

Workshop 1:

## Through Darkness Towards Light

Åse Minde & Kari Rød, Norway

These opposites, light and darkness, life and death, will always coexist. They are the very foundation of our existence and crucial in the moment of creation. There is this breaking point in creation where new life can arise or cease. It is found in the space where The self can meet a you, whether it is in relation between humans or between humans and art.

Human beings' search for meaning in life and the inner struggle between the dark, destructive forces and their longing for love are often reflected in art. By giving these opposing forces expression and form, they can become less dangerous and bring us new insight. Art's ability to transform dark, destructive forces can help us navigate through stormy waters and find new meaning.

In this workshop we will explore these contradictions and seek to discover the inherent life force. The avenue of hope challenges our ability to reconcile with the past, but also our capacity to recreate and keep the light in the darkness. The authors have more than 20 years

on working together in a professional field encountering people amid this struggle.

The workshop will be based on both theoretical knowledge and clinical experience from this line of work. After an introduction on the topic, the participants will be given individual creative challenges and invited into small groups for sharing and reflecting. Summing up, we will be listening to experiences of hope through the creative process.

**Kari Rød:** *psychiatrist with extended training in psychodynamic psychotherapy, art psychotherapy and trauma treatment. In her work as a psychotherapist and medical professional at a special clinic on eating disorders for 20 years, she has focused on intergrating body and art in the treatment of eating disorders. Rød has given lectures on conferences nationally and internationally. She is co-author of the book: "Relasjon, kropp og kunst I psykoterapi", published in 2023.*

**Åse Minde:** *pioneer in art psychotherapy in Norway, founder and former leader of the Special Clinic of Eating Disorders, Oslo University Hospital. Educated in England and the USA, with more than 40 years in the public health system in Norway. She has written several books and chapters in various professional books, in addition to giving lectures nationally and internationally. In 2017 she was honored The Kings Medal of Merit for her contributions in art psychotherapy and treatment of eating disorders. Editor/co-author of the book "Relasjon Kropp og kunst I psykoterapi", published 2023.*

Workshop 2:

## Opening Pandora's Box- Distracting our Conscious brain to Release the Hope.

Jane Hawes, Sweden

The original myth of Pandora's box has changed through the ages but I recall the version my mother told me as a child. This was the story of an over-curious Pandora who opened a box left in her care. She had been warned not to open the box. Despite this, she did so, releasing such monsters as sickness, famine, and death. Deep in the bottom of the box, Pandora found hope. I believe that most therapeutic processes are a search for hope but often, we must release and eventually befriend our monsters to find it.

Over the years in my Art therapy practice I have used eye movement techniques based on *Eye Movement Desensitization & Reprocessing* (EMDR),(Shapiro and Forrest,1997) and *Hypnotherapy* (Erickson & Rossi,1976), combined with the creative process, as the tools to release monsters and find hope.

I have developed several creative exercises, that incorporate eye Movement and artmaking, to distract our conscious brain and to liberate our innate curative abilities. I have found that in many cases involving attachment trauma and various forms of PTSD, these exercises are very effective. This way of working with trauma seems to be often less threatening than other techniques that are not supported by the creative process.

In this workshop I will demonstrate some of these simple and non-invasive exercises. Together we will explore what I believe to be intimate and not threatening ways of reaching and processing trauma, in other words: releasing and accepting our monsters in order to find hope.

**Jane Hawes** was born in Washington D.C. in 1955 and moved to Sweden in 1983 where she worked as an artist and film maker. She produced both animated and live-action films. Jane later became an art therapist and followed this with a masters in disability studies and a psychotherapy degree in relational and Interpersonal therapy. Jane currently works at the private clinic which she shares with four other Art therapists in Stockholm, Sweden.

Workshop 3:

## GUIDED DRAWING

– a tool for healing trauma and reviving hope.

Toril Slåttsveen Asp, Norway

Can drawing/painting with eyes closed and two hands in parallel movements be healing?

Can it open up for safety, joy and hope? Cornelia Elbrecht, who is running a school based on this in Australia, has seen this happen over and over again through her 40 years of practice.

Guided drawing is a method within Art Therapy that can help to release blockage and pain due to traumatic events, in particular events that have lasted for a long time. From trauma-research one knows that the body needs help to let go of its “locked up” tension, as part of the healing process. This method is body-focused and gives the client tools to express whatever emotions he/she might get in touch with while drawing. “The guide” has a “bag of resources” that is mainly filled with different shapes. Some are smooth to soothe and create connection, some are more rigid to help release and let go.

“The guide” is creating a safe place and is present along the way. Does not interrupt too much but testify to what happens and suggests shapes that might help the client to move forward. He/she also talks about the experience after each painting, helping the client to be aware of sensations and emotions is important.

Since being aware inwardly plays an important part, this method may also be used for **blind people**. My experience is that it opens a new world, where the blind does not feel so different from others but is present and benefitting as anybody else.

