



art as therapy

week 1

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



there is widespread agreement
that art is ‘very important’ – but it
can be remarkably hard to say
quite why.

- alain debotton and john armstrong
from the book; art as therapy

Housekeeping

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there...if you participate in class, your
voice/image will appear on the video.

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your personal use.
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T h e M o d e r n C r e a t i v e W o m a n



Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Art as Therapy



Art Therapy

Therapeutic Art can be divided into two categories.

- Art Psychotherapy
- Art as Therapy



Art Psychotherapy

- Art Psychotherapy focused on art making to address specific concerns, promote wellness, reduce mental health symptoms.
- Generate insight.
- Prompt change.
- Evidence based practice.



Art as Therapy

- Creativity and art making is inherently human and is healing.
- Art making feels good, is enjoyable, and helps us make contact with the present moment.
- Naturally provides insight and self-knowledge, and self-actualization.
- Gives life meaning, purpose and fun.



New Way to think of Art as Therapy

- *Art as Therapy*
(DeBotton & Armstrong, 2013)
- Broadened our way of thinking about how art can help us.
- “Philosophy aesthetics”
- They propose that looking at art and creating environments can help us with both intimate and ordinary dilemmas.
- A tool to inspire, console, redeem, guide, comfort, expand and reawaken us.



Art as Therapy can help answer...

- What can I do to resolve difficulties in my relationships?
- Why is politics so depressing?
- Why is my work so unsatisfying?
- Why do other people seem to have a more glamorous life?
- How can I be closer to my higher power?



Art as Therapy to inspire

- “Works of art are almost always more accomplished, beautiful, intelligent and wise than we manage to be day to day.”
- Surrounding ourselves with art and looking repeatedly, they become implicit role-models, inviting us to be more like them (different versions of ourselves).



Religious Art

- Religions have always known art can inspire us to be closer to our higher power.
- Many places of worship possess great art and architecture to inspire people.
- Buddhism: part of becoming a good follower of the Buddha involves regularly looking at a smiling image of the Buddha.
- Christian, Muslim and Jewish religions
 - Saints, symbols, Milagros, and architecture to inspire.



“Art for Art’s Sake”

- Can inspire us and feel good to make.
- When viewing art, it can be challenging without some guidance as to the intention of the art.
- We can get some ideas from the artist and their intent.
- We can **trust our feelings and intuition** to get something from each piece of art we see.



Art as Therapy rejects old ways of looking at art in museums

- You don't need a degree in art history to benefit from looking at museums.
- Reading the tag next to the art does not help us feel better...usually worse.
- Thinking we should like “important” pieces of art can feel hollow.
- Museums often seem for some people and not others.



Art as Therapy rejects old ways of looking at art in museums

- Focus on seeing and experiencing the art.
- Look for answers to your questions, reflections of your mood, or inspiration.
- Let go of being impressed simply because the art is 'important' or you think you are supposed to like it.
- Rating works according to what they can do for you and your soul lets you be more honest and authentic.



