



SPEAKING THOROUGH ART

Languages of Art Therapy in Europe

While image is a universal way of communicating, the languages we use to approach it can differ. Across Europe, art therapists apply different languages and various concepts to work with images in art therapy.

This conference aims to explore universal and particular, what is common and what is different in richness of cultures, histories, contexts and approaches in art therapy in Europe today.

The focus is on how we, as art therapists, utilise art processes and images within therapeutic context and with therapeutic aims. How do we approach mental images (metaphors) and those captured with art materials? What is the relationship between process and product, visual and verbal?

We shall explore these questions through a series of lectures and workshops led by experienced art therapists from different European countries.



9.00 – 9.20 WELCOME

ROOM 1	Lectures
09.20 - 10.00 lecture 1	Four Principles for Mindful Transformation in Phronetic Art Therapy <i>Irmgard Maria Starke (Austria)</i>
10.05 - 10.45 lecture 2	4 Phases of Transformation: Experience by Means of a Practical Example <i>Helga Bachofner (Austria)</i>

ROOM 2	WORKSHOPS
9.20 - 10.45 workshop 1	Psychological and Technological Aspects of Sculpture Portrait in Arts Therapy <i>Igor Burganov (Russia)</i>

10.45 - 11.00 COFFEE BREAK

11.00 - 11.40 lecture 3	Nature Based Practices in Art Therapy <i>Nicola Shaw (Germany/UK)</i>
11.45 - 12.25 lecture 4	Images of Archaic Universal Symbols <i>Jeannette Fiott (Malta)</i>

11.00 - 12.25 workshop 2	I Look, You Look and Together We See: Joint Attention As a Pivotal Therapeutic Tool in Art Therapy. <i>Jane Hawes (Sweden)</i>
------------------------------------	--

12.25 - 14.00 NETWORKING LUNCH (Optional)

14.00 - 14.40 lecture 5	The Image Way: Being Immersed in the Image as a Path Toward Creativity and Beauty <i>Simone Donnari (Italy)</i>
14.45 - 15.25 lecture 6	Objectivity in Pictorial Expression: RizbA, a Quantitative Rating Instrument for Formal Picture Analysis <i>Kerstin Schoch (Germany)</i>

14.00 - 15.25 workshop 3	Action as Metaphor <i>Álvaro Prats-Bertomeu (Spain)</i>
------------------------------------	---

15.25 - 15.45 COFFEE BREAK

15.45 - 16.25 lecture 7	Conversations Between and Around Images During a Long-term Art Therapy Journey <i>Frédérique Degand (Luxemburg)</i>
16.30 - 17.10 lecture 8	Worlds and Images the Emotional Barometer <i>Zsuzsanna Geréb Valachi (Hungary)</i>

15.45 - 17.10 workshop 4	Postcards and Temporality: Making Exhibitions and Galleries on the Move <i>Naomi Press (UK/France)</i>
------------------------------------	--

17.10 - 17.30 COFFEE BREAK

17.30 - 19.30 GENERAL ASSEMBLY

20.00 DINNER



ROOM 1 Lectures	
09.00 - 9.40 lecture 9	Art Poetry: Phenomenological Perspective of Using Images and Words to Communicate with Psychiatric Inpatients <i>Barbara Kariž (Slovenia)</i>
9.45 - 10.25 lecture 10	Speaking Without Speaking <i>Dace Visona (Latvia)</i>

ROOM 2 WORKSHOPS	
9.00 - 10.25 workshop 5	Psychodynamic and Cognitive Art Psychotherapy in Practice <i>Elisabeth Engström Franzén (Sweden)</i>

10.25 - 10.45 COFFEE BREAK

10.45 - 11.20 lecture 11	Art Therapy with Dementia <i>Karl-Heinz Menzen (Germany)</i>
------------------------------------	--

11.30 - 12.30 PLENARY SESSION/CLOSING

12.30 LUNCH



1. Four Principles for Mindful Transformation in Phronetic Art Therapy

Irmgard Maria Starke (Austria)

and

2. Four Phases of Transformation: Experience by Means of a Practical Example

Helga Bachofner (Austria)

Konfuzius: „If you want to be happy all the time, you have to change often.“

Every change and every transformation in our lives incites four different phases of our experience which help recognize our reality as it is, stepping out of denial and becoming free from pain and suffering. The first part of the lecture given by Irmgard will be a theoretical introduction to the topic.

