

Seminar program

Date: 11. – 15. September 2017

Place: Institut for Kunstterapi, Buen 15, 7321 Gadbjerg, Danmark

Tlf: 00 45-26 14 95 44.

E-mail: Kunstterapi@kunstterapi.dk

Registration: www.kunstterapi.dk/kurser/seminar

Theme: Art Therapy. Inner dialogues and mental health.

Purpose with the seminar is to exchange, inform and inspire individuals to use art therapy in treatment and development.

The seminar is held in English and Danish.

When workshop description is in English, the workshop will be held in English

When workshop description is in Danish, the workshop will be held in Danish

All morning lectures are held in English

Art therapy is a method, which can include physical, psychological, social and spiritual activities and is therefore useful in relation to different needs and a good alternative to more traditional and verbal treatment of children and adults today.

The seminar will focus on the resource connected to inner dialogues related to expressive processes.

There will be an interchange of lectures, workshops and musical performances.

The seminar is open for everyone interested

Program

Monday 11/9:

Lecture 10.00 – 11.00: Joan Chodorow: Souls Body: Emotions and their Development.

For many years now, I've been fascinated and engaged with dance and movement, together with any or all of the arts, as natural ways to experience, express, communicate and transform emotion. I will trace the development from crisis affects toward symbolic gestures and postures of the age-old cultural forms, going back to antiquity. Presentation includes slides to illustrate.

Workshops 11.15 – 13.30

Thea Illum: Kunstterapi for mennesker med en spiseforstyrrelse

Spiseforstyrrelse er en fællesbetegnelse for lidelser, der karakteriseres ved forstyrret spising og en forvrænget kropsopfattelse, og den påvirker personens psykiske, fysiske og psykosociale liv negativt.

Anorexi og bulimi er de mest kendte spiseforstyrrelser, hvor tvangsoverspisning (trøstespisning) er mindre kendt. Der vil være et kort oplæg om spiseforstyrrelser generelt, efterfulgt af en kunstterapeutisk process, hvor deltagerne arbejder med et emne, som kan give indblik i, hvordan en klient med en spiseforstyrrelse oplever verden.

Paola Partsalaki: Inner mother and child in arttherapy

Through my work with children in art therapy, I found that an important aspect was that of working with the mother and child bond: the first and most important relationship in a human's life. Working with both of them at the same time, offers many advantages: the therapist get all the information needed about how those two communicate. The results of the work are deeper and faster and marvellous things happen through each session.

Through the workshop, you will work with your inner child and mother. How do they communicate and mirror each other, on the inside?

Lau Laursen: The 7-symbols-metod (1)

7-Symbols-Method is a drawing exercise involving seven specific archetypal symbols. The dynamics of the finished drawing reveals the constitution of primary psychological forces in the current life situation. Moreover, it reflects the underlying biographical foundation, and most importantly, it points out areas offering immediate opportunities for personal growth and integration.

Anni Bjørn: Leg med din egen skygge.

Gennem teaterlege, improvisationer og refleksioner, sætter vi sammen lys på dine skyggesider. Ved at "spille" sin egen skygge, er der mulighed for at øge bevidstheden om egne projektioner.

Vi vil sammensætte alle "skyggerne" i et lille Skyggespil.

Workshops 15.30 – 18.00

Dace Visnola: Colors speak

We express in words what we know. While using colors we express our feelings and senses, unknown and unconscious. The workshop will start with the short insight of my experience while working with colors in my own self-discovery and self-healing process. The workshop will be continued with a practical part exploring the chosen colors by participants. The workshop will include different modalities of arts: movement, music and sounds, visual art and writing.

Sissel Kristianne Bøhn: Din indre vejviser

Lytter du til de fornemmelser og følelser der kommer fra et dybere lag i dig?

På denne workshop vil vi lade os inspirere af det der kommer fra en spirituel og sjælelig kilde.

Via psykodramatiske teknikker, kropslige og sanselige øvelser, vil vi lade os guide indover for at lokke information op fra dybet i os. Derefter vil vi udtrykke dette i et billede – og bringe det ud i det fysiske rum.

Lau Laursen: The 7-symbols-method (2)

Continue....

Anni Bjørn: Personlig Power

Styrk din personlige gennemslagskraft ved at øge bevidstheden om dit kropssprog og stemmebrug. Vi vil kigge ned i skuespillerens værktøjskasse og gennem øvelser på gulvet vil du få øget kendskab til, hvad netop DU behøver, for at kunne stå stærkere i dig selv.

Vibeke Skov 20.00: Drumming together

Tuesday 12/9:

Lecture 10.00- 11.00: Inge Nygaard Pedersen: Music Therapy in Mental Health

A creative perspective on working with problems and promoting resources.

