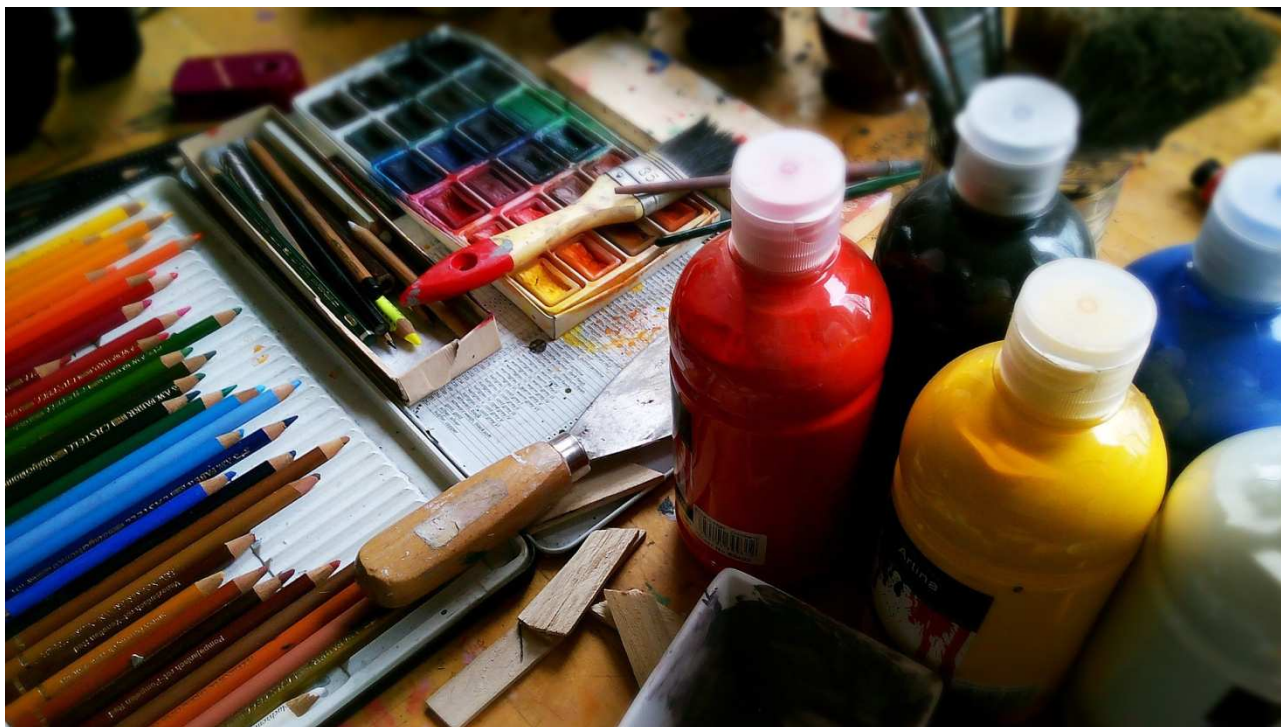


ART THERAPY

Art Therapy is a method that use the non formal language of Art to produce personal growth, personal awareness and change. It allows to connect own inner world made of thoughts, feelings and perception with the external reality and life experience.



In general to make art can cheer up and reduce stress allowing to overcome adversities or problems.

To produce mental images can help to solve problems, free disturbing or deep free emotions, to recover from traumatic experiences or losses, relieve pain or other physical symptoms.

