

PRINCIPLES OF

Art Therapy

Foundations of Art Therapy for Feminine Leaders



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Art therapists do not have the means to cure clients by fixing or removing a problem. Rather art therapy assists the client to heal through allowing them to achieve new understanding and insights into their problems by tapping into their unconscious. This gives the client the means to heal themselves.

Applying Art Therapy

Key topics for discussion

What is Art Therapy?
History of Art Therapy
Benefits & Application
Mediums of Art Therapy





A client can remain trapped by their
own verbal narrative.

Art offers the ability to bypass the story,
expressing intuitively.

The intuitive approach disengages the
barrier of story and language.

***Art work is the voice of
the subconscious and can
be viewed objectively,
offering opportunity for
new insights and
perspectives***





WHAT IS ART THERAPY?

Art therapy is a hybrid field, largely influenced by the disciplines of art and psychology.

Primarily art therapy uses the creative process & pieces of art created in therapy; to help people in treatment develop self-awareness, explore emotions, address unresolved emotional & spiritual conflicts, improve social skills, and raise self esteem.



Art Therapy History

ART HAS BEEN USED AS A MEANS OF COMMUNICATION, SELF-EXPRESSION, GROUP INTERACTION, DIAGNOSIS, AND CONFLICT RESOLUTION THROUGHOUT HISTORY, FOR THOUSANDS OF YEARS.

CULTURES AND RELIGIONS AROUND THE WORLD HAVE INCORPORATED THE USE OF CARVED IDOLS AND CHARMS, AS WELL AS SACRED PAINTINGS AND SYMBOLS, IN THE HEALING PROCESS.

WITH THIS SAID, THE ESTABLISHMENT OF ART THERAPY AS A UNIQUE AND PUBLICLY ACCEPTED THERAPEUTIC APPROACH ONLY TOOK PLACE RECENTLY, IN THE MID-20TH CENTURY.



Art therapy offers a space of Creative Exploration to those wishing to enhance their experience of life by using Creative Mediums to explore the Subconscious.

The process of Art therapy facilitates an Integration of Feelings, and can deepen Insight into one's inner and outer lives.



Some of the Benefits & Therapeutic Application:

- PHYSICAL CALMNESS
- CRISES & TRANSITION
- ACCIDENTS OR TRAUMAS
- UNPROCESSED EXPERIENCES

- COGNITIVE DEVELOPMENT
- ENABLING EMOTIONS
- PROMOTING RELATIONSHIPS
- DECREASE ANXIETY/DEPRESSION
- IMPROVEMENTS IN SELF ESTEEM
- BRAIN & LEARNING DIFFICULTIES
- BODY IMAGE & EATING DISORDERS



Through the development of intuitive and practical based tools, a transpersonal art therapist acts as a visionary in the shamanic sense.

The therapist guides the client into the inner realms using art in order to shift, extract and externalise the issues at hand.

Mediums used in Art Therapy:



- ART MEDIUMS
- ACRYLIC & OIL PAINTS
- WATERCOLOURS
- FABRIC PAINTS
- OIL & SOFT PASTELS
- INK & DYES
- COLLAGES
- CLAY & FEMO MODELLING
- WET SAND PLAY
- SYMBOLS AND METAPHOR EXPLORATION



Mediums used in Art Therapy:



- STORYTELLING
- DOLL PLAY
- MASKS/PUPPETS
- SAND TRAY
- SCULPTURE
- CLAY
- MUSIC & SOUND
- CARVING/CRAFTING
- SATIR SCULPTING
- RITUALS & RITES OF PASSAGE
- FAMILY CONSTELLATIONS
- TRANSPERSONAL COUNSELLING



Colour is the language of the spirit.

Exploration with Colour and different Mediums,
offers space for an exploration of Emotions through
one's art.



EXAMPLES OF ART THERAPY

DRAW WHAT IT IS:

- BENEATH THE ARTWORK?
- BEFORE THE ARTWORK?
- AFTER THE ARTWORK?

“WHO ARE YOU WITHOUT
YOUR STORY?”



Art Therapy gives form to the unmanifest, and with access to the unknown this gives people the tools to experience their own healing.

Art Therapy provides a space to explore ones inner realms through creative exploration.



