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Exploring Cinema Therapy as a Tool for Managing Psychological Effects of the COVID-19 Pandemic

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Article Info

Abstract
Cinema is one of the most vibrant and evolving artistic mediums, yet its therapeutic potential is often overlooked. This research paper investigates Cinema Therapy, an intriguing yet underutilized approach within psychology that harnesses the power of film for therapeutic purposes. It examines how Cinema Therapy operates, identifies the individuals who can benefit from it, and explores the specific conditions it can address. Additionally, the paper highlights the pivotal role of cinema during the COVID-19 pandemic, a period marked by unprecedented stress, isolation, and anxiety. As people globally sought solace, distraction, and emotional relief, many turned to films for comfort and processing. This research explores how Cinema Therapy could have served as a vital coping mechanism during this challenging time, aiding individuals in managing the psychological impacts of the pandemic. By analyzing cinema's influence on mental health during such a critical period, this research underscores the profound link between art and healing, offering valuable insights into the therapeutic potential of cinema for future crises.

Introduction

The COVID-19 pandemic exerted considerable strain not only on our physical health but also on our mental well-being. During the initial year of the pandemic, there was a notable 25% increase in the global prevalence of anxiety and depression. A primary contributing factor to this rise was the unprecedented stress associated with the social isolation mandated by the pandemic. This isolation not only impeded individuals' ability to work and access support from loved ones but also restricted their engagement with their communities (World Health Organization, 2022) [39].

Several additional stressors have been identified as significant contributors to the heightened levels of anxiety and depression. These include feelings of loneliness, fears related to infection and the potential suffering or death of oneself or loved ones, grief following bereavement, and financial uncertainties. Among healthcare professionals, pervasive exhaustion has been a considerable factor leading to suicidal ideation (Adams *et al*., 2022) [1].

While traditional therapeutic methods might have been a viable approach to addressing these mental health challenges, over 60% of countries reported interruptions to mental health services for vulnerable populations (World Health Organization, 2020) [38]. These disruptions affected various groups, including children and adolescents (72%), older adults (70%), and women requiring antenatal or postnatal care (61%). Furthermore, psychotherapy research has indicated that at least one side effect was observed in 33.2% of cases. The most common side effects included strain on family relationships and a worsening of symptoms. The severity of illness significantly impacts the frequency and intensity of reported side effects. Additionally, the time commitment required and the challenges faced by clients in implementing the strategies discussed during therapy sessions further complicate the effectiveness of traditional therapeutic approaches (Balder *et al*., 2024) [4].

Cinematherapy and video treatments are artistic therapeutic modalities that expose individuals to their psychological and emotional challenges by presenting them with narratives involving characters who face similar issues. This therapeutic approach serves not only to reflect the patient's difficulties through the stories depicted on screen but also to enhance the therapeutic alliance between the patient and therapist. The primary objective of the therapist is to facilitate the patient's identification with one of the characters portrayed. Through this identification, patients are better able to comprehend their own emotions and, simultaneously, perceive that their therapists have a deep understanding of their struggles (Sacilotto *et al*., 2022) [30].

This research paper aims to thoroughly investigate the context of the negative psychological effects experienced during the COVID-19 pandemic and to evaluate how cinematherapy could have served as a viable methodology to address and mitigate these challenges. By examining the potential of cinematherapy in this context, the paper explores its effectiveness as an alternative therapeutic strategy for overcoming the psychological adversities exacerbated by the pandemic.

Research Methodology
The study primarily uses online external secondary sources for literature review and data including academic journals, news articles, encyclopedias, government websites, and records.

Background
Exploring the Role of Mass Media in Shaping Sociological Perspectives
In the field of sociology, mass media is recognized as a critical instrument for cultural evolution, playing a central role in the development of artistic expressions, symbolic representations, and the shaping of societal practices, trends, lifestyles, and social norms. Its influence extends beyond mere communication, profoundly affecting and molding societal behavior patterns (McCrackin *et al*., 2024) [26].

Mass communication is essential for several key reasons. Firstly, the extensive reach of mass media allows it to impact not just individuals but entire populations, making it a fundamental tool in the construction and progression of human civilization. Secondly, mass media serves as a primary channel for the dissemination of information. Information broadcasted through mass media—whether about individuals, organizations, or events—is often perceived as more objective and credible due to its widespread distribution and accessibility. Thirdly, mass media plays a crucial role in expanding global knowledge. Technological advancements enable instantaneous access to information from around the world, essential for broadening public perspectives and enhancing education. Furthermore, mass media is pivotal in distributing news and information to the public, a function that intersects with government efforts to shape and influence public opinion (Sinaga & Larasati, 2024) [36].

