

Workshop 6:

”Creating Hope in the Space in Between”

Jenny Butler og Carl Gustafsson, Sweden

The ability to understand the need for creating safe spaces for oneself and for others is crucial when it comes to nourishing creative processes, Winnicott, D (1971), Schore, A. (2012, 2014) and Hass-Cohen, N. (2008, 2015). When living in uncertain times this ability is even more important as creative processes often touches polarities like good and bad, love and hate, compassion and contempt, joy and sorrow, despair and happiness or insecurity and trust, among many. Exploring the space in between polarities may open doors to avenues of hope, new forms and new connections that support perspectives of diversity that also may bring trust and hope.

Our experiences as leaders of different kinds of groups, for example groups of art students or art therapy clients, have taught us that the listening to oneself and to the other, the listening to different parts of oneself (Schwartz, R.C. 2021) and to the space in between parts and polarities within oneself and others, influences the possibility to hold the space and carry out the function of containing processes (Bion, W.R. 1993) of creativity or human interplay. For that reason, the listening along with creativity will carry the workshop ”Creating Hope in the Space in Between”.

In the workshop participants are invited to use their creative impulses (Winnicott, 1971) as starting points for hands on creations of safe spaces (Gavron, T. 2022), explore polarities within and share experiences in subgroups, work on three dimensional easily made sculptures of polarities, explore and study the space in between the sculptures from different perspectives and finally make use of the new forms that emerges in a collective collage in the big group (Butler-Kisber, L & Polder, T. (2010).

Jenny Butler is an auth art therapist, licenced psychotherapist, former social worker, M A in social work and a painter working in private practice in Lund, Sweden and in art therapy projects. Member of the board in SRBt and BisS and member of the editorial board of Mellanrummet, Nordisk Tidskrift för barn- och ungdomspsykoterapi

Carl Gustafsson is a painter and art teacher.

Workshop 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 8:

Phototherapy workshop, development of technique

Marit Aalen, Norway

In this workshop I will base both practice and theory on a pioneer in phototherapy; Judy Weiser, who has influenced the field for decades. She defines phototherapy as the following:

“PhotoTherapy techniques are therapy practices that use people's personal snapshots, family albums, and pictures taken by others (and the feelings, thoughts, memories, and associations these photos evoke) as catalysts to deepen insight and enhance communication during their therapy or counseling sessions (conducted by trained mental health professionals), in ways not possible using words alone » (2014, p 162)

Different types of therapists can make use of images, it is not limited to art therapists, but the latter can be extra trained in looking for the complexity of visual communication. Unlike in art therapy, the client does not create any product, other than meaning, which Weiser understands in a psychodynamic and phenomenological perspective. When we work with images from the history of childhood, we work with memories, feelings, identity, relationships with siblings, parents - and everything is charged with emotion. Family photos also contain objective signals about place, time and type of event. All these elements interact.

In this workshop, I will first spend about 20 minutes explaining how Weiser describes the techniques for phototherapy. Next, I will tell you a bit about my own practice where I have established a pilot group with colleagues who bring their own photos and contribute to developing a technique adapted to my expertise. I am a psychologist and visual artist, but not an art therapist.

NB! Participants in the workshop will be asked to bring five photos from their own upbringing, taken by others and which mean something to them. The photos must be from different years. The pictures can be on paper, on a computer or iPad. (The mobile phone is too small). I will unfold some procedures for working with the images, which will give some insight into the peculiarity of phototherapy. Participants will work alone and in pairs, following procedures adapted to a workshop session, and not a therapy room. This should give a taste of how images from one's own history can evoke feelings and memories in a meaningful way and point towards the future.

Marit Aalen is a psychologist and philosopher with many years of private art education. I have participated in some juried exhibitions. I have especially worked a lot with my own family history through drawing and painting, which I have also included in my own therapy.

In 2016, I took a PhD on Henrik Ibsen's Peer Gynt, and have drawn and painted a series of pictures from the story, based on which I have given several lectures. I am an associate professor at OsloMet, Master in mental health - with clinical psychology, ethics, and philosophy of science. I have occasionally taught on Videreutdanning I Billedterapi in the same subjects. In the last couple of years, I have started to develop competence in phototherapy, with supervision from a specialist in clinical psychology. I am in the initial phase with a pilot group of colleagues who bring their own photos and contribute to developing technique. The workshop will draw on work in this group.

Workshop 9:

Creating Self-portraits -The Glimmer of Hope

Adrian Lips, Hungary

Our Inner Light Is Speaking. I would use Irén Lovász's CD (Inner Voice) and a few English songs (everything from a pendrive, composed into one audio file by myself). This is a self-portrait painting workshop, where the participants try to recreate themselves on the paper with watercolor (or acrylic). Almost 1 hour for creating and another one for having a conversation about the paintings (trying to find connections between them).

Adrian Lips

Adrián Lips PhD is an art- and sociotherapist and communication researcher. He teaches on art therapy and communication and media at the Department of Art Studies and Art Pedagogy, Károli Gáspár University of the Reformed Church in Hungary. He is also a graphic designer and paints portraits about different persons with acrylic and watercolor. He had five exhibitions about Katalin Karády (she was a famous actress and singer during the Second World War) in different cities in Hungary. He went on a pilgrimage (The Camino de Santiago, Spain) in 2010 and would like to return in 2024.

Workshop 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 *Ryhmänluotsaaja*, art therapy book in the context of school, that will be published in spring 2024.*