Workshops 11.15 – 13.30

Joan Chodorow: Authentic Movement (mover-witness practice)

Authentic Movement (mover-witness practice) has many overlapping aspects. The process involves a mover, a witness and the dynamics of their relationship. The mover-witness relationship is co-created, infused with multi-sensory images and emotions. It may begin with any number of starting points. Participants are invited to wear comfortable clothing and to bring a notebook and/or drawing materials to record their images and experiences.

Anne Hedemann: Børn i Kunstterapi

Dette er en workshop der henvender sig til dig som er nysgerrig på at vide mere om børn i kunstterapi.

Via praksisfortællinger fra Familiehuset i Middelfart og maleøvelser, tilbydes et indblik i hvordan kunstterapien kan skabe et terapeutisk udviklingsrum for børn. De kunstterapeutiske øvelser, som du kommer til at afprøve, tager afsæt i neuropsykologien.

Sissel Kristianne Bøhn: Your inner Guide

Are you listening to the sensations and feelings that come from a deeper layer in you?

In this workshop we will be inspired by information from the spiritual source within.

Using psychodramatic techniques, paying attention to our body and senses, we will seek for messages and explore what comes up. Expressing it in a painting, and then into the physical room.

Zsuzsanna Gerebvalachine: Layers of dreams, layers of artwork

Working with dreams is a fruitful material in psychotherapy. Though dreams are moving much like films, the created image is static. With the help of layers of wax paper, some gestalt methods and symbol therapy, I would like to share how dreams can be used in an arttherapy frame.

Workshops 15.30 – 18.00

Anne Hedemann: Relational kontakt og mentalisering i kunstterapeutiske processer med børn

Denne workshop henvender sig til dig der er interesseret i at opleve hvordan kunstterapien kan skabe relevante terapeutiske mødeøjeblikke i familierapi. Sammen med

en Kunstterapeut fra Familiehuset i Middelfart, kommer du via maleøvelser til at afprøve hvordan den relationelle kontakt der kan opstå mellem forælder og barn, kan bruges terapeutisk med fokus på at træne evnen til mentalisering.

Cornelia Clausen: Livet med døden.

Hvordan kan kunstterapien bruges i forhold til døden?

Workshoppen giver eksempler på hvordan de kunstneriske udtryk kan bruges i mødet med døden, både som pårørende, behandler og som eksistentielt livsvilkår.

Udgangspunktet er kreative øvelser der er undersøgende omkring deltagernes eget forhold til døden. Herunder også forholdet til de kreative forandringsprocesser der symbolsk kan sammenlignes med dødsprocessen.

Inge Nygaard Pedersen: Awareness of Borders and Position in the Therapeutic Relationship

In this workshop we will work with body, voice and drawings and explore the private, social and soloist spaces as experienced by the participants in a specific frame of exercise. The exercise is exploring existentialistic experiences and nonverbal awareness in relationship with others with a focus on therapeutic relationships. You will work in pairs but the verbal processing will be summed up in plenum. No training in applying voice or drawing is needed for participation.

Lau Laursen: Archetypal patterns in the creative process

Through the use of music, creative imagination, drawing and movement we will uncover inherent structures as they manifest themselves in processes of creativity and transformation. And we will reflect on how this can be recognized and applied in individual and group process, as well as in dreams and various other forms of creative expression.

Music 20.00: Music with Martin Sundahl

Onsdag 13/9:

Lecture 10.00 – 11.00: Eleni Giannouli: Art therapy and borderline personality disorders

This presentation will introduce art therapy and borderline personality disorders. It will include art therapy as an adjunctive psychotherapy for patients with Borderline Personality Disorder in an outpatient Personality Disorders Unit in the 1st Psychiatric Clinic (Eginitio Hospital) in Greece. There will be a case presentation of a patient with BPD and a slide show of the artwork generated from individual and group art therapy sessions in the same Unit.

Workshops 11.15 – 13.30

Joan Chodorow:

Jung's mid-life crisis; mover-witness practice; perception and projection.

Jung's mid-life crisis and his experiments with self-healing led to his discovery of the integrative function of symbolic play, the arts in psychotherapy and the many forms of the method he came to call active imagination. Participants are invited to experience and explore mover-witness practice, with special attention to studying the nature of multi-sensory perception and projection.

Vibeke Skov: Skam og Kreativitet (1)

Skam er på mange måder modsat den kreative proces. Mens skam bevæger sig indad mod den usynlige virkelighed, så er den skabende proces udadvendt og synlig. Igennem mentalisering af de skabende udtryk kan vi bryde skammens negative bevægelse og frigøre kreative ressourcer.

