



Hi and welcome to our 3rd Art Therapy newsletter!

This month in the creativity section we will be focusing on Art Therapy and symbols. This is followed by Personal insights: feedback from a course participant, course dates and then the regular monthly competition: an opportunity to win FREE Art Therapy course of your choice! All Art Therapy Courses will soon be accredited with CPD points – another reason not to miss out! Please join Art Therapy South Africa on Face Book: share your thoughts, experiences and insights with other members... forward it to your friends and colleagues thereby helping Art Therapy South Africa GROW!!!

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CREATIVE THOUGHTS: DIFFERENT ART MATERIALS

Art Therapy and Symbolism.

Symbols such as circles, hearts, animals, trees, houses etc... often appear either organically and spontaneously 'without thinking' or even purposefully and consciously in our artwork. It's always interesting to explore the meaning of the symbols appearing in images as the symbols serve as a mediator between ones internal and external world.

Hanna Segal is one of the most distinguished psychoanalysts of our time. She was born in Poland at the end of the First World War. Segal's major contribution to the world of psychoanalysis is in aesthetics, art and symbolization. Hanna Segal claims that "All art is symbolic by its very nature and it is a symbolic expression of the artist's phantasy life." (Segal 1975: 800) Segal maintains that symbol formation governs the capacity to communicate, since all communication is made by means of symbols.

What is a symbol? A Symbol is a substitute or representative for something else.

Let's explore the CIRCLE as a common symbol. It is a natural form to work with in art because it's been an important visual throughout human history. One of the first shapes children draw are circles. Children's circles also become one of the earliest representations of the self - they become the 'me.' Circles later on may also start to represent the sun, a face, a ball, ice cream, apples, moons... What else could circles represent? (Reminder to share your thoughts on Face Book!)

Psychologist CARL JUNG noticed his patients often spontaneously created circular drawings. Jung later introduced the concept of Mandala's into Western thought. 'MANDALA' is a Sanskrit word meaning SACRED or MAGICAL CIRCLE. Mandala is actually of Hindu origin but is used in many other religions in the East as a spiritual teaching tool to access deeper levels of the unconscious. Jung also began drawing his own Mandala's in 1916 and noticed that they somehow corresponded to his inner situation, feelings, and thoughts. He realized that these circular drawings were therapeutic, first to draw, then to look at. Jung finally arrived at the conclusion that the Self, the Wholeness of the personality, is reflected in the Mandala. Mandala images emerge spontaneously as a sign of CHANGE or TRANSFORMATION and are also associated with a feeling of wholeness, growth, and birth of something new. Hence creating Mandala's are also a way of opening up to our inherent creativity, a particular quality EVERYONE has, and that is not only connected to our ability to draw and paint, but also to the capacity to create our life moment after moment in joy and freedom.

Jung saw Mandala's as having a 'higher' purpose than a manifest content concealing a latent or repressed desire. Symbols were channels for unconscious processes to become conscious. Jung felt that the key to therapy lay in a dialogue between the conscious and unconscious, through the language of symbols. In Jungian terms the psyche is seen as having a symbol-forming capacity, symbols being the natural mode of psychic expression. Jung felt that the Mandala that a person spontaneously drew in any given moment was a gentle reminder is an urge to live out that person's creative potential.

On this note come and join in the annual Mandala Art Therapy Workshop on 9 August 2010 - National Woman's Day. Give yourself some time out to relax, creative and explorative amongst like-minded woman. No art experience is necessary!! (CPD points apply)

Mandala Art Therapy Workshop

Date:
Monday 9 August 2010: National Woman's Day.
Cost: R850
(Claim back from Medical Aid)
Venue: Glenhazel, Jhb
Spaces are limited so book now to avoid disappointment!



PERSONAL INSIGHTS SHARED

Course: Art Therapy 5-Day Intensive Course May 2010
Extracts from Lee Cayzer (ECD teacher, junior lecturer, tutor, M.ED Educational psychology)

"I have always acknowledged the depth and power of non-directive and 'kinetic' therapeutic interventions, but I certainly didn't realise that through attending this workshop that I would undergo such a personal journey of healing and integration. (This was an added bonus!) Art Therapy is such a powerful tool for getting into deeper thoughts and emotions. "I have felt okay with me and really visible for the first time in my life and this is beyond liberating."