Using the example of the art therapy process of a psychotic client living in delimited, merging cosmic experience and flooded with inner images, in the second part Irmgard and Helga will show influence of the four phases of experience leading to transformation. Also, how the artistic activity with tangible material ensuring boundary, order and structure can counteract loneliness. Every art work carries a message which has to be „read“ and, helps transformation in a mindful way.



Helga Bachofner was born in 1962. Her basic profession is a primary school teacher. From 1999 to 2003 she trained in phronetic art therapy at the Wiener Schule für Kunsttherapie where she now works as a teacher and where she is also doing further training. For many years she worked in a psychiatric clinic with groups and individuals with different kinds of psychiatric disorders. She works in private practice and teaches art therapy to future psychotherapists.

3. Nature-Based Practices in Art Therapy

Nicola Shaw (Germany/UK)

Nicola will present her thesis' findings on how integrating art therapy with nature-based practices can be of benefit to clients and, what are the opportunities and challenges of working in nature-based, outdoor art therapy. Natural environments, such as forests, are abundant in metaphors and provide wonderful settings for certain clients. Nicola will show how, as art therapists, we need to contain and process the transference and countertransference that come up working outdoors, as they can bring processes to light quicker and more intensely than in the studio. Some case study material will also be presented.



Nicky Shaw BA, PGCE, PgDipAT, is a recent art therapy graduate from the Canadian International Institute of Art Therapy. Nicky attended their sister training school in Bangkok, the International Programme of Art Therapy Thailand. With a successful first career as an educator in the classroom and in middle management roles, Nicky was interested in ways art therapy could ease transition for students between primary and secondary school. Now working in the United World College movement in Freiburg, Germany, Nicky has set up art therapy groups for all stages of transition for selected adolescents entering and leaving the college.



4. Analytics in Art Therapy: Images of Archaic Universal Symbols

Jeannette Fiott (Malta)

Jeannette will present findings of a case study from Malta, placed within cultural and historical context. The lecture will be followed by 10-minutes reaction drawing and, explore the question of whether to look at visual images as basis for analysis (translation and interpretation) or as a language in its own right.



In the past years, *Jeannette Fiott* has been working on introducing Art Therapy in Malta as a pioneer in the field. She is currently specialising in working with children, teenagers and their families. Being active in her work as an artist, she had two solo exhibitions at the prestigious Maltese Palazzos. Also, she presented her work in Maltese media and at international conferences.

5. The Image Way: Being Immersed in the Image as a Path Towards Creativity and Beauty

Simone Donnari (Italy)

The presentation will show how being immersed in images, thanks to last generation technologies, can awaken the interest for the other, reactivate the creative process and generate beauty of the relationship. In respect to traditional art media, new technologies can help the therapist in targeting the best sensorial channel to open communication and start building a therapeutic relationship, often nonverbal. Clinical cases of severe and multiple disabilities will introduce different tools and approaches where traditional art therapy media meet digital tools in order to enhance communication and integrate different sensorial channels. Range of applications of digital tools in art therapy will be shown, e. g. a drawing can be tasted and eaten thanks to a 3D food printer or, fruits, vegetables and flowers can emit sounds and be played like a keyboard.



Simone Donnari is an art therapist, the president of the Italian Professional Association of Art Therapists and, co-founder of a psychotherapy school the Istituto Gaetano Bendetti in Perugia. He is the Educational Director of the Art Therapy School in Assisi and, he leads seminars, lectures and supervisory sessions in mental health centres in Italy, the University of Perugia and the New York University Steinhardt. He is a co-founder of the Associazione Sementera Onlus and the Atlas Centre. Since 2007, he has been working on new technology applications development in the treatment of mental disabilities and autism.