The Functions of Art



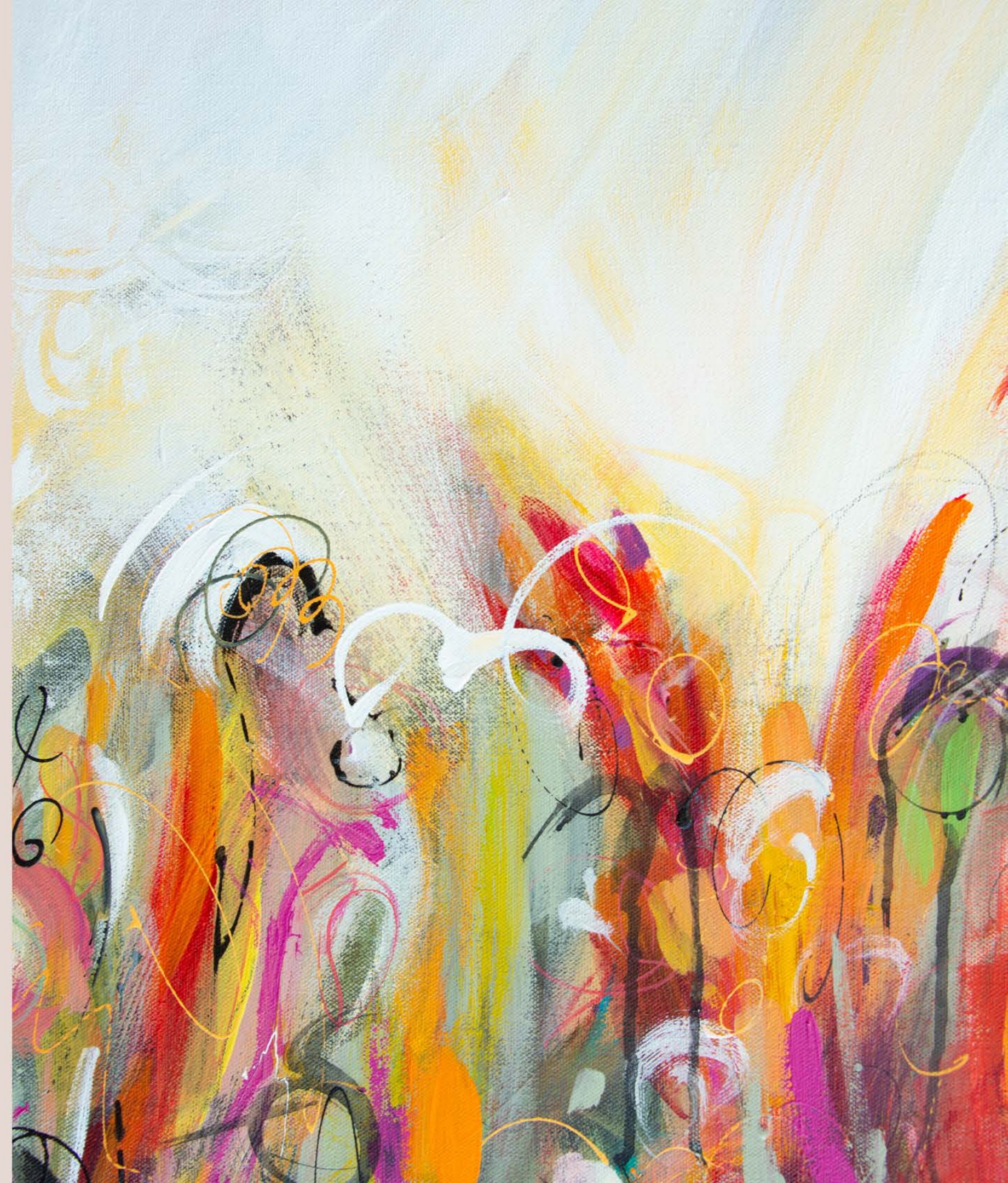
7 Functions of Art

- Remember what matters
 - Lend us hope
 - Dignify sorrow
 - Expand our horizons
 - Understand ourselves
 - Rebalance us
 - Appreciate the familiar anew
- (DeBotton & Armstrong, 2013)



Claim the Meaning

- How can you use each art piece as a tool for self understanding?
- Create a statement about what you know to be true when you see each painting.







I sometimes feel very
adventurous.



I am allowed to grieve, even
many years later.

Art Exercise

- Make contact with the present moment.
- Grab a pen and paper and write statements about you.











