DOES ART NEED PSYCHIATRY?- A CLINICAL EYE INTO THE ART WORLD

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OBJECTIVES AND BACKGROUND

With this project, the authors intend to explore the potential relation between art and psychiatry. Different forms of art expression and psychiatry have traditionally been holding hands: whether by the resource to certain art techniques in therapy, by the psychopathology revealed by certain art work or just because some artists are so eccentric that the public entitles them as “lunatics”.

MATERIALS AND METHODS

A framing analysis of articles, searched on Pubmed (articles between 2000-2019) with the following key words “Psychiatry”, “music”, “art”.

RESULTS

From this analysis, the authors show some examples when forms of artistic expression meet Psychiatry:

1. Idles: *Stendhal Syndrome* (2017)

“Is an acute and transient mental state disturbance, which typically follows exposure to captivating works of art. Individuals experience preeminent anxiety symptoms including tachycardia, dizziness and syncope, with affective or psychotic symptoms also observed” – 70s/80s

3. Ângelo de Lima, portuguese poet and painter from Modernism - Schizophrenia

4. Francisco José de Goya – “the suffering artist from XVIII” –Affective Disorder

2. Guns N'Roses: *Coma* (1991)

“But who am I to tell you that I've seen any reason/ Why you should stay/ Maybe we'd be better off without you anyway/ I got a one way ticket on your last chance ride/ Got a one way ticket to your suicide”

Axl Rose, lead singer – Affective Disorder

“The lunatic is on the grass (...)There's in my head but it's not me”

5. Syd Barrett (Pink Floyd), singer, songwriter and musician - Schizophrenia

CONCLUSIONS

From the analysis of these examples it's clear to see that mental illness it's a frequent topic among music, literature and painting. During the creative process, many artists display such level of thought disorders that seems to share characteristics with psychotic states. However, literature shows that in clinical practice psychotic states seldom result in creative production. Quoting Foucault “psychosis can even creat art, but in the end will destroy it”.