

**ART THERAPY ACTIVITIES IN THE REHABILITATION OF USERS OF  
PSYCHOSOCIAL CARE****ATIVIDADES DE ARTETERAPIA NA REABILITAÇÃO DE USUÁRIOS DA  
ATENÇÃO PSICOSSOCIAL****ACTIVIDADES DE ARTETERAPIA EN LA REHABILITACIÓN DE USUARIOS DE  
LA ATENCIÓN PSICOSOCIAL**Janaína Quinzen Willrich<sup>1</sup>, Dariane Lima Portela<sup>2</sup>, Renata Casarin<sup>3</sup>**ABSTRACT**

**Objective:** This study aimed to know the contributions of art therapy in the rehabilitation of users of a Psychosocial Care Center (CAPS). **Method:** It is a qualitative research was carried out in 2016 based on the application of semi-structured interview. Data were analyzed using thematic analysis. **Results:** From the analysis, the results were divided into three categories: development of therapeutic workshops, linkage and participation and contribution of therapeutic workshops in the life of users. It is observed that the therapeutic workshops promoted the inclusion of users and creation of bond, resulting in a better quality of life. It has also been shown that users show affection for service and professionals, and that therapeutic workshops are beneficial to their health, while contributing to good family and social relationships. **Conclusion:** Thus, the construction of this study provided the understanding that art therapy plays a fundamental role in the life of users, contributing to their social rehabilitation.

**Descriptors:** Nursing; Mental Health; Mental Health Services; Art Therapy.

**RESUMO**

**Objetivo:** Este estudo objetivou conhecer as contribuições da arteterapia na reabilitação de usuários de um Centro de Atenção Psicossocial (CAPS). **Método:** Trata-se de uma pesquisa qualitativa realizada em 2016, por meio da aplicação de entrevista semiestruturada. Os dados foram analisados utilizando-se a técnica da análise temática. **Resultados:** A partir da análise dividiu-se os resultados em três categorias: desenvolvimento das oficinas terapêuticas, vínculo e participação e contribuição das oficinas terapêuticas na vida dos usuários. Observa-se que as oficinas terapêuticas promoveram a inclusão dos usuários e criação de vínculo, resultando em melhor qualidade de vida. Também verificou-se que os usuários demonstram afeto ao serviço e aos profissionais, e que as oficinas terapêuticas são benéficas para a saúde dos mesmos, ao passo que contribuem para bons relacionamentos familiares e sociais. **Conclusão:** Dessa forma a construção desse estudo proporcionou a compreensão de que a arteterapia tem um papel fundamental na vida dos usuários, contribuindo para sua reabilitação social.

**Descritores:** Enfermagem; Saúde mental; Serviços de Saúde Mental; Terapia pela arte.

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## RESUMEN

**Meta:** Este estudio objetivó conocer las contribuciones de la arteterapia en la rehabilitación de usuarios de un Centro de Atención Psicosocial (CAPS). **Método:** Se trata de una investigación cualitativa realizada en 2016, por medio de la aplicación de entrevista semiestructurada. Los datos fueron analizados utilizando la técnica del análisis temático. **Resultados:** A partir del análisis se dividieron los resultados en tres categorías: desarrollo de los talleres terapéuticos, vínculo y participación y contribución de los talleres terapéuticos en la vida de los usuarios. Se observa que los talleres terapéuticos promovieron la inclusión de los usuarios y la creación de vínculo, resultando en una mejor calidad de vida. También se verificó que los usuarios demuestran afecto al servicio ya los profesionales, y que los talleres terapéuticos son beneficiosos para la salud de los mismos, mientras que contribuyen a buenas relaciones familiares y sociales. **Conclusión:** De esta forma la construcción de este estudio proporcionó la comprensión de que la arteterapia tiene un papel fundamental en la vida de los usuarios, contribuyendo para su rehabilitación social.