CREATIVE PLAY

Play provides space for insight, exploration and movement potential.

Artwork provides a Map that allows one to view Past, Present and Future.

PAST

- ***Witnessing the situation***
- What can you see?
- Loosening perceptions



Artwork provides a Map that
allows one to view Past,
Present and Future.

PRESENT

- *Insight into Patterns & themes*
- *Reflection in Art & life relevance*
- *What does one sense and see?*



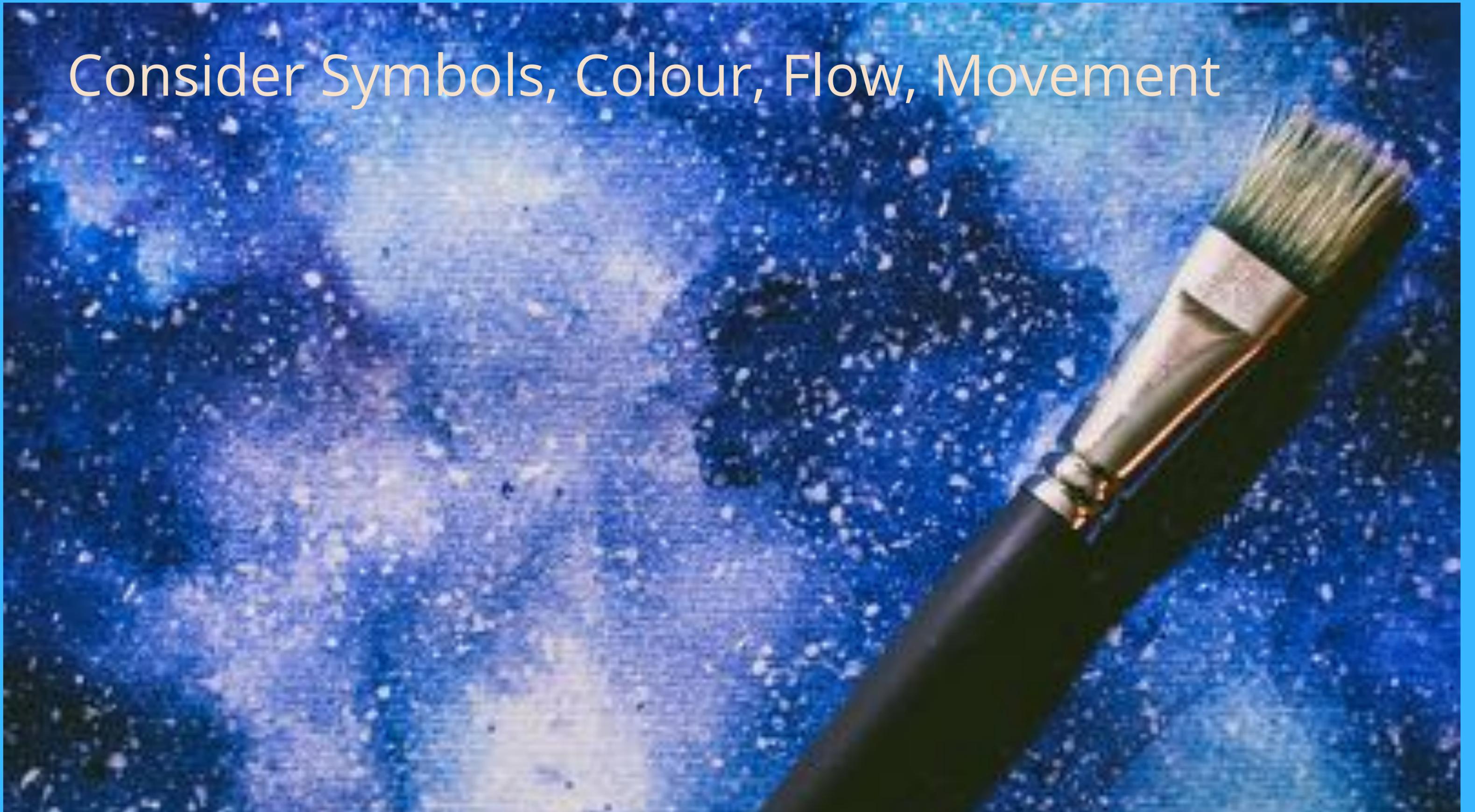
Artwork provides a Map that
allows one to view Past,
Present and Future.