Finally, mass media acts as a significant medium within the communication process, transmitting large volumes of information, ideas, and attitudes to diverse audiences. In this role, mass media not only informs but also directs, guides, and shapes societal life. Its capacity to influence attitudes and behaviors is substantial, often steering individuals to align with its particular agenda. British communication theorist

Denis McQuail describes mass media as a powerful source of influence, functioning as a mechanism for control, management, and societal innovation, with the potential to surpass other sources of influence. Due to its profound impact, mass media frequently acts as a catalyst for cultural development (Sinaga & Larasati, 2024) [36].

Empirical research has examined the role of emotions in news and other informational programming, revealing a variety of definitions for the concept of "emotion." The challenges associated with analyzing verbal and visual representations of emotion have led to the use of formal attributes in content analysis, which often reflects an entertainment-centric perspective and indirectly captures emotional dimensions. For example, computer-assisted analysis of the language used in reports about the 9/11 terrorist attacks demonstrated that television employed emotional themes—such as blame, praise, satisfaction, perseverance, and motion—more intensively compared to newspapers (Cho *et al*., 2003) [11]. Despite both media formats reporting instances of aggression with similar frequency, the term "fear" appeared in newspaper reports and headlines approximately one-third more frequently in 1996 compared to 1987 (Altheide *et al*., 1999) [2].

The Influence of Cinema on Social Dynamics and Human Behavior
The parameters of the biological society and cinematic society, encompass the stages of production, distribution, and consumption of film. When analyzing the sociology of cinema from the perspectives of both society and cinema, we are exploring the dynamic between imagination and reality in film. There are two critical aspects to this analysis. The first involves how imagination influences reality; the second concerns how reality shapes imagination, ultimately manifesting as a visual artwork accessible to the audience. If reality informs imagination, cinema is shaped by societal influences, with cinematic content originating from societal sources. This process results in imagination that mirrors reality and eventually feeds back into society. Conversely, if imagination directs reality, it signifies that imagination has supplanted reality. In such cases, we should investigate the impact of cinema on society (Sarwari, 2023) [32].

A study investigated the influence of films on mood, judgments, worldview, and thought processes by analyzing four specific dimensions: political evaluations, expectations for the future, assessments of responsibility and guilt, and quality-of-life judgments. The findings revealed that films substantially affect viewers' perspectives and emotional states, contingent upon the film's affective quality or the mood it elicits. Films that were optimistic or joyful generally resulted in positive judgments across the four dimensions, whereas films characterized by sadness or aggression tended to produce negative moods and judgmental biases. Notably, these effects were consistent across diverse demographic groups, suggesting that the phenomenon is universal rather than confined to particular social constructs (Forgas & Moylan, 1987) [16].

The Impact of COVID on the Psychosocial State of Society
The COVID-19 pandemic evolved into a global health crisis marked by profound danger, numerous challenges, and pervasive uncertainties, accompanied by a notable sense of uncontrollability (Schelhorn *et al*., 2022) [34]. Historically,

major disease outbreaks similar to the COVID-19 pandemic have consistently demonstrated detrimental impacts on both physical and mental health. In line with this historical pattern, the onset of the COVID-19 pandemic was associated with a troubling increase in depression and anxiety disorders, heightened general distress, and significant sleep disturbances (Avery & Park, 2016) [3].

Moreover, there was a discernible aggravation of pre-existing symptoms related to post-traumatic stress disorder (PTSD), depression, and eating disorders. The emotional states—both positive and negative—experienced by individuals in response to the pandemic are thus of great importance. Research has shown that the intensity and nature of emotional responses to adverse events can be predictive of future well-being, a pattern that has also been evident during the COVID-19 pandemic. Consequently, the use of affect and emotion regulation strategies, which are designed to modify the duration or intensity of emotional reactions, may have played a role in shaping individuals' emotional outcomes throughout the pandemic. This suggests that interventions aimed at regulating emotional responses could have been influential in managing the affective consequences of the pandemic experience (Schelhorn et al., 2022) [34].