**Descriptor:** Enfermería; Salud mental; Servicios de Salud Mental; Terapia por el arte.

## INTRODUCTION

The psychiatric asylum model existing in our society for many years was being overthrown and new trends emerged in bringing dignity to the mental patient.<sup>1</sup> In Brazil, in the second half of the 70s the movement of the Psychiatric Reform emerges. Taking inspiration from international models of change of segregating model that had as a goal care in freedom, psychiatric reform could then move forward positively to reorient the mental health policies of Brazil.<sup>2</sup>

From this perspective, reorientation guidelines of mental health were set and very important resolutions were made for the future of this type of care. One of them was in the 90s, the construction of a network of mental health care. This network allows the gradual replacement of psychiatric beds and the

implementation of CAPS (Psychosocial Care Center).<sup>2</sup>

CAPS is configured as a strategic point of psychosocial care, that is, a health service and of open and community character and is substitute to the asylum model. This service consists of a multidisciplinary team working in an interdisciplinary aspect, delivering services to individuals in psychic suffering.<sup>3</sup>

The goal of the Psychosocial Care Center - CAPS is to act in the development individuals' lives, be fixed in a physical space, but also provide an understanding of territory on individuals, institutions and services that are intertwined with health care. It must ensure the users' citizenship through social inclusion, acting strategically in the articulation of services necessary for the autonomy of individuals. Among the activities performed in CAPS workshops of art therapy are included.<sup>3</sup>

Nise da Silveira was a precursor when it comes to art therapy. She started her work on this theme in 1956, when she instituted the art therapy as a therapeutic method. Through her work, Nise developed three principles for the development of activities, as follows: affectivity, activity and freedom. Thus, its humanized and rehabilitation way of treating patients received immense attention.<sup>4</sup>

Currently, CAPS are places where one can promote psychosocial rehabilitation activities, through group work, and art therapy, for example. Nise used the occupational therapeutic method in group activities so that users could express their experiences. Always paying attention to the relations to be affective, an welcoming environment, permeated by self-healing forces, that is, affection providing conditions for people to seek a reorganization in their lives.<sup>4</sup> Through art therapy the individual can feel included in a health care network and even find him/herself through the artistic activities he/she develops. This strategy contributes towards helping the user to explore and discover his/her feelings, anxieties, fears and ideas, seeking to solve some questions and obtain improvement in his/her quality of life.<sup>5</sup>

The justification of this research is given by the interest in the subject arose

from the observation, progress and structuring of therapeutic workshops in CAPS, as well as realize the contributions of therapeutic activities in the daily lives of users with mental disorders. From this perspective, the present study had as the research question: What is the contribution of the art therapy in mental health treatment in a CAPS of a city in the South of the state of Rio Grande do Sul? To answer this question one has the following objective: to know the contribution of the Art therapy activities in the treatment of users of a Psychosocial Care Center (CAPS).

## **METHOD**

This is a descriptive study of qualitative approach, carried out in June 2016, in a Psychosocial Care Center (CAPS) type II, in a city in southern Rio Grande do Sul. This research observes the ethical principles in research involving human beings respecting the criteria of Resolution no. 466/12 of the National Health Council (CNS), which deals with research involving human beings.<sup>6</sup> It also follows the Code of Ethics of Nursing Professionals, based in COFEN Resolution 564/2017, as regards the prohibitions and duties.<sup>7</sup> This research was duly approved by the Research Ethics Committee of the Nursing School of the Federal University

of Pelotas, under Opinion No. 1527790, 03 May 2016.

The study included 9 members, 8 females and only one male, with the participants aged 30 to 70 years. The inclusion of participants was through observation while participating in workshops of expression, music and crafts. And, from this observation, they were then invited to participate in this study. Participants were identified by the letter "P" for each of the interviews, being differentiated by the number after the letter, sequentially.

Data were collected in the same service this research refers to. First, the observation of observing the dynamics of the workshops and service in the first two weeks of June was done, interacting with users in order to approach to the theme and with them; that said, in the third week of June, a semi-structured interview was individually applied, paying attention to the confidentiality of the information obtained.

Inclusion criteria that led to the choice of the selected users were: being CAPS user; regularly participate in the activities of CAPS; be communicative and oriented; be 18 years or older; allow the interview to be recorded; allow the dissemination of data in the scientific community. It was predicted the participation of ten users of the service;

however, totality was defined by data saturation.