FUTURE

- *Taking Action*
- *Implementing insights*
- *Action plans*
- *Benefits and
Consequences*
- *What is the direction &
movement in the art?*



Consider Symbols, Colour, Flow, Movement



Art therapy is a Client Centred Process.

The Alchemy of Support, Self Expression, Guidance, and Acceptance offers clients the Tools to initiate their own healing.

Art therapists facilitate Journeys that gently peel away layers of consciousness, to reveal a deeper story.

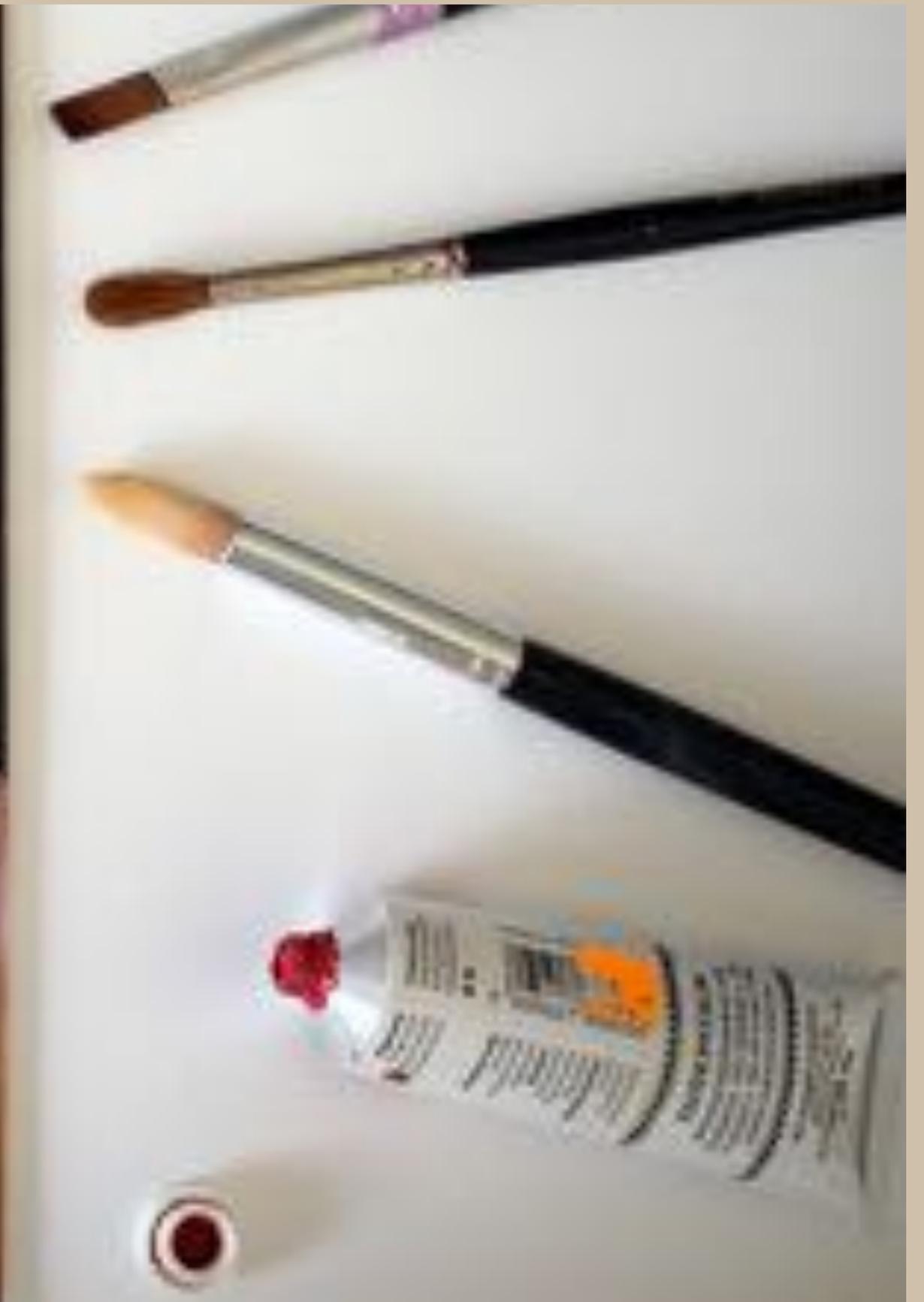




APPLYING ART THERAPY

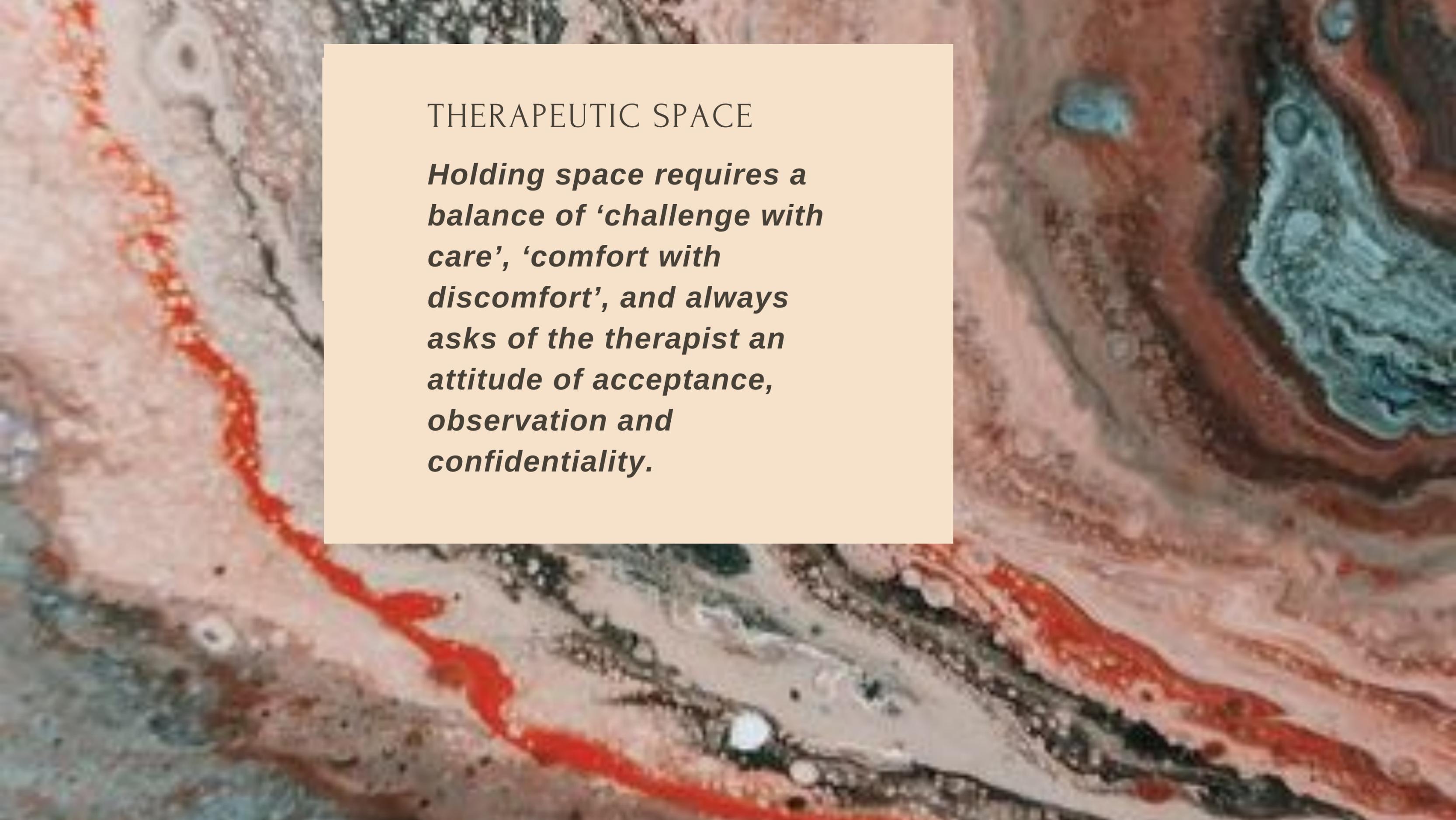
Embodying a Therapeutic Approach as an Art Therapist

- ESSENTIAL NON JUDGEMENTAL APPROACH
- HOLDING THE SPACE
- FINDING SUPPORT
- INNER QUALITIES



Holding space is a skill a good art therapist must learn to embody well, to be present with a person and their art process.

