



aRT THERAPY
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Art Therapist

Historical Timeline

- The 'idea' of using art as therapy as a western model began around 1790.
- Degeneration 1800~A dominant 19th century idea that used both the arts and sciences to formulate its reasonings.
- A Psychiatrists View of Insanity 1850~During the 19th century, insanity began to be theorized an irreversible brain condition as a product of degeneration. (not psychological or psychosomatic disorders). It was believed to be hereditary and followed a family line, worsening each generation until they finally became extinct.

People of significance the timeline

- A.C Haddon (1855-1940) around 1890
- Cesare Lombroso around 1890
- Max Nordau 1895
- Sigmund Freud 1910

- 1917 beginning of the psychoanalytic time

Psychoanalytic psychotherapy began after world war one, with heightened interest in the 'shell shock' experienced by many veterans

The Beginning Link

- 1930 pathology and artistic expression
- Carl Jung 1932 used symbology and dreams as representations of the unconscious mind and universal patterns.
- Oscar Pfister 1932
- Melanie Klien 1935
- Ernst Kris 1938

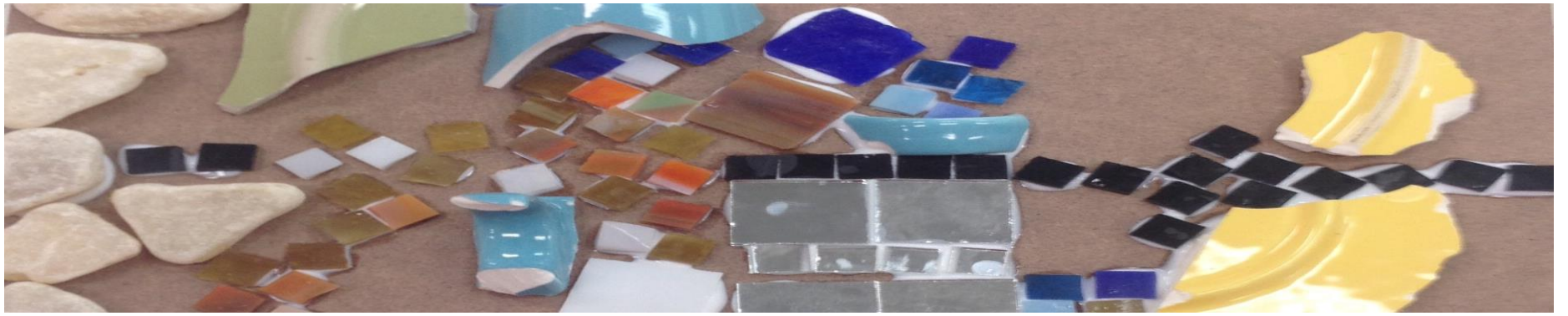
believed psychoanalysis contributed to the study of art by use of mythological themes, links between the psyche and artistic works and creative imagination



Art Therapy- seperate profession 1940's

- Adrian Hill was the first man to coin the phrase 'Art Therapy', when he became sick with tuberculosis in 1938. Then he realised the therapeutic value of art for the sick, working at the bedsides of the sick. In the 60's he tried to align art therapy with education.
- Margaret Naumburg 1950
- Susan Bach 1950
- 1970 divisions in theories of practising art therapists, some practised 'Art as Therapy' others art psychotherapy. Art as therapy used the healing power of art making and favoured process over product. Art psychotherapists used art as a healing tool within the framework of verbal psychotherapy

today



- Art Therapy over the last 15 years has become an integral part of expanding social services and a new focus on the healing aspects of expressive arts.
- Art Therapists now work collaboratively with health professional, cancer programs, prisons, trauma relief teams, and personal growth classes.
- Art Therapists are now also employed in school systems to address the learning needs of children with physical and learning disabilities

Art Therapy and Me



What Is Art Therapy?

'We should not pretend to understand the world only by the intellect: we apprehend it just as much by feeling. Therefore, the judgement of the intellect is, at best, only half of the truth, and must, if it be honest, also come to an understanding of its inadequacy.' (Jung, 1921)

- Art provides an avenue to allow individual and collective influences on the psyche to be revealed.
- art therapy operates on a continuum, 'art as therapy' along to 'art psychotherapy'.

