

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.**

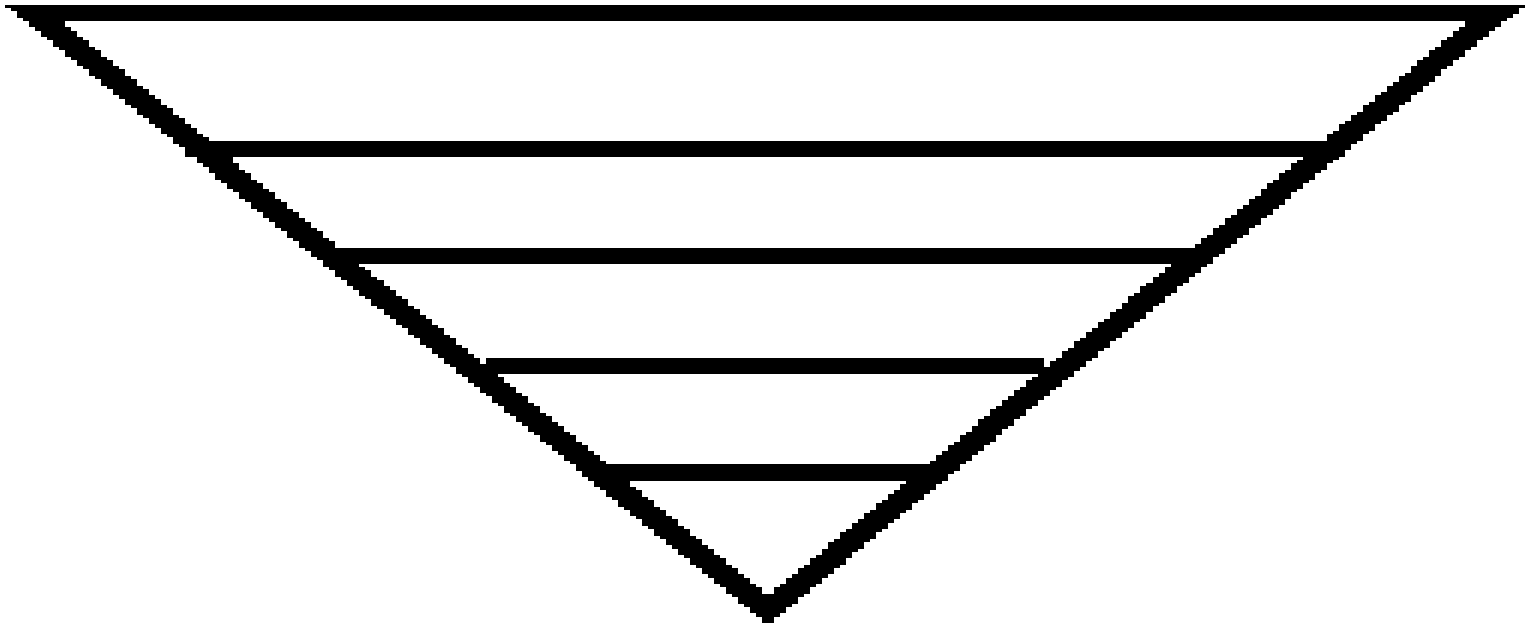
- ▶ In a world of globalism where people fly everywhere and internet connects everybody, the language of Expressive Arts Therapy creates a **cultural common-base for communication** beyond borders.

- ▶ **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!