This tool consists of the cessation of data collection by the researcher in understanding that new data would not bring further clarification to the object of the study. But, considering that the ideal sample in qualitative research is one that will translate the various dimensions of the studied element, and aiming at the quality of exchanges during the course of pesquisa.<sup>8</sup>

Data analysis was done using the technique of thematic analysis, which has two important functions: the verification of the issues raised to develop the research and the subjectivity of what is implicit in the acquired content. As a matter of chronological organization this technique is divided in pre-analysis, material exploration and data processing and interpretation.<sup>8</sup>

## **RESULTS AND DISCUSSION**

From the data analysis, the results were divided into three categories, namely: Development of therapeutic workshops, bond and participation and contribution of therapeutic workshops in the lives of users.

## Development of therapeutic workshops

Art therapy is the achievement of artistic activities, such as theater, drawing, painting, etc. All activities have a meaning and have a goal regarding the care to the mental patient. In developing the activities, the individual can access possibilities to solve their internal conflicts, or ways to reconstruct their mental health through the reframing of new experiences.<sup>9</sup>

The craft workshops are developed by two techniques in arts and an artisan, which work all days and shifts, while CAPS is open. Various tools and objects are made and produced, such as rugs, cushions, napkins, paintings, among others. It was found that users who participate in this workshop are mostly women, and has much appreciation for this space.

*[...] I participate in craft workshops, manufacturing napkins, canvas paintings, currently is working on a mosaic that will be displayed at CAPS. (P2)*

*We manufacture cushions, napkins, rugs and other things [...] I wish we had embroidery workshops, I like it a lot. I'm even trying to bring embroidery to see if anyone else has initiative. (P1)*

The music workshops are conducted by a music technical professional. Two weekly meetings are held for testing, usually related to the gaúcho pace. Gaúcho dances are also held,

organized by the same professional, but in a specific location in the city, a Gaúcho Traditions Center (CTG) that made available two afternoons for the CAPS group rehearsals.

It is known that there are various possibilities for the human being to communicate, either by verbal or not verbal ways.<sup>10</sup> Expression of users through music, for example, can provide access to significant memories and situations in their life. Moreover, it is seen that people feel more autonomous, discover skills to deal with their difficulties and seek to strengthen relations.<sup>11</sup>

*In wintering I can say my poetry, which I like, we really feel like an artist. (P6)*

In the brief report of the user above, it appears that users feel valued in the moments that have the possibility to present their work to others.

This sense of self-esteem is seen as the result of the redefinition of the terms before sheltered within each individual. Consequences of art therapy, a tool that provides a subjective modification, self-knowledge and externalization of feelings. Finally, the externalization of feelings can be achieved through various forms of expression, culminating in the therapeutic workshops.<sup>5</sup>

Users also make presentations at events in the city and region. The best known event is at the Feira Nacional do

Doce (FENADOCE) (a sweet national fair), but also make annual presentations at the Farroupilha Week, mental health encounters as: Mental Tchê, Encontro, among others.

In the CAPS of this research, physical education workshops were held. However, the teacher working with them is no longer part of the team, causing the loss of this activity. Currently, the artisan has offered to accompany users to the football field, located near the Pelotas Municipal Bus Station for physical and recreational activities, with these meetings happening weekly, on preset dates, in the afternoon.

It is realized that users feel a lot with the loss of this professional in the service, because, besides the physical activities with guidance that were carried out, leisure activities and relaxation among users were also held, such as visits to Praia do Laranjal (Laranjal beach) and cinema.

*I wish it had physical education, which does not have. The teacher is helping a lot, she takes boys to play ball nearby municipal bus station, and I get along with her, talking. However, there had to have a teacher, so he could take us to do some hiking, some activity. (P9)*

*[...] I also like physical education, but we have no teacher. (P1)*

The physical activity takes on a role of fundamental importance, as it can have several goals with mental health users. It

can be: education and health promotion, realization of creative activities, cognitive stimulation and improved quality of life.<sup>12</sup>

It is understood that such activities can function as a device for all users, since it develops socialization, trust and respect among participants of groups, which can be taken to daily life. It is interesting that the activities can happen in public environments, outside the space of CAPS, so that the issue of socialization can be carried out also with the community users.<sup>12</sup>

### **Bond and participation**

During the passages analyzed, users report they have good ties to the professionals of the team, allowing the formation of a family environment.

*I have understanding of the teachers about my health problem, at home my husband says it's nonsense. (P2)*

*For me it is good, we talk a little bit of everything, advice for everything, from everyone, from the employees to the users. (P5)*

*I love it, because it seems that here I forget the world, problems do not appear. It seems that here is home. (P2)*

The relationship established in therapeutic workshops between workshop instructor and the user is what will set up the therapeutic function of these spaces. That is, because of the difficulty that users

of mental health have to establish links, the responsible for the therapeutic workshops' mission is to provide a welcoming environment, a friendly listening encouragement of making bonds.<sup>10</sup>

It is noticed that some users have a daily frequency on service, while on the other hand, only a few participate in some shifts.

*[...] I come every afternoon, for three years. (P3)*

*I am with the music that is four days of the week and the workshops, I come almost every day. (P6)*

*I come with the music teacher on Tuesdays and Thursdays, Mondays and Fridays in the music and football in Wednesday afternoons; and on Tuesday mornings there is physical education. (P7)*

The frequency and participation of users in the therapeutic workshops should be according to the will of the user, as well as there should be no classification to attend either workshop. Regardless of the distress, age or gender, the individual can choose to participate in the workshop that pleases him/her. Defining or classifying user for each workshop ends up segregating care, making it stigmatized and excluding.<sup>13</sup>

Still, according to the author above<sup>13</sup>, it is important that the Psychosocial Care Center is not a unique location of socialization of users of mental health. It is healthy they seek other places for their re-integration into social environment, such as tours, visits to the cinema, parties, among others.

Knowing the reality of mental health users is saturated by excluding and stigmatized situations, psychosocial care is intended to redirect care practices. Give these individuals back a sense of belonging, valorization and freedom must be the focus of therapeutic activities in mental health.<sup>5</sup>

Moreover, that feeling is seen by users of the service, when referring to how they feel when participating in therapeutic workshops, as we can see below.

*I feel freer [...] We talk, you are doing and talking. (P9)*

The mental health user needs a therapeutic accompaniment within his/her singularities, considering that each individual has his/her distinct needs. It is to the professionals to follow, and be attentive to possible needs of them, especially in relation to the carrying out of tasks.

*I hope it continues to cheer up people. In the workshops, we feel that it we are still able to do something. (P6)*

It is important to always highlight the strengths of each individual, and show that the therapeutic workshops can make creativity. The sharing of spaces, the valuation of each participant, attention to subjectivity in the process of creating, and individual freedom realize that the psychosocial model of care can overcome the psychic suffering of every user of health services.<sup>10</sup>

Thus, it is crucial that service professionals know how to guide, clarify, facilitate and support the user and the family so to promote the bond and trust in the care network.

### **Contribution of therapeutic workshops in the lives of the users**

When entering the center of psychosocial care (CAPS) the individual who is in some kind of psychic suffering receives a welcome and with the professional service team will build his/her Singular Therapeutic Project (STP), which will outline the process of care and establish strategies aiming to improve quality of life.<sup>10</sup>

CAPS therapeutic activities aim to rehabilitate and include the users, through either cultural activities, leisure or work. The care environment should be stimulating, respecting the individualities,

promoting the reduction of the social stigmas and encouraging the potential of user.<sup>14</sup>

The occurrence of therapeutic workshops can be in service or in parts of the community also attached, thereby encouraging users to link to other community spaces. It can also occur with other community groups, in order to enrich the exchanges and experiences of groups.<sup>14</sup>

The therapeutic workshops set up as tools that can help the user to work his/her thoughts and produce something that can be valid for him/her. It can lead the user to an effective rehabilitation process, in that he/she understands the goals of the service in his/her trajectory.<sup>10</sup>

Participation in workshops is mentioned by a participant in the study as beneficial for health, since it is space of dialogue and links between people, as it can be seen below:

*I find it helps me a lot in health, not so much art, but the conversation we have with others, we create bond with the teachers and the other patients. (P1)*

Some researchers<sup>10</sup> believe that the shared care spaces are essential to the expression of the potential of individuals. Given that in these times users interact, there is reciprocity, forming links with other participants and service professionals.



