

Workshop

DISCOVER, EXPLORE, EXPERIENCE YOUR INNER LANDSCAPES: *ENGAGEMENT WITH TISSUE PAPER COLLAGE, MOVEMENT, PERSONAL MYTH AND FAIRYTALE*

Using tissue paper collage, movement, personal myth and fairytale we will explore our inner landscapes. We will learn how to access psyche through the creative process, then engage with the images that present themselves through the use of active imagination. Careful attention will be paid to establishing a secure temenos where participant/artists will experience working under the unconditionally accepting gaze of the observer. We will use basic movement and the telling of our life stories in the form of personal myths or fairytales to enrich the workshop experience.

Please bring a brief account of your life's story as a personal myth or fairytale. No previous experience with the arts is necessary. Wear comfortable clothing.

Lecture

ART THERAPY AND JUNGIAN ANALYSIS: HOW MAKING ART IN THE PRESENCE OF THE ANALYST ADDRESSES THE LONGING TO BE SEEN, TO BE HEARD AND TO BE LOVED

The lecture will focus on the interpersonal dynamics constellated when the analysand makes art in the presence of the analyst. Concepts from art therapy, Jungian analytical psychology, object relations and infant observation will be interwoven as we explore the hypothesis that the often silent space between analysand/artist and analyst/observer facilitates the process of individuation by recreating the most fundamental dimensions of the mother-infant field. Examples spanning thirty years of clinical work will illustrate how working in this way addresses the longing to be seen, to be heard and to be loved. Group discussion will be invited.