Previous research has also demonstrated that many individuals perceived COVID-19 as a significant threat to their emotional well-being, with the pandemic eliciting fear due to rising death rates. Furthermore, factors such as diminished social interactions, increased domestic violence, unemployment, and fewer opportunities for stress relief have contributed to additional emotional strain. Some of the research carried out in Poland gives out counterintuitive results- emotional outcomes during the initial weeks of restrictions indicated elevated levels of positive affect, such as happiness and relaxation, alongside reduced levels of negative affect, including sadness, anger, and anxiety. The research also highlighted the potential factors contributing to an increase in positive emotions, including the cultivation of societal solidarity and the opportunity for leisure activities, as well as the hope that the stringent restrictions in Poland would enhance the effectiveness of the fight against the pandemic (Moroń & Biolik-Moroń, 2021) [27]. This can also be backed by a longitudinal diary study conducted in Serbia, which observed a reduction in negative emotions—such as worry, fear, boredom, and anger—over five weeks, with the most notable decrease occurring in worry, followed by fear and boredom (Sadiković et al., 2020) [31].

Research has also revealed that many individuals viewed COVID-19 as a significant threat to their emotional well-being and experienced heightened fear due to escalating mortality rates (Klaiber et al., 2021) [23]. Moreover, factors such as diminished social interaction, increased domestic violence, rising unemployment, and fewer opportunities for stress relief have further compounded emotional strain. Documented increases in depression rates (Bäuerle et al., 2020) [7] and the exacerbation of various other psychopathological symptoms (Xiong et al., 2020) [40] provide evidence that the COVID-19 pandemic has had a significant impact on long-term affective outcomes.

Cinema therapy: An effective intervention for psychological issues

For over a century, therapists have utilized books to assist clients in addressing a wide range of issues. More recently, films have been employed for similar therapeutic purposes.

Both literature and cinema serve to educate, normalize, reframe, and broaden perspectives. Additionally, both cinematherapy and bibliotherapy offer creative and cost-effective therapeutic interventions. However, bibliotherapy may be losing some of its appeal due to advancements in technology. In contrast, the use of films is emerging as a promising alternative. Cinematherapy, succinctly defined, is a therapeutic approach that involves selecting commercial films for clients to watch either individually or in groups to facilitate therapeutic outcomes. Similarly, the term "Video Work" refers to using films to enhance self-understanding, introduce potential action plans, and inspire future therapeutic interventions (Dermer & Hutchings, 2010) [15]. Patients are presented with intricate audiovisual materials that reflect their psychological or physical challenges. In cinematherapy, commercial films are used, while video treatments involve custom-created videos or short documentaries tailored for the subjects. The film or video presentation, focused on the patients' issues, aims to provide insight from a "third-person" perspective (Berg-Cross et al., 2008) [8]. The characters depicted in the media experience similar problems and offer alternative coping strategies, encouraging patients to view their difficulties from a new vantage point. Typically, therapists select commercial films for patients to watch alone or with others, allowing both therapist and patient to examine "reality" through a shared lens. This approach not only strengthens the therapeutic alliance but also helps patients see themselves as the characters, enhancing their understanding of their own emotions and demonstrating that their therapist appreciates their struggles (Sharp et al., 2010) [35]. As a result, therapists can engage in more effective discussions about the patients' situations, having established a "common vocabulary" through the shared viewing experience. Cinematherapy and video modeling have been utilized in the treatment of various conditions, including anorexia, anxiety, and autism spectrum disorder. Approaches have varied widely, from traditional cinematherapy to custom-designed video stimuli and documentaries (Berg-Cross et al., 2008) [8].

Incorporating cinema into clinical practice can help patients externalize their issues within a less formal setting, facilitating discussions about their problems in a more detached manner and potentially reducing their resistance to therapy. In this process, emotions and emotional interactions are crucial. A key element of these emotional interactions is the use of metaphor. The film must address the patients' issues in a manner that allows them to relate personally, but it should do so indirectly to avoid resistance that could hinder the therapeutic process. Therefore, the film should employ metaphorical rather than literal depictions of the issues at hand. A metaphor in this context can function on several levels: it may relate to the literal narrative of the film, convey a broader metaphorical theme that extends beyond the literal plot, and acquire unique significance based on the patient's personal experiences (Berg-Cross et al., 2008) [8].