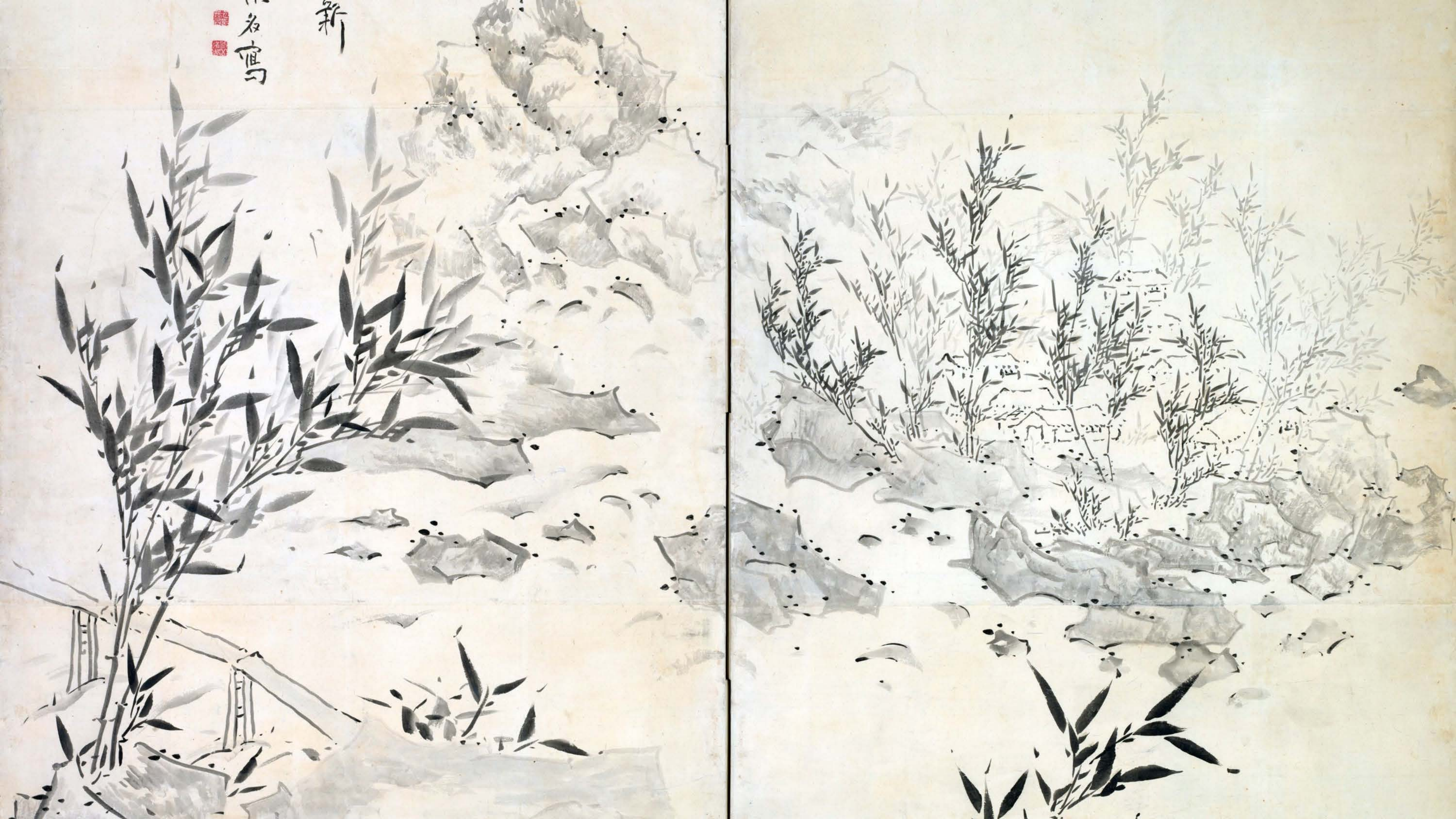






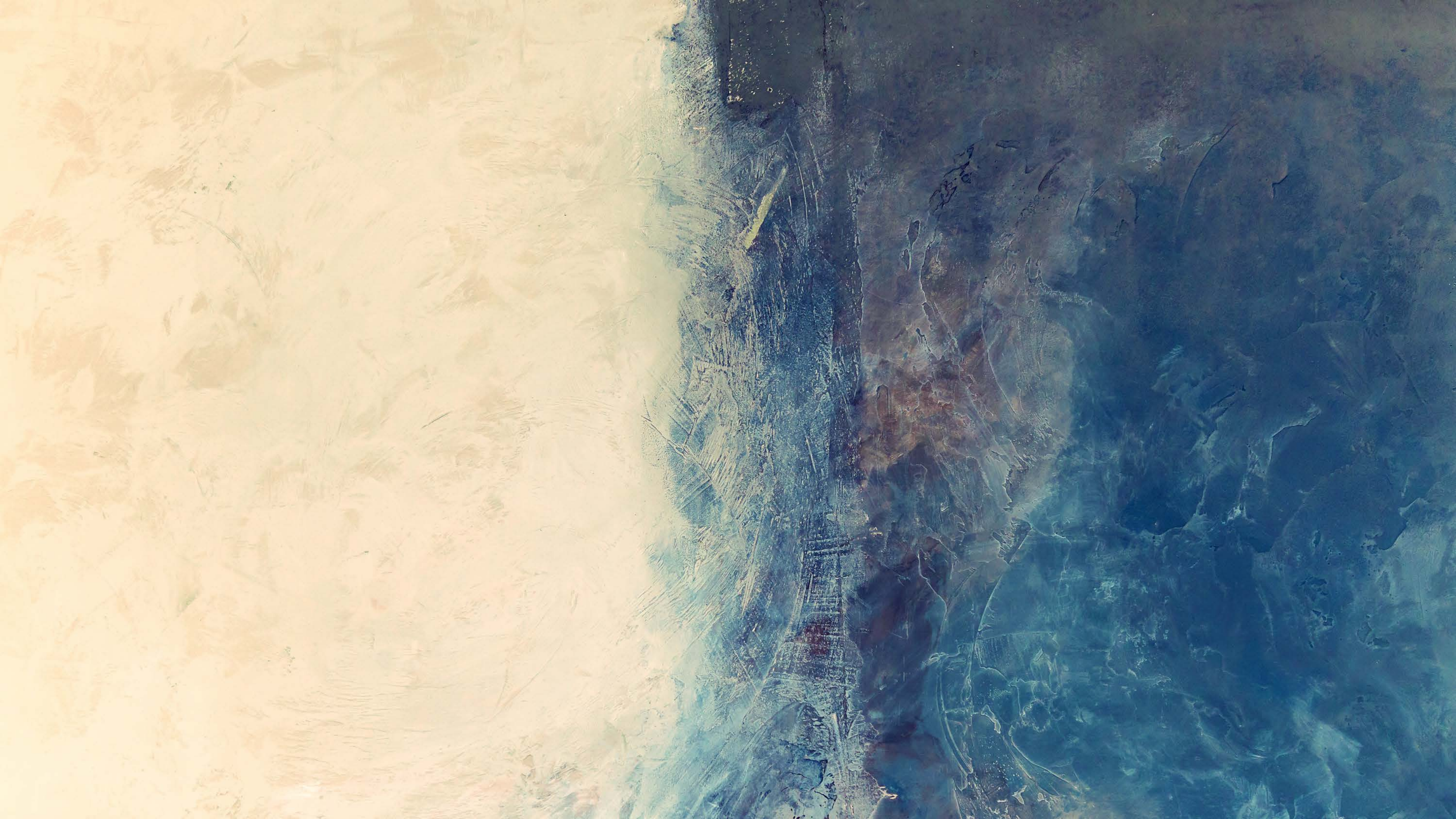












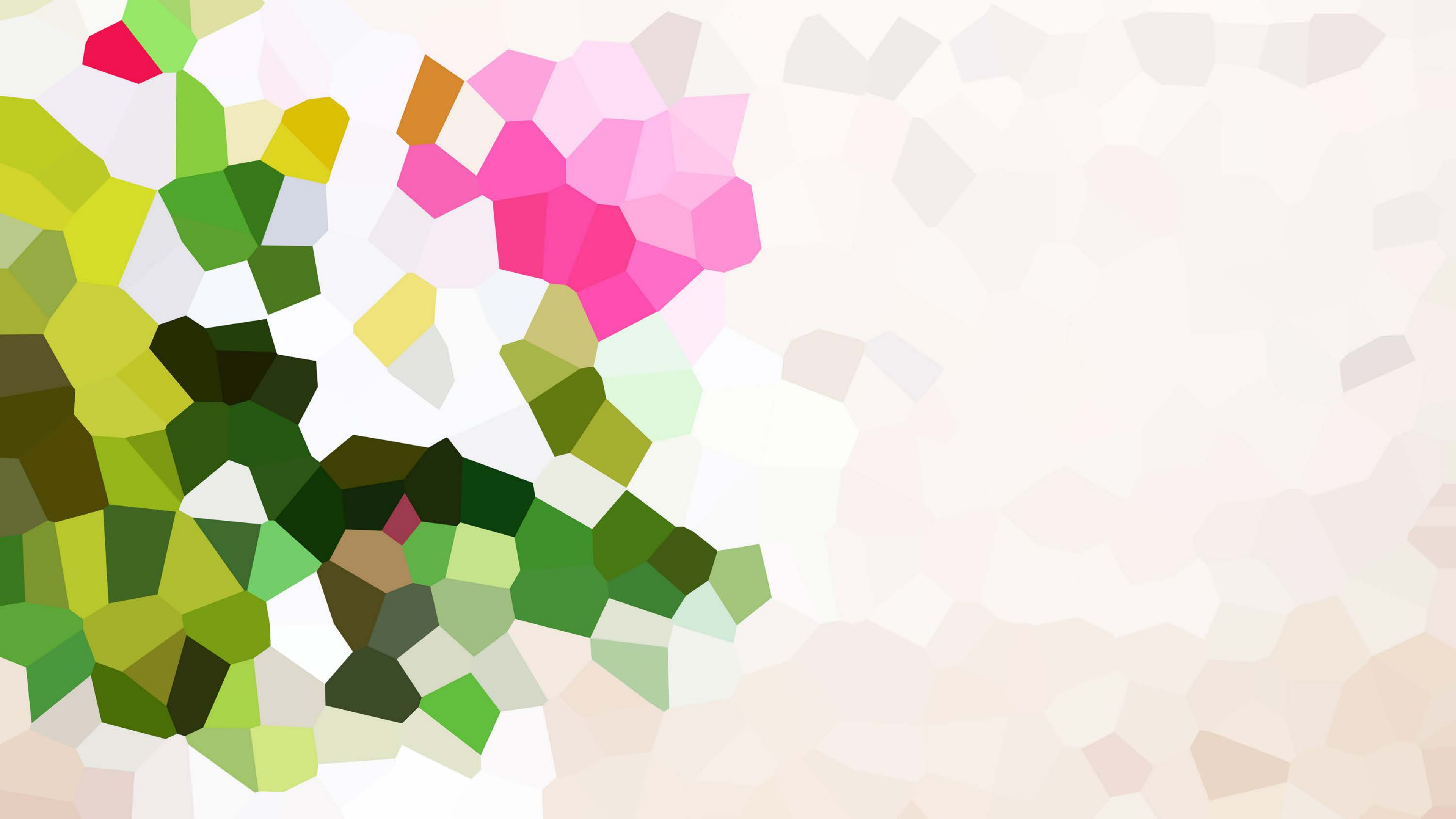




