We gather in this workshop to get a taste of how this method works.

We will draw to experience,

Share to enrich each other.

Reflect to understand.

### **Toril Slåttsveen Asp**

*My basic education is a Master of Theology. Together with Pedagogical training that gave me a degree in teaching. In addition to that I studied Art therapy at Oslo Met. Lately I have completed a course in “Guided drawing” with Cornelia Elbrecht.*

*I have been working three years in South Africa (Theological training). In Norway I have mainly been teaching in junior high schools.*

*For the last 13 years I have been running a retreat center together with my husband. We offer time for silence, reflection, prayer and counselling. We also offer Art retreats, and I often use Art therapy methods combined with counselling and Spiritual Direction.*

Workshop 4 (formerly 7):

## Working in Pairs – a practical workshop, focusing on group art therapy where participants work divided in pairs – based on experiences from work with people with substance abuse disorders

Kateřina Zachová, Czech Republic

Substance use disorder is a serious problem all over the world. Common initial problems of these patients are ADHD, childhood deprivation, poor living conditions, and PTSD. Frequently occurring comorbidities are narcissistic and borderline personality disorder. They often have difficulties with self-expression and interpersonal communication. They can hardly find a balanced way to deal with other people. They tend to be distrustful, too submissive, or on the contrary, unable to respect other people.

Art therapy is an ideal complement to traditional CBT approaches in addictology. It facilitates the breakdown of interpersonal barriers, allows patients/clients to find a connection with their inner feelings, and establishes healthier relationships within the therapeutic group. An efficient type of group art therapy intervention for them is working divided into pairs. The patients/clients, who can enclose in their private space in individual work or hide themselves in the anonymity of the group, are directly confronted with the need to work closely together on a shared artifact. An important moment in the intervention is also the very method of dividing patients/clients into pairs, which can be done in many different ways according to the current therapeutic intention.

This type of intervention has specific dynamics, uses an initial warm-up, and is often combined with relaxation or drama therapy elements. It can be used with both adult and child participants in a variety of groups ranging from healthy individuals to most psychiatric patients. It has proven itself in pedagogy and is suitable wherever we need to deepen relationships between participants.

The aim of the workshop is to familiarize the participants with the principles of pair work, to show them examples of these techniques, and to let them experience some of them. The workshop will consist of a theoretical introduction, a main self-experiential part, and a final reflection.

**Kateřina Zachová** is an art therapist and drama therapist. She works at the Clinic of Addictology at the First Faculty of Medicine of The Charles University in Prague (FFM UK) and the General University Hospital in Prague and in the Therapeutic community for addiction treatment Magdalena. She is a Ph.D. student at the Department of Addictology of FFM UK. Her dissertation focuses on the actual situation of implementation of the art therapy component in addiction care in the Czech Republic. Her professional training is based on visual arts. She graduated from the Academy of Applied Arts and at the Faculty of Theatre of The Academy of Arts in Prague and from École Supérieure des Arts Appliqués Dupperée in Paris. She completed training in group and art therapy and training in DVT. Since 2020, she has specialized mostly in addiction treatment.

Workshop 5 (formerly 10):

## Making art therapy visible - BALANCES between private and public

Pia Angeria, Finland

Traditionally, works made in art therapy are not exhibited but kept private. What is communicated when works are put on display without explanation? Can an art therapy exhibition in itself be therapeutic?

To make art therapy more accessible and to present its potential to a wider audience, a group of Finnish group art therapists organised an exhibition project in August 2023. The project included a month-long art exhibition open to the public and free art therapy workshops. The exhibited art was created by the therapists themselves in their own therapy process or using art therapy methods. As the exhibition and workshops attracted a lot of interest in visitors and feedback, the question arose: Could such a project be conceptualised? Could it also serve as a low-threshold mental well-being support in its own?

The conference workshop will test the idea of a therapeutic exhibition and refine it from a professional perspective. In this workshop a therapeutic exhibition installation will be built and, if possible, exhibited to conference participants. In the workshop, a collective attunement will lead participants to artistically explore and examine key concepts in art therapy and their own relationship to them. Such concepts include flow state, the importance of embodiment and safety. A collective exhibition will be put together of the personal works created in the art sessions around the different themes. After assembling the exhibition installation, the workshop will reflect on the relationship between public and private. At the same time, the therapeutic nature of simply looking at an exhibition will be considered.

This workshop complements the lecture of the same name and is organised by the HEILAHDUKSIA working group.

***Pia Angeria** specialises in art therapy methods to support growth and in the context of counselling and education. Pia's main work is as an art and craft educator in a secondary school in Vantaa. As a group art therapist Pia has worked with children, adolescents and adults. Pia's interests include resource-centred and multi-artistic approaches, trauma-informed work and the non-verbal impact of art in interaction and encounters with people. Pia has previously worked as a special education teacher and in development work. She is co-author of the book *Ryhmäluotsaaja*, art therapy book in the context of school, that will be published in spring 2024.*