

## ABSTRACT

Art sets an external environment that facilitates internal discovery. Thus, the present research was conducted to perceive self and interpersonal relations of children suffering from cancer disease through art therapy. Furthermore, the topic was selected to give the children an opportunity to express through the medium of art, leading to a cathartic release and a conscious awareness of themselves. Using art therapy as a medium, the initial phase of research involved gathering data from two cancer patients: boy and a girl to perceive their self and interpersonal relations. Various techniques of art therapy were used and were divided in ten sessions. The information gathered in each session from both the participants was recorded in a form of reflective journal. Later, it was analyzed by using Interpretative Phenomenological Analysis (IPA). 5 major themes were identified: *Resistance to express, Artistic Ability, Openness to Express, Self, and Interpersonal Relations*. Moreover, the researcher's experience of the art therapy sessions was given due consideration. Three major themes were extracted: *Realizations, Feelings and Efforts towards therapy*. The resultant themes formed the basis for concluding that the medium of art therapy helped in perceiving self and interpersonal relations of cancer patients. Furthermore, art therapy facilitated verbal communication between the patients and researcher. In a nutshell, this research would provide fruitful results for the caregivers as well as the medical team to gain a deeper understanding of the patients and to provide them maximum assistance.

**Keywords:** Art therapy, Self, Interpersonal Relations, Pediatric cancer patients