

## ***Application of Art Therapy in Overcoming The Cat Phobia in Adult Individuals***

Arief  
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### **Abstract**

Cat phobia is one form of specific phobias. Therefore, individuals feel very anxious when faces with cat. Generally, phobias are treated with cognitive and behavioristic interventions. In fact, art therapy can also be used to overcome them. This study aims to determine how the application of art therapy in overcoming a phobia of cats in adult individuals. Three participants who had a cat phobia were involved in the study. They were interviewed based on the phobia criteria of DSM-IV-TR. After examination, one of the participants withdrew because her home is very far away and the time spent to undergo an intervention may interrupt with her work. The other two participants were confronted with cats at the beginning, middle, and end of intervention to determine the decrease in phobic level. The result of this intervention showed an insignificant decrease in severity of phobias experienced by the participants.

Keywords: Art therapy, Cat Phobia, and Adult Individuals