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National

Aboriginal Wellbeing

Conference



Healing & Beyond

Expressive Art Therapy

A Tool for Healing

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Introduction of Expressive Art Therapy

- The term 'art therapy' (Vick, 2003) was used to describe a form of psychotherapy that would see art practices and interventions placed alongside the central modality of treatment. to include all your information
- Vick (2003) states that from an art therapy perspective the key difference from what psychometricians view is the inherent potential for the client when making and viewing their art

Introduction Cont

- Rogers (1993) states that, 'When using art as an expressive mode for self-healing or therapeutic purposes we are not concerned about the aesthetics or craftsmanship of the visual art, the grammar and style of the writing or the harmonic flow of the song
- Miller (2008) what separates expressive arts therapy from art therapy is the interdisciplinary or intermodal approach, where the practitioner moves from one art from to another, building upon the inner work of the client.

Introduction Cont

- Halprin (2003) states, that expressive arts therapy is a radical therapy that joins both art and psychology to facilitate embodied learning and expressiveness.

Emergence of Expressive Art Therapy

- This means that sound, movement, enactment, image and text may all be encountered within the expressive art therapeutic situation.
- In whatever mode and whatever form embodies the potential to act as a change process, 'a process in which we encounter ourselves.' (Halprin 2003, p. 90)
- This allows people to explore unknown facets of themselves and then be able to communicate these non verbally to achieve insights. These creative places provide opportunities for exploration and understanding.

Formalised Studies

- Lesley College Graduate School Cambridge Massachusetts
- Tamapla Institute
- Paul Knill - programs in Expressive Art Therapy in Europe and North America and established the International School of Interdisciplinary Studies, later included schools in Switzerland, Denmark, Germany and Canada

Fundamentals

- The arts, it is assumed, have the capacity to respond to human suffering.
- Sensory expression is understood to originate in lived bodily experience and it is the same body that moves, listens, sees and speaks.
- The imagination is understood to use every sensory modality but is itself a unified whole and a creative source of meaning
- The practice of art making and the art itself is seen to embody the potential to act as a change process. It is a process in which we encounter ourselves.
- Hence the pathway between imagination and sensory expressiveness is understood to be two-way. Awareness evokes creativity that in turn evokes awareness. It is assumed that a process of change lies along this pathway.

- As Daria Halprin* writes phenomenology has "contributed to taking psychology out of the reductionist realm of observable behaviour and external circumstances to the inward experience of feeling imagination and meaning" (Halprin 2003 p46-47)
- Knill (1999) describes expressive arts therapy as a, 'school of thought in the field of human concern and it transcends the difference declared in methodological theories.' (p. 38).
- Sydner (1997) states that, 'Expressive arts therapy is a vehicle for awakening dormant creativity, whereas psychotherapy assists clients in verbalizing their unspoken and unresolved conflicts.'

- Malchiodi (2003/2005) expressive arts therapy is a multimodal approach that offers creative ways clients can express thoughts and feelings nonverbally and verbally to achieve insight and experience the curative potential of the creative process

- Imagination, which is of central interest, is understood as inter-modal. Sound movement, enactment, image and text may all be encountered within expressive art therapeutic situation (Miller, 2008).
- on one hand in the possibilities of sensory expression originating in lived bodily experience and, on the other, in the unity of the imagination as a creative source of meaning.' (Levine 1999)
- Natalie Rogers, defines expressive art therapy as, 'using various arts – movement, drawing, painting, sculpting, music, writing, sound and improvisation – in a supportive setting to experience and express feelings

- whatever mode and the art work in whatever form embody the potential to act as a change process, 'a process in which we encounter ourselves' (Halprin, 2003, p. 90).
- Through imagination we penetrate the interior world and with drawing, music, drama we shape its contents into meaningful and visible forms that allows clients to go into their feelings such as pain, rage and grief.
- allowing them to explore unknown facets of themselves and to peel away the layers of their defense and find their true nature and then be able to communicate nonverbally to achieve insights.
- These creative places provide opportunities for exploration and understanding

- splits between body, mind and spirit.
- compartmentalised human needs and knowledge into separate areas of concern and disenfranchised the body as a locus of experience.
- alliance between art and healing as part of a new holistic paradigm, a reintegration of ancient wisdom with the knowledge and the skills of the present, challenging the centuries-old splits between principles of psychology, art, medicine, education, politics, and spirituality.

- "the arts can answer an important psychological and social need for the symbolic, rather than the actual enactment of aggression
- redirects our destructive energies and impulses, allowing us to encounter and work through the conflict creatively as well as to change our perception of the issue itself.
- *de-cent*  ight.

Expressive Art Therapy In Practice

- Whether a story is danced or written, acted, painted or told, where the imagination is engaged there is a sense in which the story, once begun, is understood to tell itself, the dance dances itself or the painting informs the painter how it should evolve.
- In this way the creator opens him or herself up to an expanded field. New possibilities can be entered

Expressive Art Therapy In Practice

- versatile and can be used across a wide range of settings with a diverse client group. It can be used with children, adolescents, adults and the elderly in individual one-on-one sessions, group workshops, in schools, prisons, hospitals and workplaces
- clients have different expressive styles that can assist them communicate more effectively and authentically than the traditional method of verbal exchange during a counselling session. The practitioner will modify the modality to suit the individual client.

- The therapeutic relationship in expressive art therapy, as with any other therapy, places importance on respecting and listening to the client so as to be able to creatively decide an intervention that best suits the process
- the presence of a facilitator or witness is central to healing reparation and recovery'
- the practitioner serves as a supportive guide, providing encouragement, motivation, acceptance of the client's exploration of their artwork where they can draw their own meaning from their work.

- hold aesthetic responsibility for the session, only intervening when required and assisting the client to understand their experience through an aesthetic analysis of both the process and artwork.
- expressive arts therapy does not involve interpreting either for assessment or diagnosis.
- Expressive art therapy places the meaning or interpretation of artwork with the creator, 'as beauty is in the eye of the beholder

Five Part Process

- The five phases are:
 - identification
 - confrontation
 - release
 - change
 - growth

Five Part Process

Atkinson named the five stages of trauma recovery as:

- Telling the story (identify)
- Making sense of the story (confront)
- Feeling the feelings (confront, release)
- Moving through loss and grief to acceptance (release, change)
- Reclaiming the sacred self (growth)

A Tool for Healing

- It is a way for us to re-connect with ourselves
- We can create our stories
- Share our learning
- Expressive Art Therapy doesn't cut across our ways of knowing, but instead embraces our ways. It also affirms who we are as we draw, dance, sing or write our stories.



Healing & Beyond

Presenter's Name &
Contact Details

THANK YOU