

An Abstract of the Master of Arts in Interdisciplinary Studies Thesis of:
Patricia Kay Snowhook
Creating and Receiving Quilts as an Extension of Healing Art Therapy

The purpose of this thesis is to examine the act of quilting as a valid means to enhance well-being in individuals, and to show how receiving quilts that have been specifically crafted for individuals can also be a catalyst for their healing and wellness.

Literature in the fields of psychology, medicine, religion, and art therapy provided evidence to substantiate the concept that art is a successful method frequently used in a variety of ways to promote wellness in people. This scholastic interdisciplinary research was supplemented by resources in the creative arts, where evidence was offered to conclude that quilting and quilts are, indeed, recognized and accepted as art. In addition to the professional resources, a variety of essays, letters, diary entries, stories, and photographs were also examined and analyzed to extend this study in a phenomenological manner.