6. Objectivity in Pictorial Expression: RizbA - a Quantitative Rating Instrument for Formal Picture Analysis

Kerstin Schoch (Germany)

Art therapy is a language we need to listen to carefully to understand. In that regard, it is essential for the therapist to stay objective to do justice to both clients and their artworks. Impartiality is especially important when it comes to non-verbal cues with various subjective undertones, such as pictorial expression. The quantitative rating instrument for two-dimensional visual works (RizbA) offers a novel, reliable perspective on this field and artworks in particular.



Kerstin Schoch is an artist, art therapist and psychologist based in Berlin. She studied at Nürtingen University for Art Therapy and the University of Mannheim. Her work includes: freelance work as kunsthochzwei (since 2008); a PhD candidate at Witten/Herdecke University, Department Psychology and Psychotherapy (since 2016); a Research Assistant at the Institute for Art Therapy and Research at HKS University of Applied Sciences and Arts, Ottersberg (since 2016) and; the Fellowship Open Science by Wikimedia Germany, Stifterverband and Volkswagenstiftung (2018 – 2019).



7. Conversations Between and Around Images During a Long-term Art Therapy Journey

Frédérique Degand (Luxemburg)

Presenting the art made in art therapy by a mother of an ill child, Frédérique will try to show the dialog between the client and herself; between the client and her images and; between the client's images. The images will include those made by the client (paintings, collages, images from sand-play) and those chosen by her from the Dixit Cards.



Frédérique Degand studied occupational therapy and art therapy at the age of 30, in order to work in psychiatry. She worked for 15 years in a psychiatric hospital, out of which for 10 years in alcoholism rehabilitation, where she held mainly art therapy groups. Having a need to understand what was going on in these groups, she completed a training as a psychoanalytic psychotherapist. Highly interested in the Jungian approach and the powerful language of sand-play images, she is currently training to be a sand-play therapist. Since October 2015, she has been working as a therapist and art therapist with children and teenagers with cancer or a life-threatening disease,

8. Worlds and Images: the Emotional Barometer

Zsuzsanna Geréb Valachi (Hungary)

In this presentation, Zsuzsanna will focus on recent theory and practice at the Budapest X. District Pedagogical Counselling Service in group art therapy with adolescents struggling with emotional regulation. Various techniques will be presented focused on finding a bridge between the non-verbal image and words which describe psychological needs and inner states (in Hungarian language there are more than 225 such words). The focus is on recognizing emotional states and level of emotions, regulation issues, changing perspectives and self-reflection.



Zsuzsanna Valachiné Geréb is a clinical psychologist, relaxation and symbol therapist and an art therapist. She has been working with children, adolescents and adults both in individual and group settings. She is a Board Member of the Hungarian Art Therapy Association.

9. Art Poetry: Phenomenological Perspective of Using Images and Words to Communicate with Psychiatric Inpatients

Barbara Kariž (Slovenia)

When working with images in art therapy we can employ the concept that art theory is in many ways connected with the theory of language and speech. Verbal signs are a matter of convention, they are arbitrary or non-motivated, while visual images are primarily motivated and more universally understandable. In addition to the referential, the poetic and aesthetic function should be taken into account. Image formation and language in art therapy can also be viewed in terms of primary and secondary art discourse theory, including formative and post-creation experience of the patient and a therapist's role of the recipient. This presentation will discuss different ways of combining art and language in communication with psychiatric inpatients and, will include examples of patients' narratives, using phenomenological perspective. It will explore the concepts of poiesis, visual art poetry, art journaling and contemporary art practices and, present the role of culturally specific traditions.



Barbara Kariž has been working as an art therapist with adult psychiatric patients at the University Psychiatric Clinic of Ljubljana, Slovenia for more than 20 years. Since 2007, she has been a clinical art therapy supervisor and lecturer at the University of Ljubljana, Faculty of Education, teaching Art Therapy courses for the MA programme. She regularly participates in national and international conferences and is the author of numerous professional articles. Her research interest focuses on art therapy for patients with psychotic disorder. She is currently completing her doctoral thesis.



