotions and fears that can not be expressed in words. In this way, the client is able to control the feelings scared, so they can be more robust to deal with various problems that occur, knowing what she was feeling. Because with them realize how much fear, anxiety and trauma, it will always find a way to improve and his family.

Fourth, relaxation and relieve stress. Chronic stress can be harmful to both body and mind. For the body stress reaction can be diarrhea-diarrhea, nausea and some even vomiting, sweating, irregular running (pacing), neck strain. For the mind of stress can make people not poor concentration, difficulty thinking, anxiety, panic and others. Art therapy can be used as a single treatment or combined with other relaxation techniques to relieve stress and anxiety.

Fifth, Relieves pain. Art therapy can also help clients overcome the pain experienced due to various psychological problems. This therapy can be used as a complementary therapy to treat clients who are sick.

According Malchiodi, (2008; 2011) there are five components of information and information Expressive art therapy Art Therapy in the treatment of trauma, namely: (1) Using "neurosequential approach" through the expressive arts therapy to stabilize the body's response;(2) Identifying the body's reaction to stressful events and memories through the evaluation of trauma-based information and sensory activities using expressive arts; (3) In response to the body's reaction to a traumatic event through somatic and sensory approach to self-regulation; (4) Strengthening security through a reconnection with a positive attachment and self-soothing; (5) Build strength by using art to normalize and improve endurance. Then, he stated that art therapy for trauma is based on the idea that artistic expression can help in reconnecting implicitly and explicitly about the memories of trauma and in the treatment of PTSD. In particular, it is an approach that helps children's ability to regulate itself influence and modulate the body's reaction to a traumatic experience at an early stage to set the stage for the eventual integration of trauma and recovery.

C. Conclusion.

From the author's experience in dealing with children and adolescents who live in barracks shelter after the earthquake and tsunami were aged 6-14 years in Krueng Raya, Aceh Besar, Lhoknga, at which time, they looked very frightened and difficult to talk, then through painting they finally spoke and feel happy and excited. This marks the painting can relieve the pain they are experiencing. From then on, the author states that the painting is one of the media effective therapy for the treatment of children and adolescents who posttraumatic stress (PTSD). In addition, the authors also been dealing with children and adolescents victims of armed conflict in eastern Aceh and Aceh Langsa South, at which time their condition is very alarming, because the extraordinary fear when they see strangers in addition to their teachers, but after the handling by providing coloring book and crayons, they got busy drawing and over time they've started to talk when asked, and began to dare to stare at the author, and after two days they had dared to ask for a picture book and crayons again. That is here, drawing is one way to relieve the tension and fear of them. Since then, the authors concluded that children and adolescents who experience post traumatic incident stress (PTSD) can be handled through drawing or painting art therapy. PTSD is an emotional disorder that may be caused by a traumatic event one time , such as natural or man-made disasters , or by repeated traumatic experiences such as the conflict in Aceh.

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