AN INTRODUCTION TO ART THERAPY

MELBOURNE ART THERAPY STUDIO

ABBOTSFORD CONVENT ARTS PRECINCT

www.melbournearttherapy.com.au
Origins of Art Therapy in the west

INFLUENCES
From the realms of art
Symbolism - Edvard Munch, Odilon Redon,
Prinzhorn – The Artistry of the Mentally Ill,
MacGregor – The Discovery of the Art of the Insane

Medicine, health & rehabilitation
Psychiatric units
(Cunningham) Dax collection in Melbourne
The Prinzhorn-Collection in Germany
Art has been used as an assessment tool for the past century

ART THERAPY PIONEERS
• Margaret Naumburg is referred to as the “Mother of Art Therapy” – 1940s
  She espoused a psychoanalytic approach, borrowing heavily from Freud
• Edith Kramer’s approach emphasises art as therapy & the intrinsic therapeutic potential in the
  art-making process.
• Elinor Ulman founded the Bulletin of Art Therapy in 1961.
• Hannah Kwiatkowska contributed in the areas of Art Therapy research and Family Art Therapy.

• (Edvard Munch’s painting “The Scream” sold in May 2012 for a record US $120m)
How Art Therapy Helps

• Ability to express feelings that are difficult to discuss
• Stimulates imagination and creativity
• Develops healthy coping skills
• Increases self esteem and confidence
• Clarifies issues and concerns
• Increases communication skills
• Assists with the development of motor skills and physical co-ordination
• Assists thinking processes and problem solving
• Ability to identify feelings and blocks to emotional expression and personal growth
• Allows an opportunity for introspection and reflection
How Does Art Therapy Work?

- The Client, the Art and the Therapist in a therapeutic alliance
- The artwork can reveal (sub) conscious changes
- A process with clearly-defined boundaries and client goals
- Improves personal growth and insight
- Emphasis is on the process rather than the product
- Contributes to changes in the client's inner world
- A more integrated sense of self
- Providing opportunity to process traumatic experiences
- Resolve of inner conflicts
- Increases self-awareness and acceptance
Psychotherapeutic approaches used with Art Therapy

- Phenomenology
- Symbolism
- Gestalt
- Existentialism
- Object Relations & attachment
- Self psychology
- Psychoanalytic
- Psychodynamic
- Jungian Analytic
- Behavioural
- Cognitive Behavioural
- Dialectic Behavioural
- Focusing centred
- Developmental
- Systems theory in family & group therapy
Where Art Therapy is used

- Mental Health
- Psychiatric units
- Cancer / Oncology units
- Palliative care
- Schools
- Special development school
- Drug & alcohol rehabilitation & detoxification units
- Adolescent health
- Disability
- Hospitals
- Aged care
- Eating disorder clinics
- Referrals from psychologists / counsellors
- Maternal and child centres
- Private practice
Art Therapist Credentials

**History of Art Therapy in Australasia**

To date Art Therapy remains an unregulated profession

- **1940s** Birth of Art Therapy in Europe, UK and USA
- **1987** Start of ANATA (Australian National Art Therapy Association)
- **2006** ANATA became ANZATA (including New Zealand) and Art Therapy became recognised as an occupation in Australia
- **2007** Secured salary award in NSW
- **2009** Pan Pacific Network established with the inclusion of Singapore

The only registration of Art Therapists is currently through ANZATA (AThR)

- Masters Degree in Art Therapy with minimum of 750 hours supervised clinical placement.
  - First degree in such fields as:
    - visual arts; arts
    - psychology; psychiatry
    - nursing; social work
    - occupational therapy
    - education
  - Also more specialised training in areas such as:
    - mental health
    - drug/alcohol
    - Counselling
    - family therapy
    - child psychotherapy
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Abbotsford Convent Arts Precinct

Case Study

"Jill"
The client:

• Jill is a 50y/o female residing in Melbourne.
• She is in a long term relationship with Jeff, and has three sons from a previous relationship.
• She currently works part time.
• Her mother is still alive, but she has very little contact with her.
• She has limited contact with her 3 siblings.
• Her relationship with her older sister is fraught, mainly due to differences in their perception of how they were treated as children. Jill stated that she felt privileged and spoilt by her mother, whereas her sisters remember being ritually abused and made to participate in satanic rituals. Jill struggled to recall any of this happening.
• Jill has a recent diagnosis of Bi-polar Disorder, which she disputes.
• She stated that her previous therapist, told her she was one of the most abused & traumatised people she had ever worked with.
• Jill attended the Melbourne Art Therapy Studio in 2009 for approximately 15 sessions
Laughter when I might cry
I fear that I could die
THANK YOU

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