Essentially this means offering a strong enough presence that a client feels supported, yet at the same time being able to step back to enable the client space to emerge themselves in their own process.



THERAPEUTIC SPACE

Holding space requires a balance of ‘challenge with care’, ‘comfort with discomfort’, and always asks of the therapist an attitude of acceptance, observation and confidentiality.

To effectively hold the space, a therapist must be aware of their own limitations and boundaries, whilst at the same time consciously filter out their own experiences and/or opinions to provide space for the client to discover their own.





TRANSPERSONAL
ART THERAPY

Transpersonal:

Transpersonal means 'beyond the self'.

The Transpersonal model is an inclusive model, embracing every possibility for healing.

The Transpersonal

Understands that something else breathes life into who we are.

As a therapist we are then working with a clients belief systems and the intangible.

TRAVERSING TRANSPERSONAL REALMS:

- ALTERED STATES OF CONSCIOUSNESS
- MYSTICAL EXPERIENCES
- RITES OF PASSAGE
- NEAR DEATH EXPERIENCES
- OUT OF BODY EXPERIENCES

TRANSPERSONAL
THERAPY THUS
EXPLORES...

CONSCIOUSNESS

Consciousness in Therapy



EXPLORATIONS OF CONSCIOUSNESS:

- LIFE FORCE
- NOT LIMITED TO HUMANS (INCLUDING PLANTS, ANIMALS, MATTER AS WE KNOW IT)
- NOT LOCAL (CAN EXPAND INTO OTHER LOCATIONS, AS UNIVERSAL CONSCIOUSNESS ETC)
- CONSCIOUSNESS CAN BE INDIVIDUALISED, BUT IT CAN ALSO BE EXPANDED TO A SENSE OF ONENESS.





Explorations of Light

- LIGHT IS DISTINCT AND DOES NOT EXPERIENCE ANY OF THE CONFINES OF HOW WE DEFINE MATTER
- MATTER RELATES TO: SENSORY FORMS, PHYSICAL DENSITY, SPACE, TIME, CAUSALITY & LOCALITY
- LIGHT IS THE FIRST MANIFESTATION OF THE ABSOLUTE
- LIGHT IS NOT LIMITED OR CHANGED BY TIME, SPACE, CAUSALITY ETC.
- PSYCHE & MATTER

How does
consciousness
manifest into all these
diverse forms?

ALL OUR EXPERIENCES ARE
WITHIN US

None of it is outside of us (because
we are this light) ... It is simply all our
experience, within the light.



Applying States of Consciousness

ALPHA

Very relaxed or meditating (reflecting)

BETA

Awake and alert

THETA

Lightly asleep (dreaming and ideas)