10. Speaking Without Speaking

Dace Visnola (Latvia)

The aim of this presentation is to introduce the language of art through images, symbols and process in art therapy session, as well as through empathetic presence of the art therapist. It will focus on art made by children with special needs, such as autism, Down Syndrome and learning difficulties. Some of the clients are non-verbal and, some have very limited use of language. In addition, the presentation will show application of art therapy technique within a social project in art, encouraging openness and promoting harmony between different groups in society with an aim of accepting people with special needs and promoting tolerance in the society.



Dace Visnola, PhD, MA, is a certified art therapist, art teacher and lecturer at the University of Latvia. She offers group and individual art therapy sessions for children and adults, including workshops on the subject of colours and mandalas. The main fields of her work include: distress and anxiety management, psychosomatic problems, mental disorders, emotional difficulties and personal growth. Dace has studied art education and art therapy and, exchanged experience in Denmark, UK, Sweden and the USA. She has given lectures and workshops and presented reports and scientific findings at conferences in Denmark, Finland, Greece, Italy, Latvia, Lithuania and the USA.

11. Art Therapy With Dementia

Karl-Heinz Menzen (Germany)

The presentation is based on 15 years of experience in working with patients with dementia. The method is based on the therapist's knowledge of neurology and deep learning. The patients work with images of expressionist artists with the goal to improve perception and empathize with the therapists. The final intention is to improve well-being and the self-perception of the clients.



Karl-Heinz Menzen, PhD (Sigmund Freud University, Vienna), Prof. emerit. for Special Pedagogics (University of applied Sciences KH Freiburg) and for Aesthetic Socialization (TU Berlin). From 2010 to 2013 Prof. for Art Therapy and Rehabilitation (University of Art Therapy in Nürtingen), since 2013 the Head of the MA Art Therapy at the Sigmund Freud University Vienna and lecturer at the SFU Berlin. Psychol. Psychother., teaching therapist for KT (DGKT e.V./German Society for AT), co-editor of the journal Kunst & Therapy (DGKT/DFKFT) as well as the magazine MTK (music, dance and art therapy). Publications: 1. Three on a bench. A neurologist, an art theorist and a quantum theorist talking about the picture, 2019; 2. Healing art. The history of art therapy, July 2017.



1. Psychological and Technological Aspects of Sculpture Portrait in Arts Therapy

Igor Burganov (Russia)

The workshop demonstrates specific features of making a sculpture portrait as a form of visual art and in arts therapy. History of portraiture in sculpture is analyzed. Goals, technological and psychological specifics concerning portrait sculpting and making of clay self-portraits are revealed. Brief examples of making sculpture portraits while working with a group for psychological support are given.



Igor Burganov is a well-known Russian artist, professor and a member of the Russian Academy of Arts. He studied at the Moscow Stroganov Academy of Design and Applied Arts (Department of Sculpture) and, was an intern at the Goethe Institute in Berlin and Getengine and, at the Berlin Academy of Arts. In 2013 he graduated art therapy in Moscow. His most famous works of art include the Pushkin monuments in Washington and Moscow and, the Khimki memorial. He exhibited his work in Moscow, Brussels, Berlin and Paris. Since 2014 he has been the director of the center of art therapy in Moscow. He developed a clay therapy method and published articles on the subject in scientific journals. In 2015 he opened a non-governmental educational institution the Academy of Arts Igor Burganov where young artist from 11 countries study. Igor is a published author of books and articles on the history of art.

2. I Look, You Look and Together We See: Joint Attention as a Pivotal Therapeutic Tool in Art Therapy

Jane Hawes (Sweden)

Is joint attention between the therapist and the client, when directed towards artwork, a catalyst for positive change in art therapy? In Jane Hawes' thesis, she discovered that joint attention is an interpersonal catalyst promoting affect attunement, creation of a relational, potential space and, mentalization. She found joint attention to be a catalyst for therapeutic change and for strengthening of the therapeutic alliance. In this workshop, while participating in playful, yet challenging exercises, using paint, paper and pastels, we will explore how and when joint attention is present and how it can be put to a good use. Hopefully with a heightened awareness of this potent phenomena, we can increase our capabilities as therapists and as people.