What did you notice?

- Review your list.
- What themes do you notice?
- What was your favorite statement?
- What gave you feelings you like and what gave you feelings you disliked?





What did you notice?

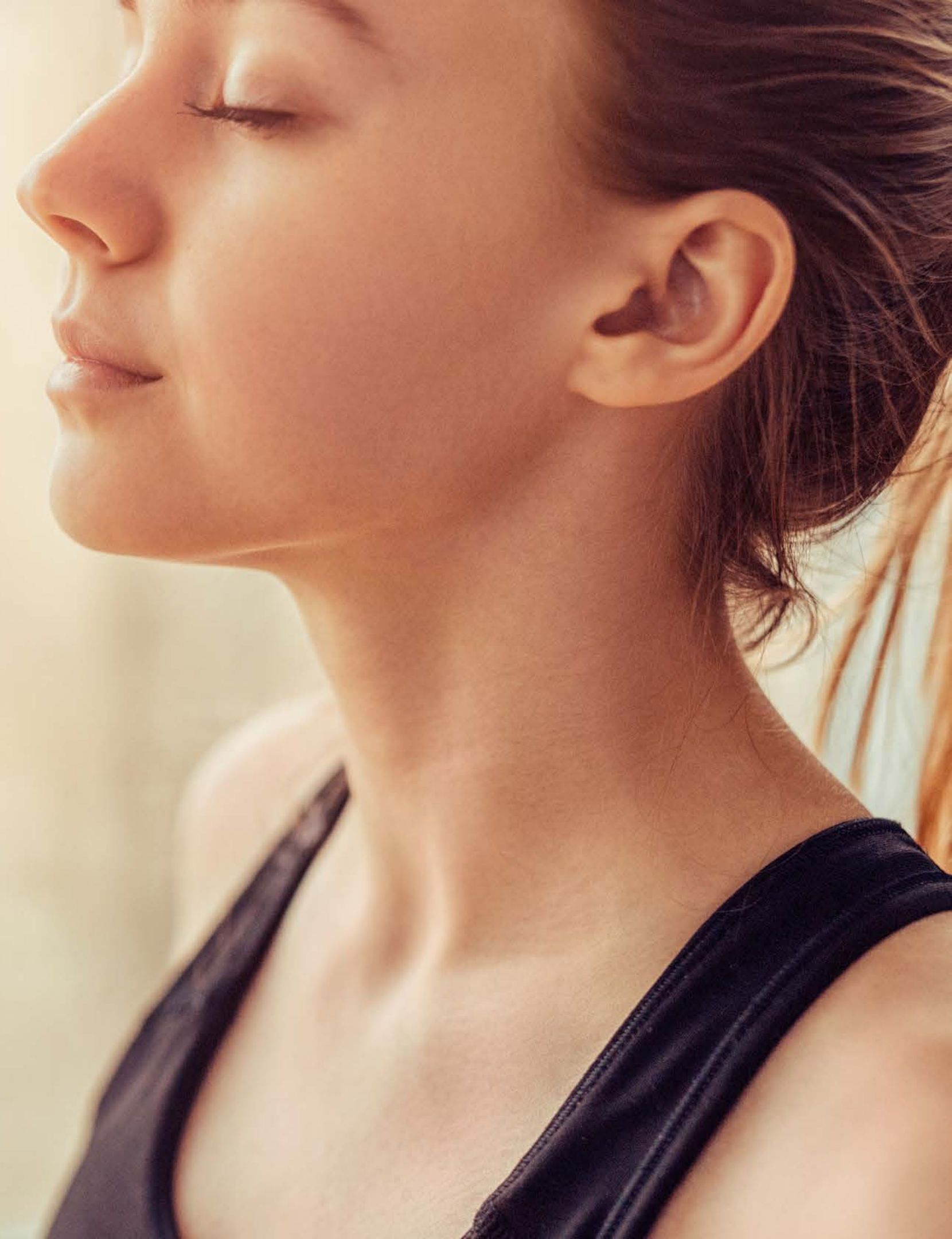
Raise your Zoom hand or put your answer in the chat.