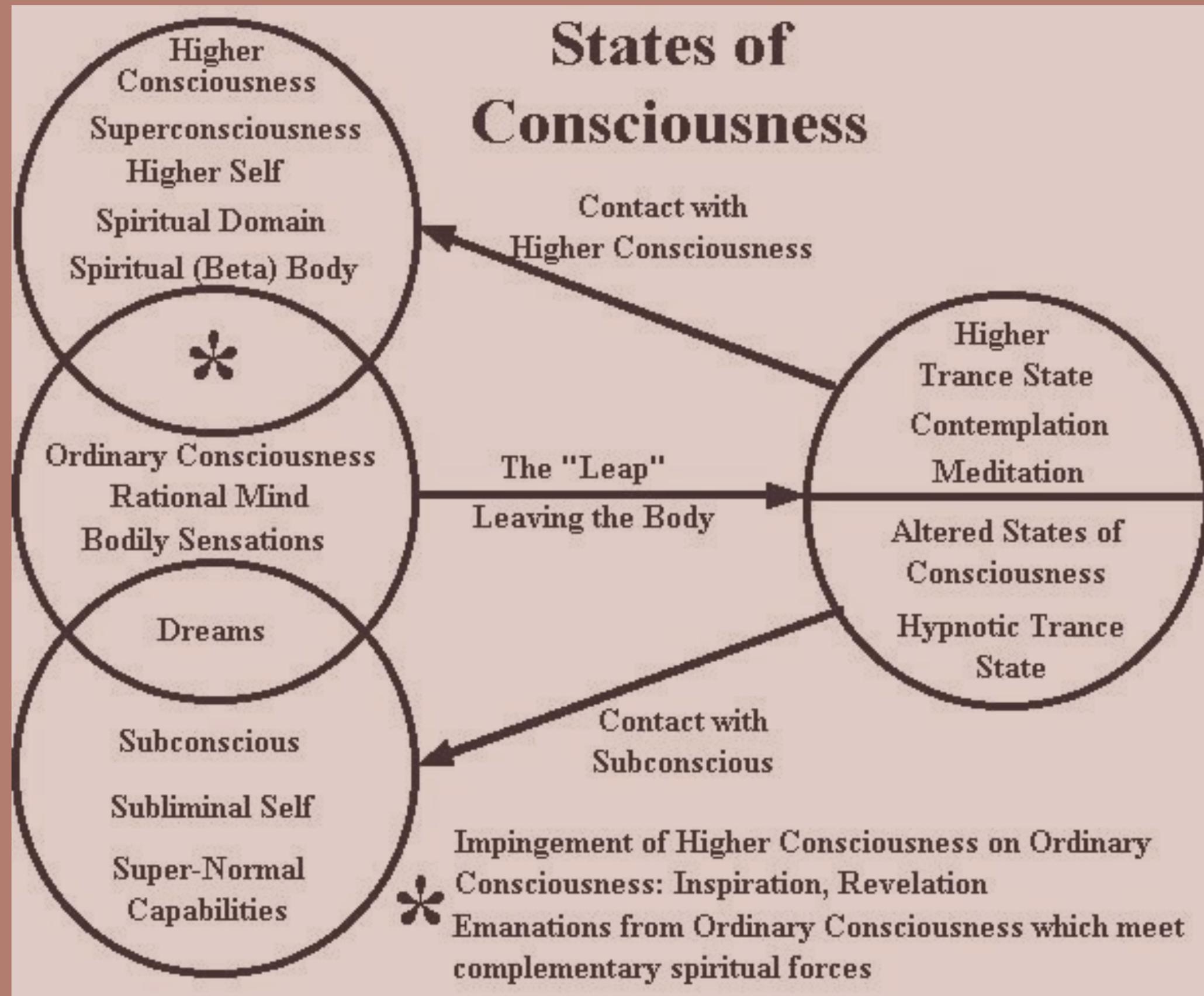
DELTA

Deeply asleep

MAPPING

States of consciousness

UNDERSTANDING
THE SUBCONSCIOUS



FOUR STATES OF HUMAN CONSCIOUSNESS

DEEP SLEEP STATE (PRAJNA) - "M" OF AUM_

In this unconscious state, there is neither the desire for any gross or subtle object, nor any dream sequences. The deep impressions of the mind are stored here in their latent form, like seeds. When certain conditions are met, they can play out in dreams or grow into actions in the waking state.

PURE CONSCIOUSNESS (TURYA) - " " OF AUM_

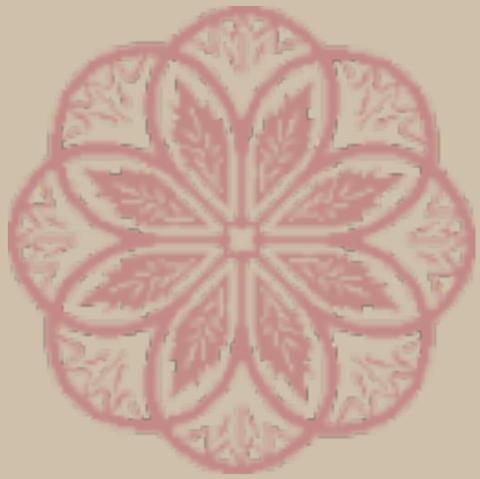
In this state, consciousness is neither turned outward nor inward. It permeates and observes the other three states. From the vantage point of Turya, one sees the entire panorama of the play of the levels of consciousness.