- Incidental Art Therapy

Occuring as a result of engaging in an art process

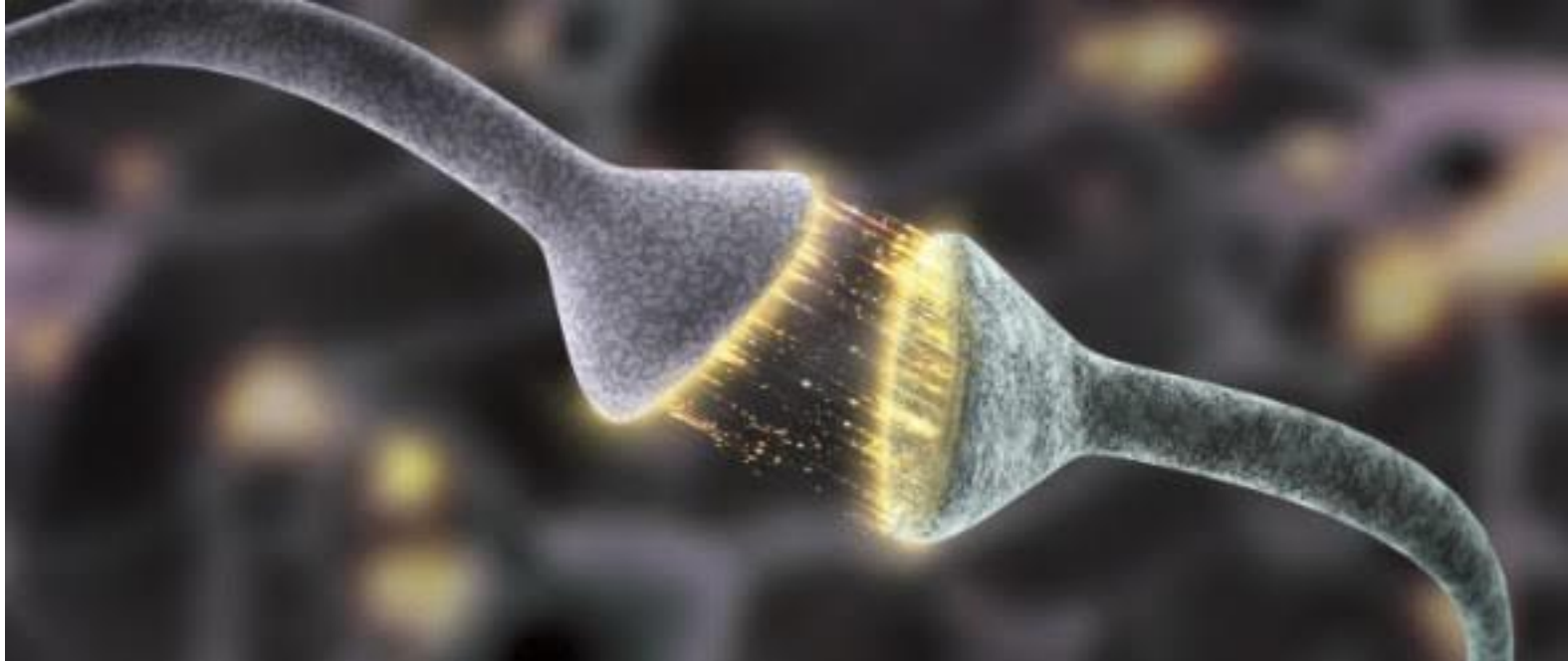
- Directed Art Therapy

An Art Therapist can and will use methodology along this creative expressive continuum. They bring with them as Art Therapists an expertise that allows them to facilitate work that best provides access to healing, limiting retraumatisation, and responsive to emerging and emotional experiences of the client or the group.