One of the earliest scientific studies involving clinical populations was conducted in 1974, where videos were employed to address specific phobias (Morris et al., 1974) [28]. Berg-Cross and colleagues subsequently described the cinematherapy technique and provided guidelines for its clinical use. Later, two case studies were reported of patients with depressive disorders treated through cinematherapy. While these initial studies were qualitative, they yielded promising results and paved the way for subsequent

researchers to explore the topic with a more objective approach.

While cinematherapy typically utilizes commercial films as part of the treatment process, some researchers design experimental interventions using specially created videos or documentaries that feature actors demonstrating skills relevant to the patient's needs. This approach, known as "video modeling," is derived from Bandura's work (Bandura, 1986) [6]. Children naturally emulate social and cultural models to acquire new skills, regardless of reinforcement, and can apply these skills in various contexts due to the general schemas they develop. Attention is crucial in this process: if the subject does not focus adequately on the model or if the model is not engaging enough, the learning outcome may be compromised.

While few authors address cinema as a broad concept, most focus on the application of specific films as therapeutic tools, using film segments to illustrate therapeutic concepts, or drawing parallels between clients' experiences and cinematic narratives.

Despite its considerable potential, cinema therapy is notably underutilized within therapeutic practices. The versatility of film therapy allows for a wide range of applications, extending both within the confines of therapeutic sessions and beyond them. This approach can foster empathy by enabling individuals to connect with the experiences and emotions of characters portrayed on screen. It serves as a tool to assist clients in setting and achieving personal goals, confronting difficult or novel topics, and gaining fresh perspectives through the emotional journeys of the characters. By leveraging these aspects, cinema therapy can enhance therapeutic processes and broaden the scope of traditional therapeutic interventions (Sacilotto *et al.*, 2022) [30].

The potential of cinema therapy in combination with video modeling to address psychological outcomes of the COVID-19 pandemic
Utilizing a film that reflects a personal memory or trauma provides individuals with a unique opportunity to connect with and innovatively externalize their experiences, thereby creating a therapeutic distance between the events depicted in the film and their real-life counterparts. This separation is crucial as it enables individuals to process, release, and heal from their emotional experiences in a more manageable context. Traumatic or distressing memories, which are often perceived as isolated and unconnected incidents, can be recontextualized through the experiences and narratives of characters within the film. This recontextualization can facilitate deeper insights and resolutions regarding one's own experiences.

By selecting a film that resonates with the individual's specific situation, participants are afforded a fresh perspective on their issues, which can significantly enhance their problem-solving abilities. Observing characters who exhibit resilience and successfully navigate challenges can provide a source of hope and encouragement. Furthermore, engaging with the emotional content of a film within a controlled and safe environment may assist individuals in subconsciously addressing and confronting underlying issues they may not have been fully aware of. Overall, cinema therapy harnesses the power of movies to transform emotional responses, offering valuable tools for coping with and managing life's various challenges (Sacilotto *et al.*, 2022)

[30].
Traditional cinematherapy is a therapeutic approach where the therapist selects commercial films for the client to view, either alone or with specific individuals, such as family members. The films are chosen based on their relevance to the client's issues, and after viewing, the therapist engages the client in a discussion about the key themes and insights derived from the film (Sacilotto *et al.*, 2022) [30]. For instance, a study used Shrek 2, an animated film, where a friend of the protagonists disrupts their relationship, to help a couple recognize that their relationship problems stemmed from intrusive parents and friends (Ballard, 2012) [5]. Additionally, it has been noted that the impact of specific films can be significant, even if the client encounters them by chance. The therapist must select a film that aligns with the client's preferences, goals, interests, and level of understanding. It is crucial to choose films that the client can handle; presenting a film that addresses the client's issues in an excessively explicit or traumatic manner may be counterproductive. Furthermore, if the client is in a phase of intense therapeutic work, it may be advisable to avoid cinematherapy during that period (Heston & Kottman, 1997) [20].

The implementation of cinema therapy could have proven highly effective in addressing the psychological impact of the COVID-19 pandemic, which resulted in a substantial 25% increase in cases of depression and anxiety (World Health Organization, 2022) [39]. This effectiveness is attributed to cinema therapy's inherent versatility, which allows it to be applied across a broad spectrum of therapeutic contexts. Cinema therapy offers a unique advantage by reducing the stress associated with traditional therapeutic settings, thereby facilitating patients' ability to externalize and articulate their issues in a more structured manner (Christie & McGrath, 1987) [12]. Therapists also often use customized paradigms or specific video content, such as cartoons or documentaries, tailored to the needs of the individual. Additionally, it possesses the capacity to address specific phobias and anxieties (Golan *et al.*, 2009), making it a valuable tool in managing the complex emotional responses triggered by the pandemic.