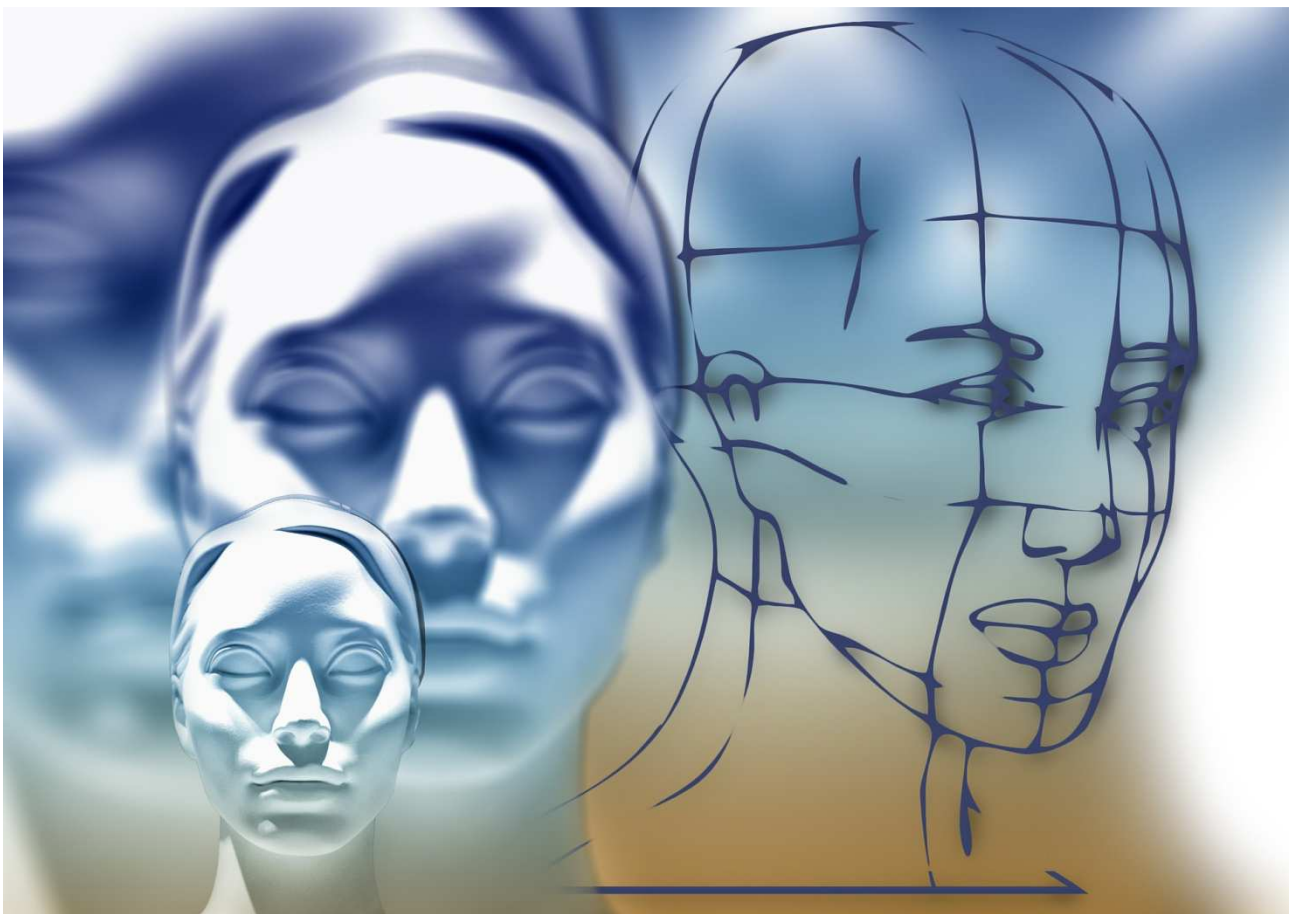


Art therapy has spread from the seventies.

In art therapy you are required to explore your inner experience: you may learn some techniques but what is important is the development of images that come from inside.

Usually the therapist does not interpret the produced art but helps the person to discover/pull out his own interpretation.

Carl Gustav Jung observed that leaving that a mood or a problem took the aspect of a dream or an artistic image, it is possible to clearly and deeply understand it experiencing the emotions that they contain.



Every person can be creative through the artistic expression, in art therapy there are no rules about how to draw or paint and there isn't a right or a wrong way to make art, what is important is the process, not the result. When you start express with art, don't try to find meanings, for that you will need the support of a therapist, but to write a simple phrase could help you to understand what a specific image means for you, over time.

The change may happen when you decide to work on a problem: reduce stress, experiment materials, understand your way of expression through art to better know yourself.



RELAXATION EXERCISE

- Sit on the chair without crossing your legs
- Close your eyes and concentrate on your breath
- Relax the muscles of your face, especially around the jaw ,keeping on breathing.
- Relax the muscles of the head and neck, leave that your head bows a little bit forward
- Relax the muscles of the shoulders and leave that the relaxation goes down trough arms and hands go on feeling how tension
- Goes away from your back, chest, abdomen till the base of the spine
- Leave that this feeling of relaxation will reach your things knees legs down through the ankles, feet till the fingers
- Starting from the head, take some moments to verify if there is some part of the body that is hot relaxed. if you find some, make a deep breath and address to that part of your body imagining that it is reached by warm and relaxation. when you exhale imagine that tension goes outside with air.



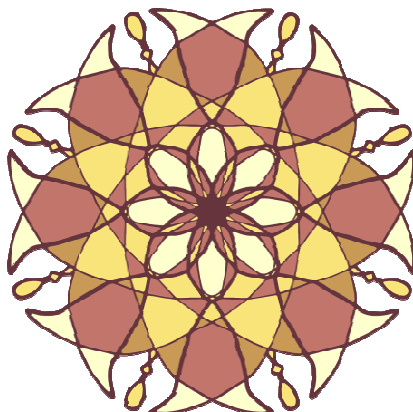
MANDALA

Mandala, in Sanskrit, means “ Holy Circle”. From centuries Mandalas are used in the oriental cultures they are used for meditation. According to Jung, they represent the unification of opposites, they allow the self expression and they represent the entire personality; in represent also the potential of transformation and change.



People spontaneously creates madalas for their need to solve conflicts and dilemmas, in drawings or dreaming.

To color/draw mandalas has a calming and reassuring effect that can be measured in terms of body temperature and heart rhythm.



HOW TO

To make a Mandala means simply to draw an image within a circular space.



- Make squared the paper: for Yung the circle inside a square is a representation of the self.
- On the white paper create a circle with a plate or a compass
- Fill the circle with colours , lines and shapes starting from the centre or the circle or you can divide the circular space nobody forbid to go beyond the circular shape .
- On the back make an arrow to show the direction
- Watch it and think about a title (it can be interesting to create a diary of mandalas because the images changes with the time)
- -write down the date, observe the colours that you used and what they mean to you, describe the content of the mandala.

Some examples of mandala to be colored:

