

# Consider Zentangle (Meditative Doodling)

## Websites

[www.zentangle.com](http://www.zentangle.com)

[www.zentangle.blogspot.com](http://www.zentangle.blogspot.com)

[www.tanglepatterns.com](http://www.tanglepatterns.com)

Youtube.com – keyword zentangle

# Outcome Studies on the Efficacy of Art Therapy: A Review of Findings

**Abstract:** In response to a review by Reynolds, Nabors, and Quinlan (2000) of the art therapy literature prior to 1999, this review article identifies studies from 1999–2007 that measured outcomes of art therapy effectiveness with all ages of clinical and nonclinical populations. Although numerous studies blend art therapy with other modalities, this review is limited to studies that isolate art therapy as the specific intervention. The results of this review suggest that there is a **small body of quantifiable data to support the claim that art therapy is effective in treating a variety of symptoms, age groups, and disorders.**



Slayton, S. C., D'Archer, J., & Kaplan, F. (22 April 2011). Outcome studies on the efficacy of art therapy: A review of findings. *Journal of the American Art Therapy Association*, 27(3). Retrieved from <https://www.tandfonline.com/doi/abs/10.1080/07421656.2010.10129660>