Individual and Group-level therapy
Cinematherapy has proven effective on an individual level for those navigating significant life traumas and upheavals. Film clips offer a valuable means to illustrate emotional subtleties, arousal, and both positive and negative effects during the viewing process (Schaefer *et al.*, 2010). To fully grasp the impact of cinematherapy in individual treatment, it is instructive to examine a study involving children coping with parental divorce. In this study, three children from the therapist's practice were introduced to film therapy, where movie clips served as metaphors, examples, and projections of their experiences. This method enabled the children to express their emotions more profoundly, gain clearer insights into their feelings of anger and sadness, develop coping strategies for the challenges associated with parental divorce, and feel less isolated by connecting with similar situations depicted in the films. Additionally, the reflective process induced by film exposure during therapy can substantially enhance the development of essential skills and attitudes for managing life's challenges. Assigning a complete film as homework before subsequent therapy sessions allows clients to engage with the material independently, facilitating self-realization and contemplation without the immediate

pressures of a therapeutic environment (Marsick, 2010).

Cinematherapy has also emerged as an innovative intervention for group therapy settings. In such contexts, participants have the opportunity to exchange thoughts and feedback not only with each other but also with the counselor. A study involving fourteen adoptive youths with histories of sexual and physical abuse introduced cinematherapy during a single structured session to address behavioral and emotional issues. The results indicated that the group exposed to cinematherapy reported significantly fewer aggressive behaviors compared to the control group, with a particular decrease in physical aggression and overall negative behaviors. While this study was conducted on a small scale, the potential for cinematherapy to be effective—and perhaps even more so—on a larger scale is substantial (Borchard, 2016).

Both individual and group cinema therapy hold significant relevance in the context of the pandemic. Individual cinema therapy offers the advantage of addressing specific phobias and personal conditions on a case-by-case basis, allowing for a tailored therapeutic approach that directly meets the needs of each participant. This individualized method provides a focused environment where specific emotional and psychological challenges can be explored and managed effectively.

In contrast, group cinema therapy has the potential to foster a sense of community and shared experience among participants. Given that the pandemic was a collective experience affecting people globally, group therapy can create a supportive environment where individuals feel less isolated. It provides a safe space for sharing emotions and experiences, thus enhancing the therapeutic process through mutual understanding and support. By engaging in group cinema therapy, participants can connect with others who have faced similar challenges, contributing to a sense of solidarity and communal healing. This dual approach—addressing individual needs while fostering group cohesion—could have been particularly beneficial during the pandemic.

Video-modeling technique

The video modeling technique involves showing patients videos where characters demonstrate specific skills that the patients need to acquire, such as effective social interactions. After viewing the videos, patients can practice the skills they observed. This technique is often integrated with other treatments, such as psychotherapy (Corbett *et al*., 2010). Additionally, video modeling can include showing patients videos of individuals sharing their personal experiences of particular events, such as a documentary featuring smokers detailing their first month of successful quitting efforts, akin to a daily diary (Brown *et al*., 2016). Another variant, known as self-video modeling, involves using recordings of the target subject's behaviors as a model rather than relying on external models. The therapist records each treatment session and subsequently shows these recordings to the participant, who then reflects on the behaviors demonstrated (Wilkes *et al*., 2011). Video modeling is also applied in psychological treatments, such as the Parents Plus Children Programme, designed to assist parents with children exhibiting behavioral issues. This program features videos depicting both effective and ineffective management of challenging situations, involving both real parents and actors. Participants discuss the content of these videos after viewing them (Sacilotto *et*

al., 2022) [30]. A study in 2009 re-evaluated this program with parents of children aged 6 to 11, including those with additional conditions beyond behavioral problems, such as ASD or language difficulties. The results showed a reduction in behavioral problems, decreased stress levels, increased trust, and achievement of parent-defined goals. At a five-month follow-up, participants maintained these improvements and demonstrated enhanced prosocial behavior (Coughlin *et al*., 2009) [14].