Mindful Moment



Stacking our senses

- Integrate your senses by adding awareness one step at a time.

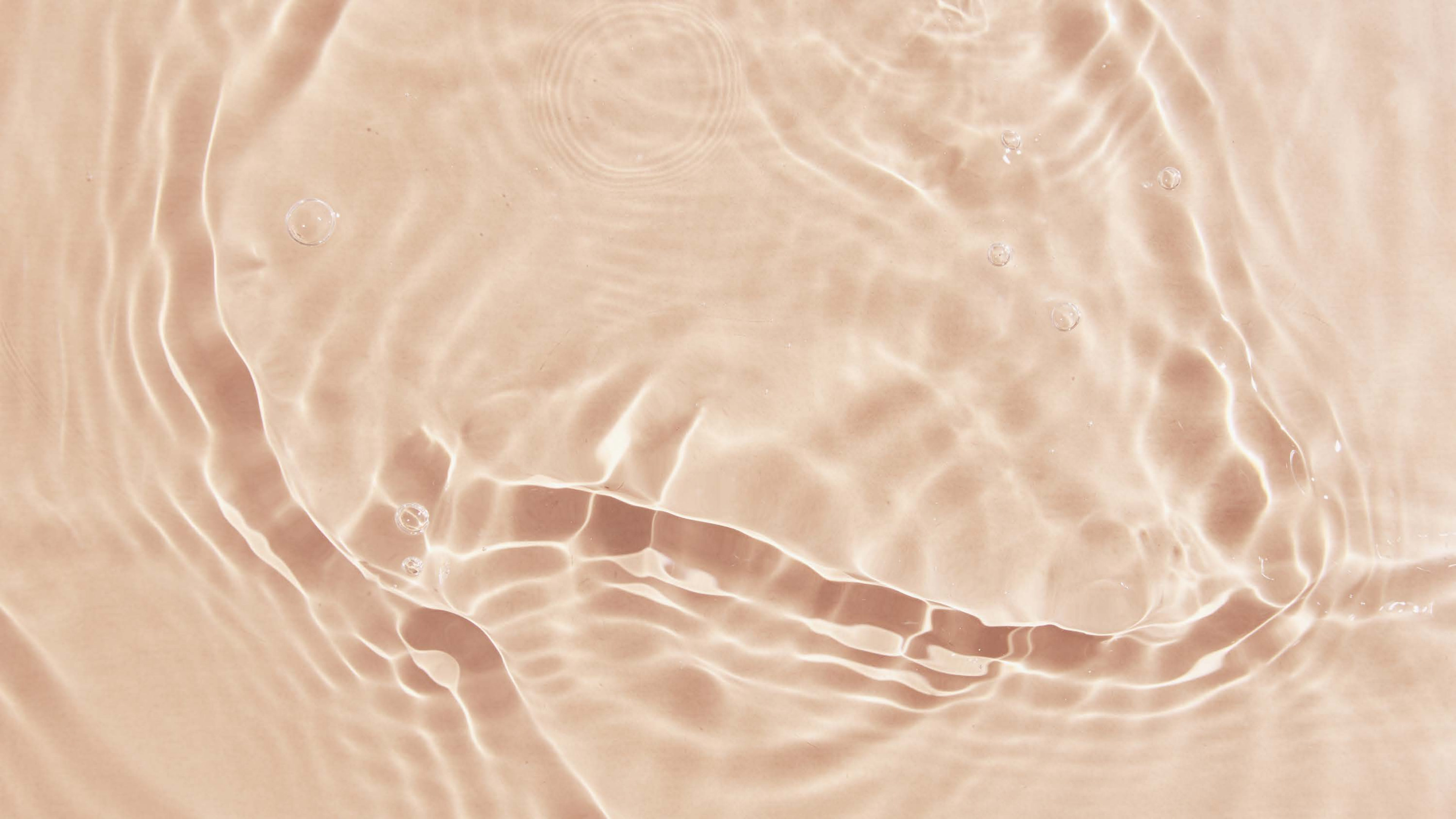


Stacking your Senses

- **Feel your pulse**
- **Notice your breathing**
- **Look at and see an object**
- **Notice your posture**
- **Hear the sounds around you**



How do you feel after an intense few
minutes of concentration and focus?
Raise your Zoom hand or put your answer in the chat.



