

**A PSYCHO-EDUCATIONAL PROGRAMME FOR THE
UTILIZATION OF VISUAL ARTS IN THE FACILITATION OF
STRESS MANAGEMENT IN YOUNG ADULTS**

by

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Key words: Stress management, promotive, remedial, facilitation, catharsis, narrative psychology, isomorphic intervention, visual methods.



Pablo Picasso: *Young girl before a mirror*. 1932: Oil on canvas.

Museum of Modern Art, New York.