Med udgangspunkt i myten om Inanna, vil vi arbejde med heling af skam igennem 5 faser: Forberedelse, nedstigning, død, tilbagekomst og ny verdensorden. Vi vil arbejde med kunstterapeutiske metoder som redskab til at aktivere og transformere skammens hæmmende funktion i forhold til individuationsproces og 'original' kreativitet.

Eleni Giannouli & Paola Partsalaki: The book of my life

Dominant stories hide your alternative stories and, as they are discovered, new meaning is created. The book essentially serves as a canvas on which you can work. An altered book may serve as a medium for creativity and personal expression.

Through the workshop, you will find stories from your lives that will allow you to gain flexibility and insight in your ability to resolve challenges. You will be able to externalize problems, identify unique outcomes, develop alternative stories, and share with others.

Lotte Pedersen: Kunstterapi i misbrugs behandling.

Fra misbruger til clean. Kunstterapien kan bistå til, først at styrke jeg'et, dernæst konfronterer og integrere skygge materiale som har været levet ud i misbrugsidentiteten, øve den nye clean identitet i gruppesammenhæng og finde ny mening med livet.

Workshoppen vil bl.a. indeholde oplæg omkring udvikling af misbrug i psyken ud fra Jungiansk perspektiv. Derudover introduktion til metoder samt praktiske øvelser.

Workshops 15.30 – 18.00

Vibeke Skov: Skam og Kreativitet (2)

Workshop fortsat...

Mall Tamm: Dialogue with self. Sand mandala

Solutions for our problems are always there, inside us, in the unconscious close to the holy place, the Self. One way of getting answers from the Self is to engage in dialogue. The process of creating a Mandala is like a journey to this holy place. C.G. Jung said it is like washing the Soul-mirror. In the mirror, you will meet a real and honest reflection of yourself, that is not distorted by outer influences and fixed beliefs about yourself. We will use colored sand and tacky cardboard. A short PowerPoint presentation will introduce you to the work.

Solveig Christensen: Spiseforstyrrelse og selvskade.

Workshoppen vil belyse spiseforstyrrelse som selvskadeform. Jeg vil vise at en spiseforstyrrelse både er udtryk for overlevelsesadfærd og selvudslettelsesadfærd, som medfører ambivalens i forhold til behandling. Jeg vil give eksempler på kunstterapeutiske

praksisformer og øvelser inspireret af Karin von Dalers metode "Creative Mindfulness" og Vibeke Skovs model for "Integrativ Kunstterapi". Jeg har arbejdet med rehabilitering i såvel grupper som med enkeltpersoner og vil inddrage case eksempler. Desuden vil deltagerne i workshoppen inviteres til dialog og aktiv medvirken i kunstterapeutiske øvelser.

Zsuzsanna Gerebvalachine: Using the great mother archetype in ego development

Working with children I combine art with symbol therapy. The aim is to strengthen the ego, to find inner sources to the struggles of life. In Eric Neumann's concept when the primary relationship got hurt, but there was some positive experience, the archetype of the Great Mother as symbols of Nature got alive and gives comfort and shelter. I would like to show how I use symbols, elements of nature in my work.

Thursday 14/9:

Lecture 10.00 – 11.00: Hellen Lassen: Body, colour and images

The body contains hidden memories, but also unrealized potentials. They can be contacted in a direct, creative way, via subjective color-experiences, attached to the organs of the body. The lecture will use case-stories to focus on this kind of alternative entrance to point to the innate ability of mind and body to heal themselves. This procedure activates to a higher degree the right cerebral hemisphere, more than the left, analytical one. The balance between the two cerebral hemispheres will be related to an English theory: Transomatic Color Therapy.

Workshops 11.15 – 13.30

Joan Chodorow: Play, Imagination and the Emotions

Today, we may move our way through one or two symbolic stories, held by the mover-witness relationship. One is *The Rainmaker* from ancient China. The other tells the story of the infant god Dionysus and names the ancient toys and universal games that have beguiled and delighted children since antiquity. All of the toys came to be sacred objects used in the rites of initiation into the mysteries of Dionysus.

Trevor Jeavons: Intention, Expression, Perception and Projection

Trevor Jeavons talks about his work in Scandinavia and his extensive role in Art Therapy, including his experience as Senior Art Psychotherapist at a UK Hospital using "Intention, Expression, Perception and Projection". He is in a unique position of being able to share differing experiences and ideas about hospital therapy, teaching therapy and the multiple task of teaching within personal art-therapy processes! Exercises and art-therapy images (relevant to work with young people will be included).

Mall Tamm: Dialogue with dots

Dots on the paper - might contain your whole life. We will work with your created dots and will use the information they contain. You will discover inner personalities, who are beside you in good and bad times...