Affirmation



**I am a Modern
Creative
Woman
who...
knows
her
own
mind.**



Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you
more than enough time to
complete tasks this week.

1

Intentions

2

**Being Self
Actualized
& Spaces**

3

Dilemmas

4

**Written
Reflection**



Intentions

- You have a basic human **need** to express yourself and become the women you always wanted to be.
- This is called self actualization.
- Write your own definition of what it means to YOU to be self actualized.
- Be creative and think big



Being Self Actualized

- Write 10 aspects of yourself you would think, feel, do, and know as you move towards self actualization.
- Art response.



Synergy

- DeBotton teaches us about using art and our space to change our mood and feel good.
- Think about the environments where you spend the most time - living room, office, bedroom, etc.
- Describe the feeling each of each space. Rank each space.



Creative Action

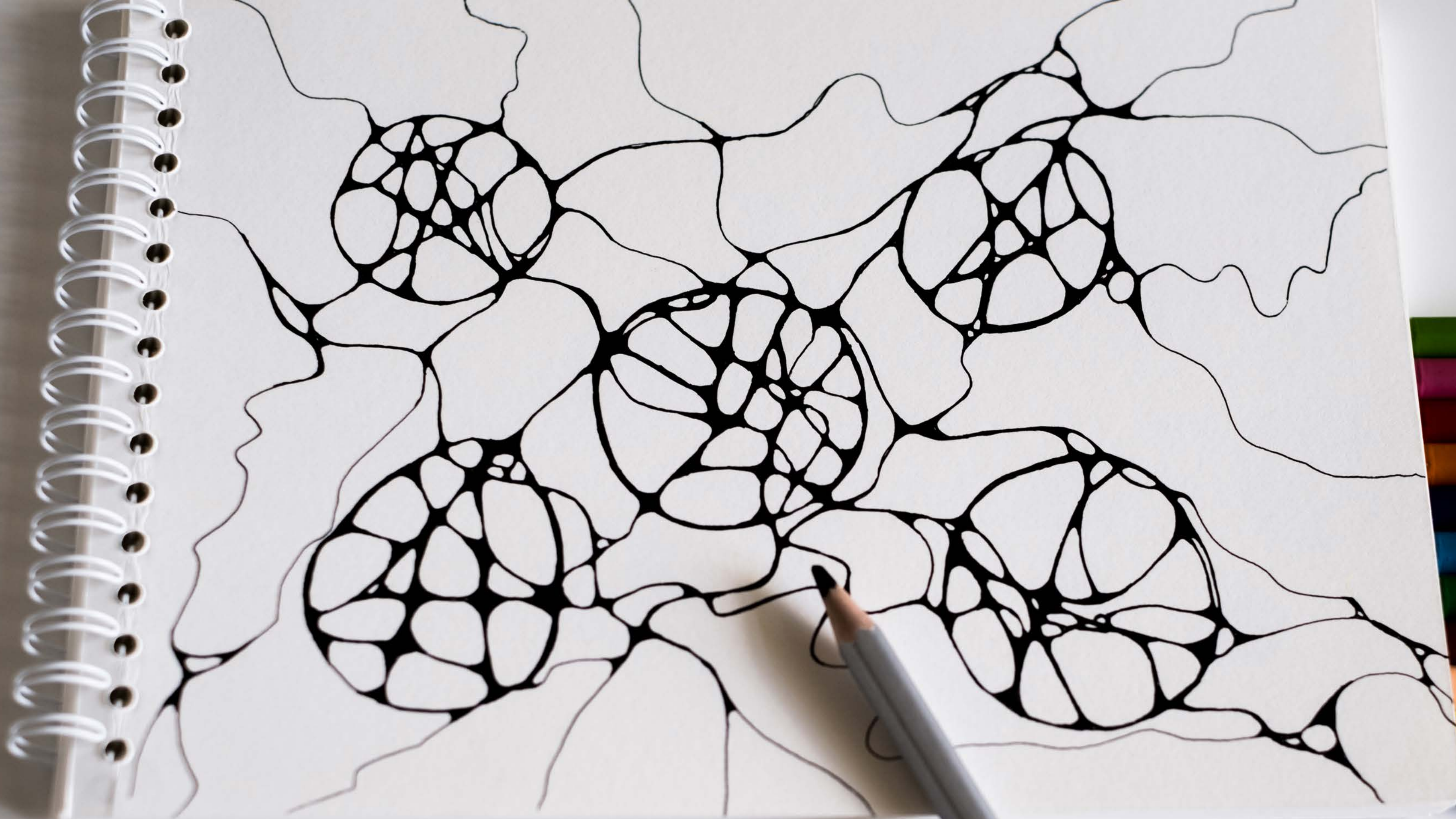
- Choose favorite and least favorite spaces from your chart.
- Why does that space “work” or “not work” for you?
- What emotional want/need does this space fill for you?
- What is one thing you can do to make it even better?