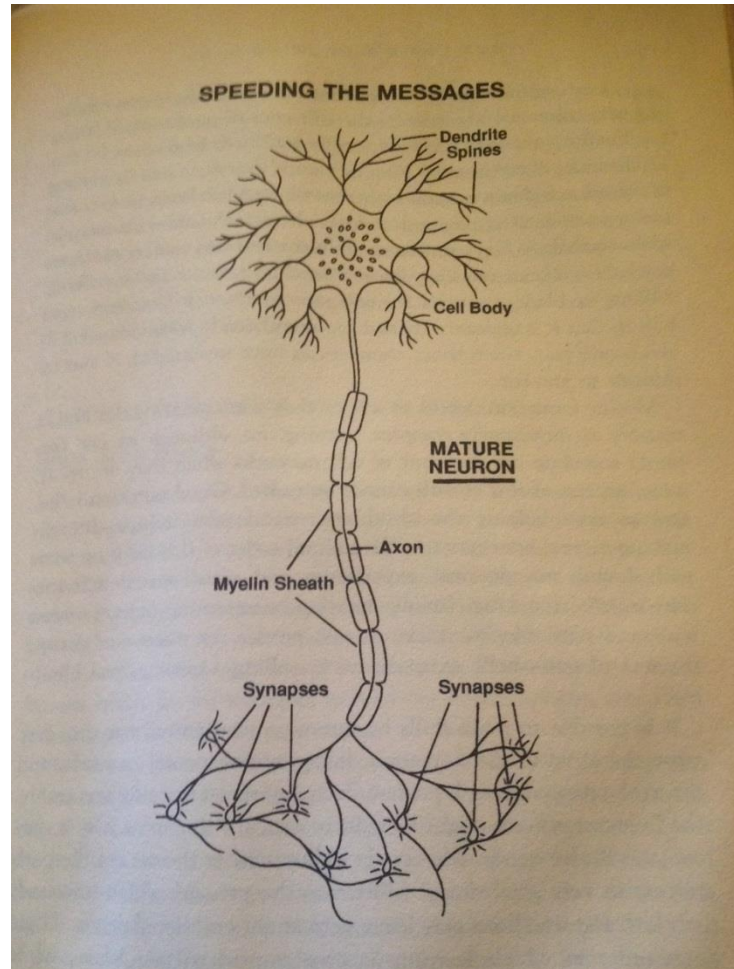
Subjectivity

- Subjectivity is related to responsibility, and the capacity for making responsible choices — or lack of this capacity — is central to notions of mental illness
- Historically subjectivity was granted to people with mental illness once they had agreed with the diagnosed biomedical model
- the mental health field assigned itself the role of developing subjectivity instead of witnessing subjectivity. Shifting to witnessing subjectivity supports people in experiencing their subjectivity with greater awareness

ART is RELATIONAL



Integration and Healing



- Synapses share information with each other
- Messages are sent down the Axon into our 'cell body'
- Our hands as the mind's primary 'tools'
- They receive and process much of our concrete information
- Negative experiences are known to impact the brain throughout development~through exhaustion, anxiety, pressure or fear
- Perhaps then, a goal of creative expression could be to 'unlock' these more harmful stored experiences, witness them and
- Re stimulate and re-feed the cellular body with more beneficial, rested self-directing and self-controlled ones

Trauma Informed Practice

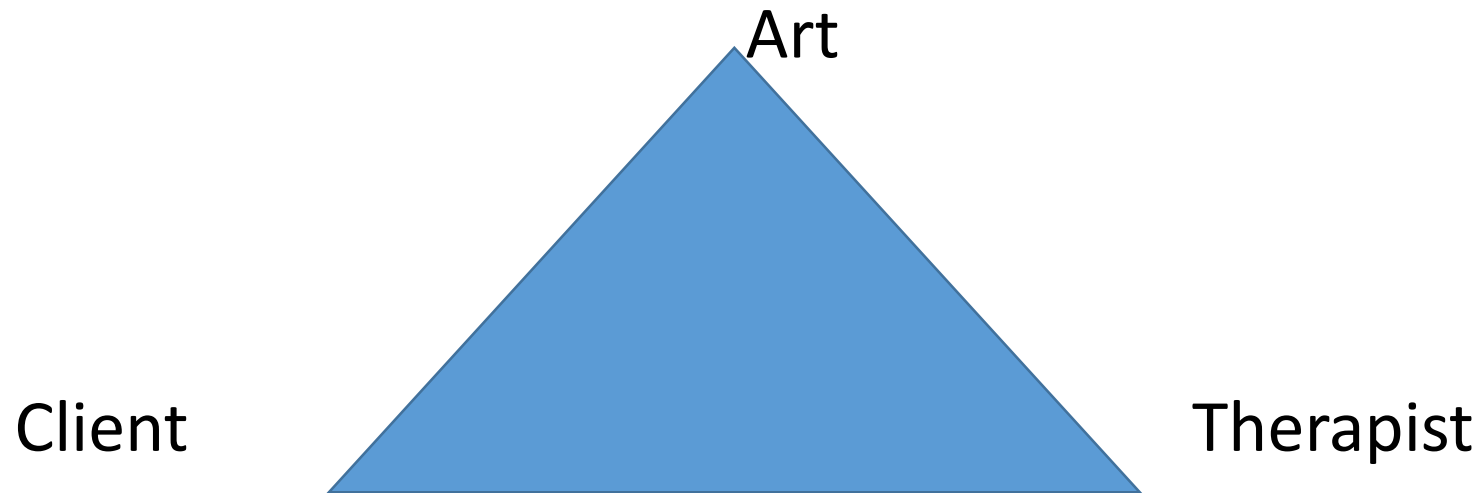
'We can now connect the psychobiology of trauma to the social determinants of health. Never before have we had an integrative framework that allows extensive and specialised bodies of knowledge to be connected to each other within a human rights context as well as public health challenge.'Bloom, S & Farragher, B 2013, Restoring Sanctuary: A new operating system for trauma informed systems of care, Oxford University Press

