

## Art therapy



Apart from psychotherapy we offer different kinds of art therapy enriching our holistic concept. Art therapy enables every patient to play an active role in the healing process.

We warmly invite all patients to accept these offers. The point is not to paint beautifully or elaborately, you will not be assessed. Art therapy is rather about expressing your innermost and hidden feelings and thoughts in a playful and spontaneous way. This has a liberating and clarifying effect. Inner processes can be made conscious.

In the Hufeland Klinik you can choose from the following offers according to your inclination:

- painting therapy
- painting for expression
- work at the clay-field

Painting therapy helps you to rediscover the joy of painting and using colours. It also assists you to relieve strain, to abandon exaggerated pretensions, and to overcome inhibitions.

Being mirrors of the soul, paintings contribute to self-knowledge. They can express inner processes and have a healing effect. No previous experience is required. Everybody can do it.

How it is done:

Painting therapy is practised in small groups (with a maximum of six people).

We start off with a meditative introduction. With vegetable-based watercolours we embark on an expedition journey into our own inner world. Under therapeutic guidance pictures capturing the painter's mood develop. They are not looked at from an aesthetic point of view nor are they assessed in any way.

In individual sessions with the art therapist, Mrs. Hofmann-Klingert, you will have the opportunity to discuss and cope with the experiences made while painting.

### **Painting for expression**

This therapy is recommended for all those who feel the necessity of getting rid of stress and strain, for all those who want to unfold themselves thoroughly, and for all those who are ready to embark on the adventurous journey to their inner world of images and wisdom.

How it is done:

We work in small groups (a maximum of six persons). We use covering colours on large sheets of paper attached to the walls. You can paint, blot or daub with brushes, sponges or your hands to your heart's content. Everyone may express himself in his own personal way regardless of aesthetic criteria. The painting you have created is a stage on your way to the hidden depths of your soul and it will be the starting-point for the next part of that way. You will be accompanied and guided by an experienced art therapist.

### **Work at the clay-field**

This method was founded and developed by Professor Heinz Deuser in 1972. Today it is irreplaceable in the paedagogical and therapeutic fields. We know from experience that people often find work at the clay-field very intense.

Clay as a material strengthens your relationship with the earth and at the same time with yourself. Working with it helps you to develop more self-assurance and stimulates clarifying and healing processes.

How it is done:

It takes place in individual sessions. We use a flat wooden box filled with soft mouldable clay, which is smoothed out, and a basin of water. There are two persons: one who handles the material, gripping and moulding it creatively, thus expressing his relationship to the world and to himself, and the other one, the therapist, accompanying this process.

According to one's own possibilities and wishes the clay can be touched with the hands, it can be perceived, explo-

red and formed. The eyes stay closed, if possible, so that the visual perception keeps in the background and the sense of touch can unfold freely. While the confined field puts limits to your perceiving hands, the flat surface offers free space. The mouldable material absorbs every touch and allows forming and transformation. The presence and encouragement of the accompanying therapist are most important.