WAKING STATE (JAGRAT) - "A" OF AUM_

In this state, consciousness is turned outward to the external world. It is about experiencing gross material objects through the senses. This is the conscious level of mental and emotional processing,

DREAM STATE (SVAPNA) - "U" OF AUM_

In this state, consciousness is turned towards the inner world. The mind can work out its unfulfilled wants, wishes, desires, attractions, and aversions that are not allowed to play out in the external world.



Healing & Curing

HEALING (ADJECTIVE)

The process of making or becoming sound or healthy again. Tending to heal or therapeutic.
Relieve.. Ease... Soften... Salve.

CURING (VERB)

Relieve one of a disease or condition.
Noun: a substance or treatment that cures a condition.

IN ART THERAPY

As Art Therapists we facilitate healing, we do not attempt to cure/fix/remove experiences.

We do not necessarily attempt to heal.

We provide a space for people to find meaning in their experience.

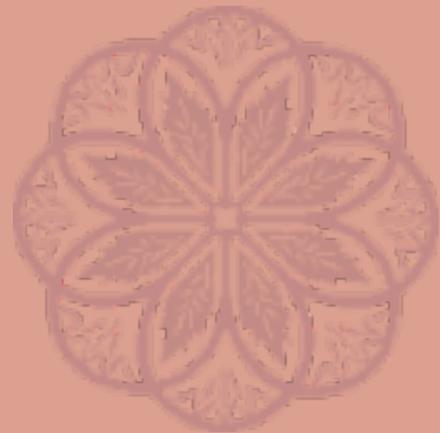
Art therapy can help people to clarify goals.



Art therapy explores the
meanings we form...
and how this influences
our experiences in life

PHENOMENOLOGICAL
EXPLORATION:

Making meaning
through objects.



WHAT DO YOU SEE?

Very relaxed or meditating (reflecting)

WHAT DO YOU SEE IN THE
SPACES?

(that aren't there perhaps)

NEW PERSPECTIVES

What new information do you get when you view
the art from different perspectives?

METAPHOR

Using metaphors to create a story about the art.

CLIENTS PHENOMOLOGICAL RESPONSES

Phenomenological exploration of a clients art piece can reflect the healing/curing dynamic, and act as a reminder regarding our role as an Art therapist.



Art allows Space

Art allows space for the subconscious to emerge, for what is unknown to surface and be explored.





The Soul's Language

Art allows the intuitive brain to be activated, with symbols, colours and image, providing a language for the soul's expression.





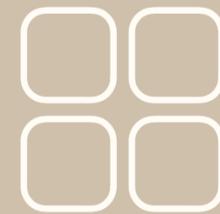
Art in Therapy:



Concept 1:
Experience is
sensory

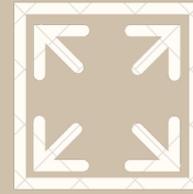


Concept 2: Words are
only an approximation of
lived experience



Concept 3: Intrinsic –
capacity for art making

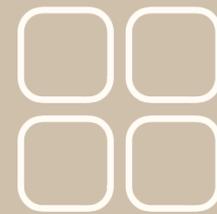
Art in Therapy:



Concept 4:
Capacity to use metaphor



Concept 5: Capacity to
understand simple imagery



Concept 6:
Comparison – verbal therapy



Concept 7: Privileging
the unconscious

The Healing Elements of Art Therapy



EXPRESSION

*Freedom of & experience of
expression*



MEANING MAKING

Insights generated through
reflection



PRESENCE

Client & Therapist's therapeutic
presence

“In a village in Africa, every child is born with a song. Dreamed with a song from the mother, Conceived with a song, In utero with the song, Birthed with a song, and throughout their life guided and identified by the whole village with this song.”





The Soul's Language

I sense Art offers us the same ability to presence the self, to locate self within the whole, and to display the wholeness of an experience and all its shades and expressions through colour, movement and symbology.



