

# Art as a practical tool for every person, regardless of their skills or talent

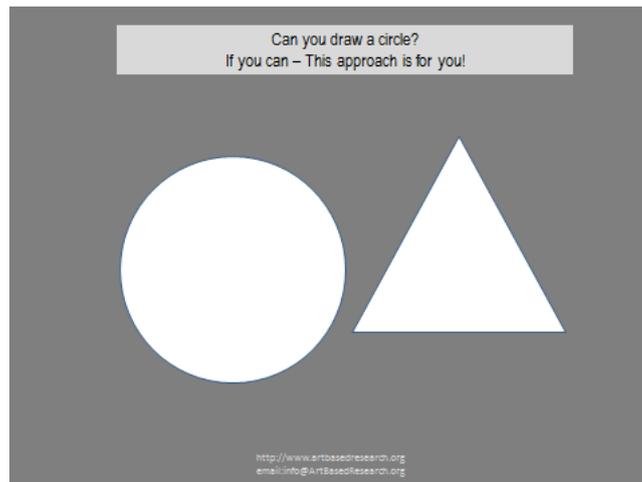
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The world becomes more and more complex and interconnected. In every field we are required to be more creative and innovative. However, there is a powerful tool that is available to all of us, but not only we did not learn how to use it, most of us were told since our childhood that we are not entitled to. I am referring to art.

I am going to suggest that Art is a practical tool for enhancing creative, innovative thinking in problem solving, research, and social change, for every person, regardless of their skills or talent.

Personally, My academic work and my artwork eco and cultivate each other over the years, as reflected in my video that is comprised of a combination of my thoughts and my paintings. As an artist, an information systems engineer, an art therapy practitioner and lecturer, and an art-based researcher, my goal and passion is to help integrate the arts as a tool for encouraging creative, innovative thinking in problem solving, research and social change. For this purpose I established *The Center for Art-based Research and Change*.



This approach can be useful for you even if you think you cannot create art. Can you draw a circle? Or a triangle? If you can – you have a powerful tool for creative problem solving that you are probably not using.

I gave this tool to students, supervisees, patients, and workshop attendees in different countries, and now I will tell you about it.

I suggest that you can use Art as a practical tool for enhancing creative, innovative thinking in problem solving, research, and social change.

This idea is not new. People know it since the paintings on the walls of caves. Leonardo da Vinci used his artwork as a basis for understanding science, and science as a means of enriching his artwork.

Why have we separated these two fields?



*Moriya, Acrylic and Oil on Canvas, 150/210 cm*

Western culture tends to prefer science and logic over art and the imagination as sources of knowledge. Yet, science alone is not enough. It provides knowledge but often lacks wisdom (Horkheimer and Adorno, 2004; Maxwell, 2007). Reality is multi-layered, and there is more than one way to understand any given phenomenon (Johnson & Gray, 2010). Furthermore, absolute objectivity is an unattainable ideal. Human perception is impacted by past experience, values and emotions (Arnheim, 2001; Kendra, 2015); and our thought processes are nowhere near as rational as we think they are (Ariely, 2008; Kahneman, 2002).



*Moriya, Acrylic and Oil on Canvas, 150/213 cm*

When Science and logic are not sufficient by themselves, Art can help us reach other types of knowledge, as well as process it in unique ways. Art can serve as a tool to reach additional levels of understanding, beyond verbal and logical processing. It also provides access to tacit knowledge and content that are inaccessible to the conscious mind. (Eisner, 2008; Knowles and Cole, 2008; McNiff 2007, 2011; Sullivan 2010)

Creating art can assist anyone in thinking creatively, finding new modes of reflexion and solving problems. But In Western society, the privilege of engaging in art is restricted to a select handful of people who are considered gifted artists in the eyes of institutions, such as art schools and museums (Dissanayake, 1988).

**Every person has the innate tendency to create.**



*Moriya, Acrylic and Oil on Canvas, 148/215 cm*

In the past, everyone made their own tools and decorated them, thereby engaging in creative work. Nowadays, children make art naturally, until arriving at a certain stage when most of them internalize criticism from their surroundings and start to refrain from creating art.

Because of that prevailing educational attitude, many of the adults I meet at my workshops initially say, "I don't know how to draw." But actually everyone can doodle, and sketch at least simple things like a circle or triangle.

**I call for returning the right of every person,  
regardless of their skills or talent,  
to benefit from creating artwork!**



Moriya, *Acrylic and Oil on Canvas, 127X140cm*

Engaging in an artistic process has many advantages. It promotes alternative types of thinking and enables the integration of imagination and intuition, while suspending the limitations imposed by the laws of logic and our usual patterns of thought. New connections between ideas evolve, and different patterns of knowledge are shaped, paving the way to new understandings, and to original ideas. So making art helps us find creative solutions and new ideas, **regardless of the "quality" of the artistic product** (Mcniff, 2011; Moriya 2013).

## **An Invitation for you**

**If you are interested in finding ways to use art for your work, I would like to invite you to get in touch with The Center for Art-based Research and Change!**



*Moriya, Acrylic and Oil on Canvas, 215X353cm*

The center was founded in 2016, and offers training, support, guidance and collaboration to institutes and individuals from various disciplines for projects that integrate art as a tool for creative thinking, problem-solving or research. The center's activity incorporates diverse realms from science, to social change, ranging from personal coaching for doctoral students, to nationwide art based social change projects and research.

*If you are interested in our work, please email us and we will send you periodic updates. email:info@ArtBasedResearch.org*

**We are looking forward for your ideas, images,  
questions, comments or responses.  
We'll be happy to reply and help!**

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