

ART THERAPY

Workshop Co-ordinator : Mr. John Victor

INTRODUCTION :

As a therapist, think of the times you have expected your clients to discuss intimate, embarrassing, or traumatic secrets. Would you be willing to share one of yours with a professional? A stranger? In detail? Yet that is exactly what we request of every new client. The beauty of art therapy lies in its ability to break through the verbal defenses acquired over a lifetime. Art, being a less customary form of communication, allows the unconscious to break forward.

Symbols communicate inhibitions; they often evoke memories repressed in earlier life. At the same time they address a motif that points to the future. The symbol, as the focal point of psychic development, is the foundation of creative development in a therapeutic process. (Kast, 1989, p. 27)



Art therapy is a human service profession that utilizes art media, images, the creative process, and patient/client responses to art productions as reflections of an individual's development, abilities, personality, interests, concerns, and conflicts. Art therapy practice is based on knowledge of human developmental and psychological theories, which are implemented in the full spectrum of models of assessment and treatment.

Art therapy is an effective treatment for the developmentally, medically, educationally, socially, or psychologically impaired. It is practiced in mental health, rehabilitations, medical, educational, and forensic institutions.

Pictures, symbols, signs - that was the language of man. Long before words held meaning we communicated through art. On the walls of caves, images of animals were drawn one over the other. The Egyptians rendered living stories within their tombs and temples, while the Greeks depicted emotion on painted pottery. On and on art symbolized an individual's thoughts, feelings, realities, and fantasies.



Over time language has become attached to what we have come to understand. It shifts, it changes, denied, it's distorted, and ultimately it can be exceedingly deceptive. As we discuss the intellectualization of

language, this is the point where art therapy achieves significance.

One does not require words to feel this child's pain. A darkened, red figure, a floating headless body with open mouth, cries into the abyss. The symbol overwhelms in its intensity.

In a moment it breaks through our very human defenses and allows us to see within the recesses of our psyche. Let's take the phrase "A picture is worth a thousand words" and apply it to a self-portrait.

OVERVIEW OF WORKSHOP :

- ❖ The workshop will provide training and deeper understanding of the specific skills in Art Therapy
- ❖ Theory of art therapy
- ❖ Techniques of practice in art therapy
- ❖ Application of art therapy with people in different treatment settings to understand Practical Problems.

THIS WILL BE DONE THROUGH:

- Presentations
- Screening of Multimedia with Discussions
- Self-reflection exercises through self art expression (Experiential Learning through practice)
- Practical Training / Demonstration will be provided for self assessment.