Through the simple proposals of art therapy one seeks a psychotherapeutic effect on the lives of users. All activities are imbued with meaning, whether painting, drawing, theater, among others, as they are based on the premise that health and creativity are very close in the human development process.<sup>9</sup>

It can be seen that the workshops are not only considered as a space for learning and development techniques, but also a space for dialogue, interaction and leisure among users, which can be seen in the following excerpts from the interviews:

*[...] We learn many things; we are also together with colleagues, make good friends. (P6)*

*I like it; it helps me. At least I am in the middle of the people; at least I am not alone. I feel lonely at home and here and I do not [...]. (P4)*

*I begin to see that CAPS helped me [...] not because of the synonym of freedom that CAPS provides us, but to find myself more in the activities, to do something to clear my mind, here I have someone to talk a little more openly. (P8)*

From the perspective of the participants in this study, the workshops are a living space which nurture interact with other users, besides feeling productive.

In this sense, it is important to say that through art therapy individuals can enhance their knowledge about the world.

Likewise, they can develop their creative autonomy, being able to modify their internal processes of mental suffering subjectively during the therapeutic encounters.<sup>5</sup>

However, we can mention that not always what brings users closer to the workshops are the activities proposed, but mutual aid among them, a place available to chat and relax, relieving the stresses of everyday life.

*I do not think of reasons to live, here I forget it, I am happy, pleased [...]. (P2)*

*I felt better to do the activities, in the hospital, I was nervous, here I stay calm, and there is enough activity. What is good here, we are fellow one another. (P8)*

In this study, some users have described art therapy as the construction of the rehabilitation cycle; they learn to respect the differences of other users and their families, enabling the intergroup coexistence. Similarly, other authors<sup>15</sup> believe that the relationship between art and mental health is extremely productive in view of its potential to create existential spaces in individuals. This way, it can promote their mental health from another experience of care, the art.

It also gives rise to a question about this theme when discussing the perspective that we need to routinely evaluate the

connection of the activities carried out with the everyday life of the users, regarding the isolationist aspects of the psychological suffering. Furthermore, it is essential that the protagonists in this care process are the users themselves, accessing their existential territories and developing issues of human relationships, with either the group, their family relationships or relationships with others.<sup>16</sup>

Below there is an excerpt notes that the thematic content deals with difficulties of personal relationships, which, with the help of art therapy, are being further developed.

*Be more patient, a little talk with people. Have some relationship with the group, I did not have much when I was a child, I had difficulty in school. I started learning here at CAPS. (P9)*

*The way they treat you here, to our behavior is very good, because, we do not become aggressive, at home I can talk to my mother, everything is amended. (P8)*

Given the above, it is clear that therapeutic workshops contribute positively in the lives of users of service mentioned, considering that they have reported beneficial situations from the encounters in their lives and their psychological rehabilitation.

## FINAL CONSIDERATIONS

With the development of this study, we sought to know the contribution of art therapy workshops, developed in CAPS in the treatment of service users. It was possible to identify that therapeutic workshops have as a purpose the rehabilitation and social reintegration, in addition to promoting the inclusion of users in the service, creating ties with other users and professionals, leading users to a better quality of life.

It may be noted that users demonstrate affection to the service and professional, showing the bond established, demonstrating that the support they receive is essential in their lives, for their rehabilitation and social re-establishment. It is believed that professional teams should establish a relationship built daily, basing on trust with service users, so that care can be implemented in the best possible way.

It was observed in this study that users mention the therapeutic workshops as something beneficial to their health in their daily lives, being something essential, which can contribute to family relationships, friendships, and provide a new way to relate to others. Thus, it is believed that the therapeutic workshops are activities that enable personal and social growth of the mental health patient. It

helps promote health and well-being, to the point that it uses the potential of the individual himself to remedy his/her personal and social demands.

In this sense, it confirms the importance of therapeutic areas in the rehabilitation process of users of mental health services, by making these spaces dynamic and provide exchanges and reflections on the lives of users.

It should be mentioned that this study does not attempts to generalize data found here, since it is a specific service. The aim is not the depletion of this issue, in view of the importance of therapeutic workshops on psychosocial care.

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RECEIVED: 05/08/2018

APPROVED: 31/10/2018

PUBLISHED: 12/2018