Sam provided both theoretical and experiential learning opportunities which gave a lot more depth than if we had experienced one or the other...Initially, I felt that my work was somewhat contrived, and found it difficult to tap into my deeper self. However, the more comfortable I became with the process and the space, the deeper and more embodied my work became... as it was like unpeeling the layers. Furthermore, the work continued after each session. As we were given the opportunity to discuss our work, deeper meanings regarding the work emerged. I found that this gave a lot of food for thought throughout the week, and I found myself reflecting on the sessions continuously...on a personal and professional level...

The workshop provided a focussed and contained environment for both professional and personal growth. I think more about not accepting baggage that is not mine to carry, and this has affected my work and relationships in both positive and negative ways. I do not feel that I have to take on as much and am finding that it is okay to say no. I do feel that what I gained was an extension of a path/journey I was already on, but I have modified lenses I used for trying to gain clarity on situations. I have found myself feeling more confident in taking risks and believing in myself and my abilities. After feeling suppressed and not valuing myself on many levels, the experience was very liberating. I have made several huge strides in my personal and professional lives since being on the workshop.



Some of Lee's artwork created in the workshops

CAPE TOWN

Art Therapy has officially expanded to Cape Town!

The first Art Therapy Training Course was run in CT in June 2010 and was a roaring success. This means that another trip is possibly due... Perhaps early 2011...

For those of you who live out of Jhb please note that there is a 5-Day in a row course starting on 10 Nov 2010 to accommodate you!

UPCOMING COURSE DATES

Art Therapy 5-Day Intensive Course	JOHANNESBURG (5 consecutive weeks) 26 July 2010: Every Monday for 5 weeks
Art Therapy 5-Day Intensive Course	JOHANNESBURG (5 days in a row) Wed 10 NOVEMBER: 5 days in a row excl Sat and Sun
Art as Communication Course	JHB: Mon 6 Sept: Every Monday evening for 10 weeks
Mandala workshop	JHB: Monday 9 August (National Woman's Day) 9.30am - 12.30 pm
Intro Eve	JHB: Wed 18 Aug 2010 6.00 pm – 8.30 pm

COMPETITION

WIN a FREE Art Therapy course of your choice - worth up to R6300

Answer the following 2 questions:

1. Why you would like to win a free Art Therapy course?
2. Provide a minimum of 10 valid email addresses of friends whom may be interested in Art Therapy.

Enter online before 15 August 2010 and this prize could be YOURS

May/June COMPETITION WINNER:

Name: Delayne Millman

Prize: Art Therapy 5-Day Intensive course (VALUE: R6300)

COMPETITION TERMS & CONDITIONS

- 1: The prize winner can choose any Art Therapy course listed on the website or newsletter.
- 2: The course must be booked within 3 months of winning.
- 3: Booking is only secured once a completed booking form as well as deposit is received for the chosen course.
- 4: A R500 deposit (refundable by medical aids) is required to secure your place for the Art Therapy Training Course & Art as Communication course in order to ensure a commitment of attendance.
- 5: A R250 deposit (refundable by medical aids) is required to secure your place for the remaining courses in order to ensure a commitment of attendance.
- 6: Decision of judges is final and no correspondence will be entered into.
- 7: The prize cannot be transferable and cannot be converted to cash.
- 8: The prize winner may send a chosen adult in their space to attend the course provided a suitable application form is received.
- 9: Attendance of an intro evening is requested.
- 10: The winner will be notified by e-mail and telephone number to the address supplied.
- 11: The Monthly Winner will be published on the Art Therapy newsletter after the closing date.

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www.arttherapy.co.za/newsletterspage.html

PRIVACY

Your privacy is important to us; therefore I will not give your name or address to anyone.

If you no longer wish to receive this newsletter, you can select the link at the bottom of every email to unsubscribe.

That's it for now...

Enjoy the newsletter, start playing and have FUN experimenting with different symbols in art!

I hope to see you at one of the Art Therapy courses soon!

Samantha Davis

www.arttherapy.co.za

FEEDBACK

Your Feedback is important to us! Remember to share your creative experiences with us on Face Book! Please also mention if there are any times that you would like to participate in an Art Therapy course that are not on the schedule.

CONTACT US

Newsletter competition: www.arttherapy.co.za/copetition.html

Contact us / add to database: www.arttherapy.co.za/contact_us.html

Bookings: www.arttherapy.co.za/booking_form.html

Sam: sami@arttherapy.co.za

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