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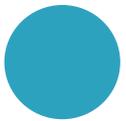
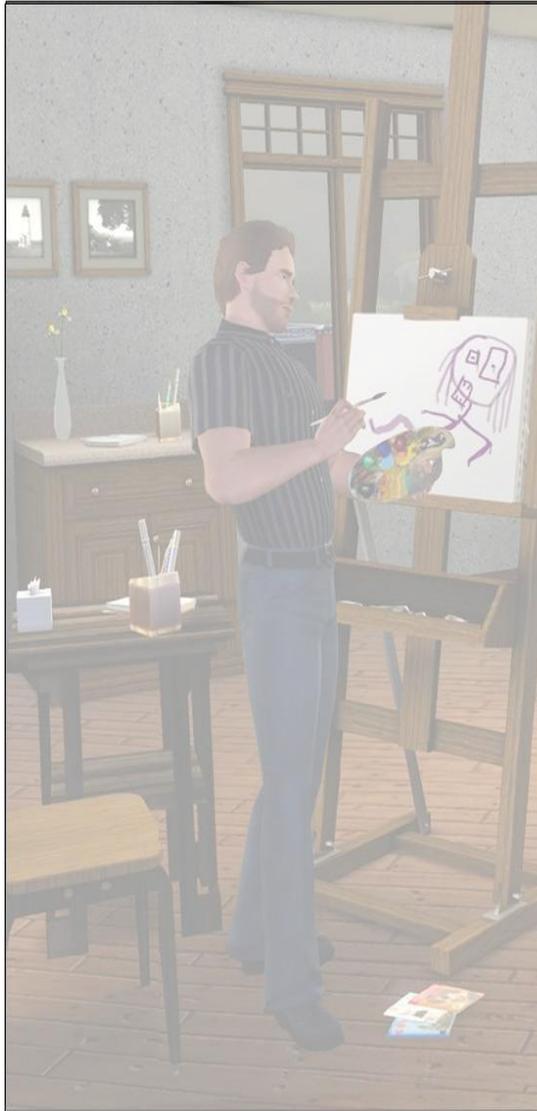
# PSYCHOTHERAPEUTIC ISSUES IN EXPRESSIVE ARTS THERAPY

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## LOCATION

- The art studio, called in ancient Greece: Eskelapios, is the constant safe place where the expressive arts therapist and his/her clients need to meet. Because therapy and expressive therapy even more, produce provoking behaviors and acting outs, the location, space and conditions require safeness, privacy, and defense and containment conditions.





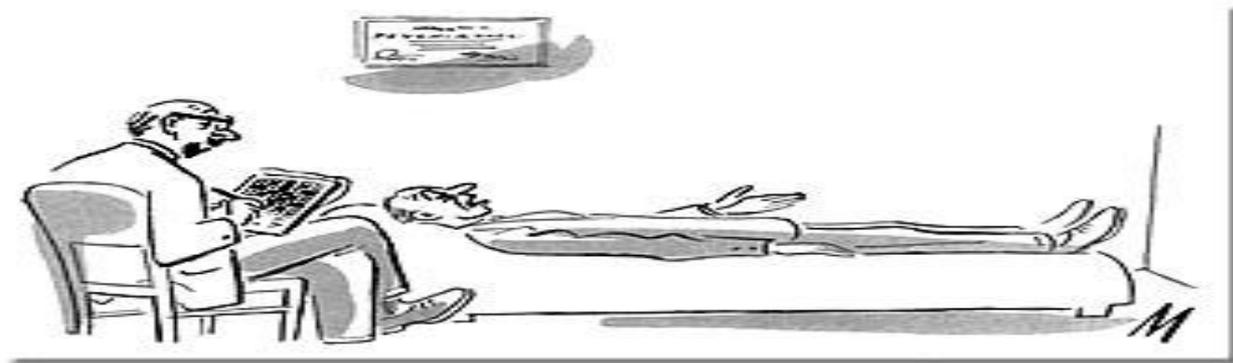
## TIME, PAYMENT, SETTING

- These are the three preliminary basic conditions which differ friendship from psycho therapeutic relationship. In order for an expressive arts therapeutic meaningful process to take place these three conditions need to be guarded and respected. They are part of the contract. Any deviation from these three rules need to be elaborate in supervision.



# TRANSFERENCE

- Are the client's feelings and behavior projected on the therapist. Freud noticed that his clients brought their early child-parent relationships into the psychotherapeutic milieu.
- He saw crucial importance in elaborating the tra



# ARTISTIC TRANSFERENCE

- The client produces art in accordance with the art therapist's style, according to the art therapist's expectations and expects the therapist to praise him/her. When therapist realizes how this is transmitted unconsciously and successfully to him/her, they were labeled by Melanie Klein as: "Projective Identification"



# COUNTER TRANSFERENCE

- Are the therapist's feelings, responses and reactions towards the client. When unconsciously these are transmitted to the client, they were labeled by Melanie Klein as "projective counter identification". This material needs to be checked in supervision!



## ARTISTIC COUNTER TRANSFERENCE

- Is the therapist's response to the client's artistic work: enthusiasm and praise or disgust, withdrawal and rejection are possible. Those can be expressed also while both therapist and client are experiencing mutual work in the studio. Needs to be elaborated in supervision.



# CONFRONTATION

- A possible reaction in counter transference relationship, when therapist wishes to confront the client to enact change.



Therapist should first estimate the strength of their bondage, thereafter induce a confronting response either artistic or verbal and eventually elaborate on it.



# INTERPRETATION

- A possible response from the therapist or a group member, relating to the client's artistic work. If the client is not defensive it can be accepted by the client as innovative point of view and bring important insights. Artistic interpretation can also be expressed by an actual participation from the therapist part in the course of the artistic creating



## CONFLICT

- Is a state when the client ignores the therapists' authority and strives into an aggressive encounter either artistic or verbal. Destruction, violence and aggression very often are modes which enable artistic change, development and growth. Should be elaborated in supervision.



# CONTRACT

- Is a preliminary meeting with client to establish basic conditions to enable therapy. In contract the role of both therapist and client need to be cleared out, basic conditions are expected to be discussed, expectations and basic rules need to be cleared out.



# CONTRACT

- The contract is followed usually by a comprehensive **Intake** which covers the client's background, motivation for therapy and expectations. Money issues need to be brought up as well. This session is usually a very diagnostic encounter which can give the therapist a preliminary feeling on the therapeutic process which will



# POTENTIAL SPACE

- Is D. Winnicott's concept relating to the unique place and environment which are required in order to provide a therapeutic atmosphere. The emphasis here is not only on the physical conditions but even more on the therapist's mode of response to the artistic behavior of the client and his/her productions. It is characterized by non-judgmental responses, creativity, playful associations.



## ARTISTIC SHARING

- Is a very dramatic response from the therapist or the member in a group therapy. People, instead of expressing their feelings or ideas verbally, share their needs, thoughts or feelings in an expressive manner . This can be done either by moving, singing, or reading a written paragraph, adding an artistic piece or displaying a dramatic act.



## ARTISTIC MIRRORING

- This is a specific response from the therapist or from a member of a group therapy, when **imitation, duplication or echo response** is given to the client, in order to strengthen his/ her sensation that he/she are seen, are significant and are mindful to the observers.