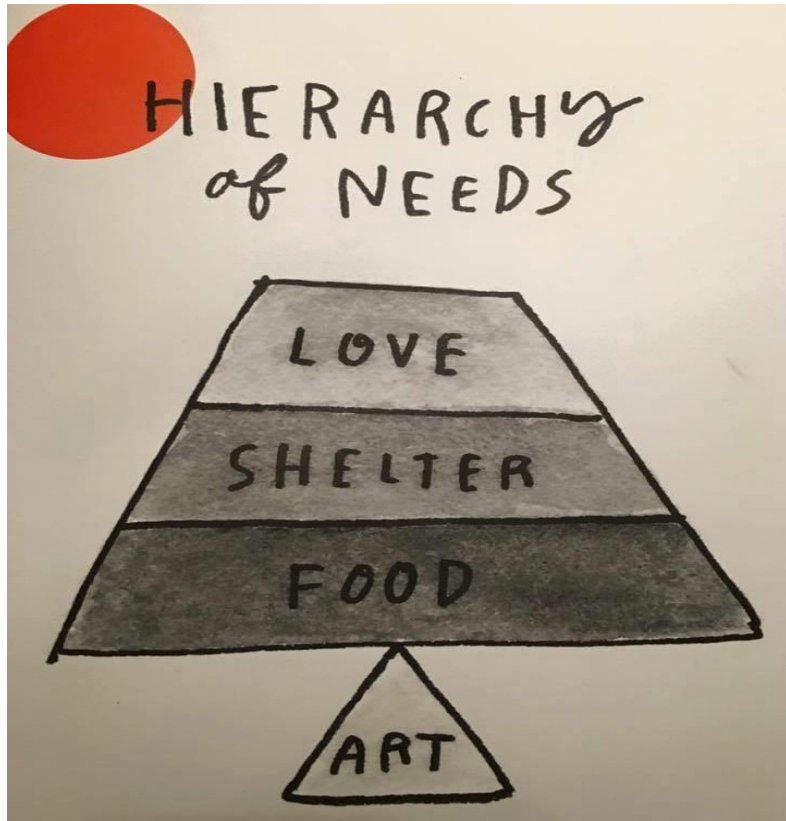
Four Principles of TICP

- safety,
- trustworthiness,
- choice,
- collaboration and empowerment



- Art Therapy works synergistically with trauma informed practises in mental health as the process of an art therapy session allows for externalisation to occur spontaneously between the client the the artwork.
- This externalisation gives space for the person to view trauma from another perspective and begin to process it from this space also.
- This is a basic diagram of an art therapy sessional model~What externalisation looks like:





- 'Recognising that these fundamental principles occur during a session, creates the opportunity to 'maximise self determination, support autonomy and empower individuals to learn about the nature of their injuries and to take responsibility in their own recovery.'

Language

where there are no words~there is art

- Most 'talk' therapies are much more driven by the practitioner and require that the client and the therapist firstly can speak the same language or involve another person to translate
- Our senses and our bodies store memories
- We trust the art, and through use of metaphoric and symbolic language assist the client to gain insight and understanding
- The time taken in art making also provides space for the client to reflect on the problem and with well chosen materials process the problem emotionally, mentally and physically



Art is so completely embedded into our way of living and meaning making. Art Therapy is respectful of cultural diversity and sensitivity. The difference in a therapeutic setting is that materials and mediums change in response to and resonance with emotions experienced.

Social Justice and Art Therapy

- Art therapists have begun to discuss how social justice can be applied to all realms of practice: clinical work, community based partnerships and coalition building, as well as to social inquiry, research and evaluation.
- Social justice embodies the vision of a society that is socially, politically, and economically equal, and in which all its members are physically and psychologically safe.
- Social justice demands that all people have a right to human dignity and to have their basic economic needs met.

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