Patients with agoraphobia were treated using carefully manipulated videos designed to progressively expose them to their phobia. The treatment involved watching these films for four weeks, with a follow-up after three months. Patients were randomly assigned to one of four conditions- subliminal stimuli, supraliminal stimuli, faded stimuli, and a control condition. In the subliminal, faded, and control conditions, patients viewed a light spot varying in intensity that remained below the threshold of perception. For the faded condition, filters were used to gradually increase the visibility of the stimulus from subliminal to supraliminal levels. The experimental group was exposed to stimuli related to agoraphobia, while the control group watched films of a man making a clay pot (Lee *et al*., 1983) [24].

Similarly, another study investigated the effects of habituation on Blood Injection Injury phobia through exposure to distressing videos (Olatunji *et al*., 2012) [29]. In another approach, studies used humorous films to treat patients with atopic dermatitis and related stress-related conditions. An initial study carried out in India found a reduction in ghrelin levels in the saliva of patients with atopic dermatitis and fewer night awakenings in affected children (Kimata, 2007) [21]. A subsequent study showed that humorous films might lower estradiol levels and increase testosterone in men, suggesting that exposure to comedy can mitigate stress and improve related symptoms (Kimata, 2008) [22].

Further research was carried out on applied humorous films to individuals with schizophrenia, showing a reduction in anxiety and depression after daily exposure to comedies for five days a week over three months (Gelkopf *et al*., 2006) [17]. However, the improvement was most effective when combined with traditional psychological therapy, as demonstrated in a previous study by the same author (Gelkopf *et al*., 1993) [18].

Cartoons have also been used effectively in video therapy. Golan *et al*. (2009) [19] used a cartoon featuring "repetitive vehicles" with human faces displaying 15 target emotions to help children with Autism Spectrum Disorder (ASD) recognize emotions. This approach was later replicated as well when studied with Chinese children (Yan *et al*., 2018) [41]. Lastly, a comparison of music videos, speech videos, and no treatment investigated the most effective method for enhancing conversational skills in children with ASD. Results indicated that songs with specific keywords and speech videos improved language skills in children with high-functioning ASD while low-functioning ASD children benefitted mainly from music videos (Coughlin *et al*., 2009) [14].

The integration of video modeling techniques with cinema therapy could have proven to be highly effective as an audio-visual method for addressing patient issues. Video modeling, which focuses on specific conditions, disorders, and phobias, represents a targeted approach that is particularly well-suited for resolving psychological challenges. By combining this

precise method with the broader, narrative-driven approach of cinema therapy, practitioners could offer a comprehensive therapeutic experience. This combination allows for a nuanced treatment strategy that not only addresses specific psychological issues through targeted video modeling but also provides a broader contextual understanding and emotional engagement through cinema therapy. Such an approach would enhance the overall effectiveness of the therapeutic process by integrating targeted interventions with immersive, narrative experiences.

Potential for further research
This lack of standardization limits the generalizability of the results, and not all studies have validated their effectiveness. Given this complex landscape, a comprehensive review of cinema and video therapy is essential.

Conclusion
Although cinematherapy is a relatively novel addition to a therapist's repertoire, many practitioners have yet to incorporate it into their therapeutic approaches, and it has not yet surpassed traditional tools like books and music as primary methods of intervention. Additionally, it offers clients the opportunity to explore diverse locations, cultures, lifestyles, and professions with remarkable ease. A significant insight into cinematherapy is its potential to engage individuals in a profound internal dialogue about their unconscious mind, often on a level so deep that it is frequently underestimated. The most essential aspect of cinematherapy is its ability to aid in the recognition of emotions and stimulate the brain in generating deconstructive thoughts. Viewing films can activate neural pathways associated with emotional processing, reflective thought, problem-solving, and the development of empathy.
In conclusion, cinema, as a continually evolving and vibrant art form, harbors significant therapeutic potential that is frequently underestimated. Through a detailed examination of its various therapeutic applications, it becomes evident that cinema has the unique ability to connect with and heal individuals in diverse and profound ways. By offering emotional support, valuable insights, and a sense of connection, cinema serves as a powerful medium for addressing mental health needs. Cinema Therapy, in particular, has demonstrated its efficacy as an outlet for emotional expression and a tool for fostering mental resilience. This highlights the considerable impact that film can have on psychological well-being. This research emphasizes the crucial role that cinema can play in the field of psychological healing and advocates for a broader recognition of its therapeutic capabilities. As we continue to explore and understand the complex relationships between art and mental health, Cinema Therapy emerges as a promising and underutilized avenue for enhancing emotional well-being and facilitating recovery. The potential of cinema in therapeutic practices warrants greater attention and integration into mental health strategies.

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