We will use paper, crayon and creative writing. Also different tools and symbols will be around you to help to keep this dialogue safe, interesting, fun and thought provoking. Practical work full of silence.

Hellen Lassen: Krop, farver og billeder (1)

Vores krop huser et væld af ubevidste, skjulte og subjektive farvefornemmelser, knyttet til de indre organer. På workshoppen vil vi bruge transomatiske teknikker, som jeg lægger frem undervejs, til at komme i kontakt med disse fornemmelser og transformere dem til billeder og bevidsthed. I den efterfølgende bearbejdning bruger vi inquiry teknikker i små grupper.

Workshops 15.30 – 18.00

Trevor Jeavons: Working with intuition

Within his consideration of “Intuition “and what it means Trevor shares the story of how he discovered from disabled children the healing power of art. The function of “Intuition” within his many years of work in the UK, Scandinavia and beyond is considered. Therapy images from his Senior Art Therapist hospital studio will be shown and discussed. Participants will also be encouraged to use their “intuition”.

Annette Friberg: Dyrene kan noget!

Workshoppen tager udgangspunkt i en mangfoldig samling af legetøjsdyr. Dette håndgribelige redskab rummer *så* mange muligheder! Dyrene hjælper imaginationen på vej, og åbner op for dialogen med det ubevidste. Workshoppen vil vise eksempler herpå, skabe oplysning og inspiration til anvendelse i individuel terapi med: børn, unge og voksne - foruden anvendelse i familierarbejde, og til brug ved kollegial supervision.

Eleni Giannouli & Paola Partsalaki: Like a snake shedding infinite skin

Borderline Personality Disorder is a mirage illness. It feels like someone without fingerprints. One has no identity. He moves between things constantly, people and passions. People can be tricked into seeing a BPD patient as boldly transformative. In reality, he is someone without a sense of self, like a snake shedding infinite skin.

Through the workshop, you will work with your identity. Who are you? Which parts are you made of? What is your identity?

Hellen Lassen: Krop, farver og billeder (2)

Workshop fortsat.....

Jazz evening 20.00 ‘Jazzmood’

Friday 15/9:

Lecture 10.00 – 11.00: Vibeke Skov: Shame and creativity

Shame hurts and makes us want to disappear into invisibility. The creative process does the opposite as it gives birth to new parts of the self. The old story of Inanna will be used as an archetypal structure for the healing of shame and as a release of original creativity.

Workshop 11.30 – 13.00: Joan Chodorow: Inanna and the wounding/healing nature of shame.

Participants are invited to approach and explore Vibeke Skov's four-part story of Inanna's descent and return through felt sensations and expressive movement, perhaps including particular gestures and movement sequences that emerge and touch us in our life story today.

We approach mover-witness practice both as a form employed in dance/movement therapy and/or as a way to continuing creative forming toward further choreographic exploration and development.

Teachers

Joan Chodorow, Ph.D. BC-DMT. Jungian analyst and Dance/movement therapist, USA

Vibeke Skov. Ph.D. Psychologist, glass artist, Denmark

Hellen Lassen, Art historian, artist, Denmark

Lau Laursen, Musician, composer, Denmark

Cornelia Clausen Dipl. Art therapist, ceramist, Denmark

Thea Illum, Dipl. Art therapist, Denmark

Annie Bjørn, Actor, Dipl. Art therapist, Denmark

Annette Friborg, Dipl. Art therapist, Denmark

Sissel K. H. Bøhn, Psychodrama Therapist, EAP, Denmark

Jørgen B. Bertelsen, Analytical therapist, Denmark

Paola Partsalaki, Art therapist, artist, Greece

Eleni Giannouli, Art therapist, Psychologist, Greece

Trevor Jeavons, M.A., Dip. Art Th. Dip. Ed., N.D.D., UK

Mall Tamm, Art therapist, Art pedagogue , Estonia

Solveig Christensen, Dipl. Art therapist, Denmark

Zsuzsanna Gerebvalachine, Clinical psychologist, art/ symbol therapist, Hungary

Lotte Pedersen, Dipl. Art therapist, Denmark

Inge Nygaard Pedersen, Ph.D., Music therapist, Denmark

Anne Hedemann, Dipl. Art therapist, Denmark

Dace Visnola, Art therapist, teacher, artist, Dr.paed., Mag.sc.sal., Latvia

Registration: www.kunstterapi.dk/kurser/seminar

You can participate the number of days you want

Price:

Whole seminar (4 ½ days) 3.900 DDK (no accommodation)

Seminar per day: 1000,- DDK (last day 500,-DDK)

Food: 200,- DDK. Per day (Friday 100,-DDK)

Room at the Institute (limited) 200,-DDK per day (in double room)

We can refer places to stay near the Institute.