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. Jane later became an art therapist and followed this with a masters in disability studies and a psychotherapy degree in relational and interpersonal therapy. As a Relational Art Psychotherapist, Jane works together with her clients using the healing power of creativity and human interaction in both individual and group therapy. Jane is a licensed Psychotherapist, has a B-level certificate in Interpersonal Therapy as well as an EMDR certification.

3. Action as Metaphor

Álvaro Prats-Bertomeu (Spain)

Moving away from traditional rationalist dualism, we should consider human beings with all our complexities and paradoxes, integrating a body-mind approach that acknowledges and pays attention to the constant flow between body and mind. The body (i.e. action) can be a perfect way to create different layers of meanings to the mind processes (i.e. imagination and images). Likewise, images can set the body into motion and grasp that which escapes in ephemeral languages. Therefore, we suggest the body and its actions are themselves textual and meaningful and, can be considered a 'linguistic tool' to open up and create meaning to the language of images.



Álvaro Prats-Bertomeu is an artist, performer, pedagogue and, art and movement therapist. He is a professional member of the GREFART art therapists association. He holds an MA in Multidisciplinary Art Therapy, a PgDip in Art Education and Community Art and, a BA in Philosophy and Cultural Anthropology. He studied performing arts with different teachers in the United Kingdom and Barcelona, collaborates with different universities as a visiting tutor and, teaches performance art at the Fundació UdG /GREFART Art Therapy MA Program. He is a co-founder of the Creative Physical Education project.



4. Postcards and Temporality: Making Exhibitions and Galleries on the Move

Naomi Press (United Kingdom / France)

This workshop will enable participants to investigate the way a portable postcard collection can be used in contemporary art therapy practice. Art Refuge UK's work takes place with people displaced due to war, persecution and poverty from across North Africa and the Middle East seeking refuge in Europe. It involves meeting people who are living in a precarious, dangerous context in a border area and, responding to them appropriately in the here-and-now, despite the lack of traditional spaces to work in. The temporary nature of the sites we work in means we often have to rethink the art media that is available to us in our pop-up studios, enabling these sites to become spaces for intercultural and social connections, imagination and psychological survival. Through experiential art-making, discussion and a brief presentation on Art Refuge UK's use of media, participants will explore how a portable collection of postcards can be used within contemporary art therapy practice.



Naomi Press is a UK HCPC registered art therapist and visual artist with a background in community arts and development. She has worked as an art therapist and psychosocial practitioner and trainer in a number of international humanitarian settings in Europe, Asia Africa and the Middle East, with a specialist focus on refugees, displacement and trauma. Based in France, she is a core member of the Art Refuge UK team and provides supervision and organizational support to other international NGO's. She teaches as a guest lecturer in higher education settings and on accredited training programmes. Established in 2006, Art Refuge UK is a small, robust charity that offers specialist, imaginative art and art therapy spaces to people who have been displaced due to war, persecution and poverty, including unaccompanied minors. We largely work through groups and currently operate in London,

5. Psychodynamic and Cognitive Art Psychotherapy in Practice

Elisabeth Engström Franzén (Sweden)

Although psychodynamic therapy and cognitive psychotherapy are both widely used, in recent years the cognitive methods have often been favoured by health authorities and reimbursement bodies. The applicability of the two psychotherapeutic approaches and the comparative effectiveness in different clinical situations has caused much discussion and controversy over the past decades. Although art therapy has mostly been used in the psychodynamic tradition, the method can be very useful within the framework of cognitive therapy. The purpose of this workshop is to provide examples of art therapy within the psychodynamic and cognitive psychotherapeutic frameworks. In addition to presentation of examples, the workshop participants will make art works with the purpose of illustrating how the two therapeutic strategies can influence the practice of art therapy.



Elisabeth Engström Franzén is a certified psychologist and certified psychotherapist. She is also an art therapist holding an MA in Expressive Therapies from the USA. She works in a private practice. For the past 30 years, she has been working in art therapy, music therapy and traditional verbal therapy. She is a teacher of arts expressions for headmasters in leadership and, a teacher of music therapy at the University of Lund, Sweden. She is running a course in creative arts therapy for health and well-being.