

# Contemporary view on Expressive Arts & Drama Therapy

- ▶ **Expressive Arts Therapy is a twin sister to Drama Therapy in the sense that they both are built from stories, images, movements , sounds & music , stage, arena and audience.**

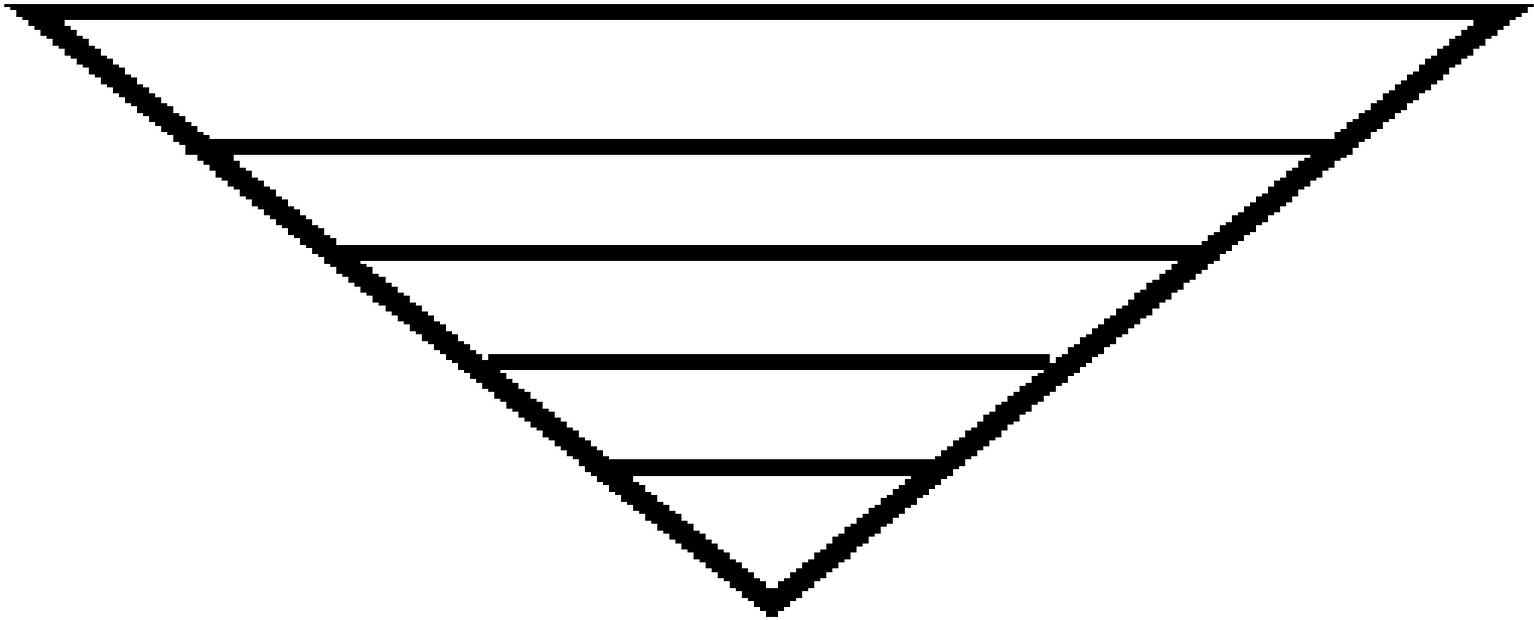
- ▶ In a world of globalism where people fly everywhere and internet connects everybody, the language of Expressive Arts Therapy creates a **cultural common-base for communication** beyond borders.

- ▶ **All humans, before the onset of verbal language, communicated emotionally through audio /sound, kinesthetic /movement and visual / images - Expressive arts is the original parent-baby pre-verbal language.**

- ▶ **Expressive Therapy is an efficient tool in coaching, consultation and psychotherapy:**
- ▶ It invites for a regressive dialogue
- ▶ It opens up creativity and non rationale approach to life
- ▶ It eliminates hierarchy, regulations, obstacles and rigidity
- ▶ It is based on optimism, biennial forces, individualism
- ▶ It is aesthetic as it integrates image, sound and movement
- ▶ It is cross culture in every aspect!
- ▶ It requires minimal speech or lingual skills
- ▶ It is profitable and economic

Imitation:

Expressive Arts Therapy is built as an upside down pyramid



**When clients consciously express their intentions while in the making of the artwork, they are using the simplistic level (in kabalistic terms: Pshat).**

**When they are encouraged to further examine the different parts of their work, they may reach a deeper layer, the hinting layer (in kabbalistic terms: Raz).**

Furthermore, by the therapist asking more and more questions, the client may have more profound insights, reaching another deeper layer, the interpretation layer (in kabbalistic terms: Drash)

However, the client may not yet reach the deepest layer of awareness coded in the artwork, the secretive layer (in kabbalistic terms: Sod).

This can be achieved by the Gestalt Martin Buber Me–Thou technique when the art image speaks itself aloud!