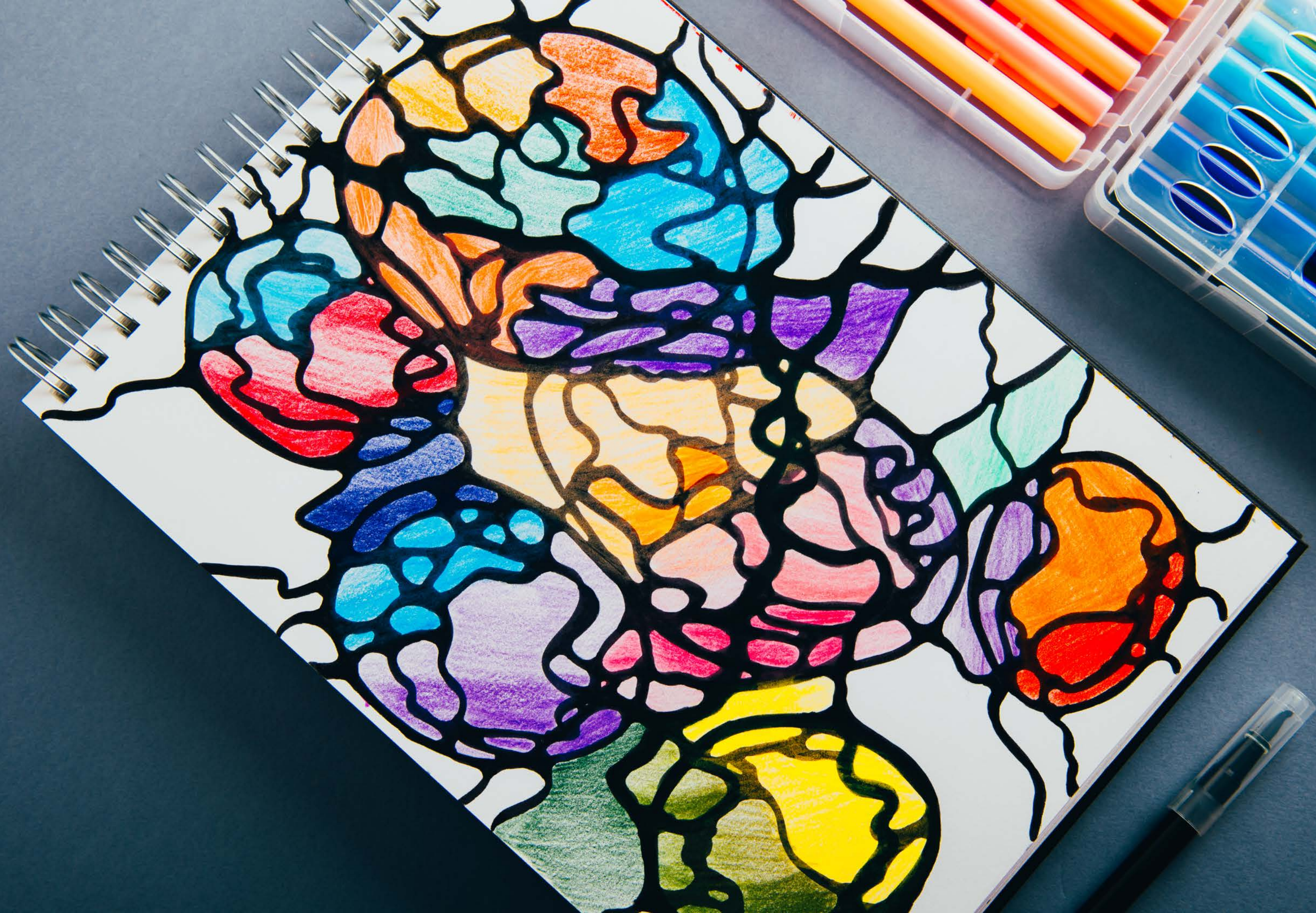


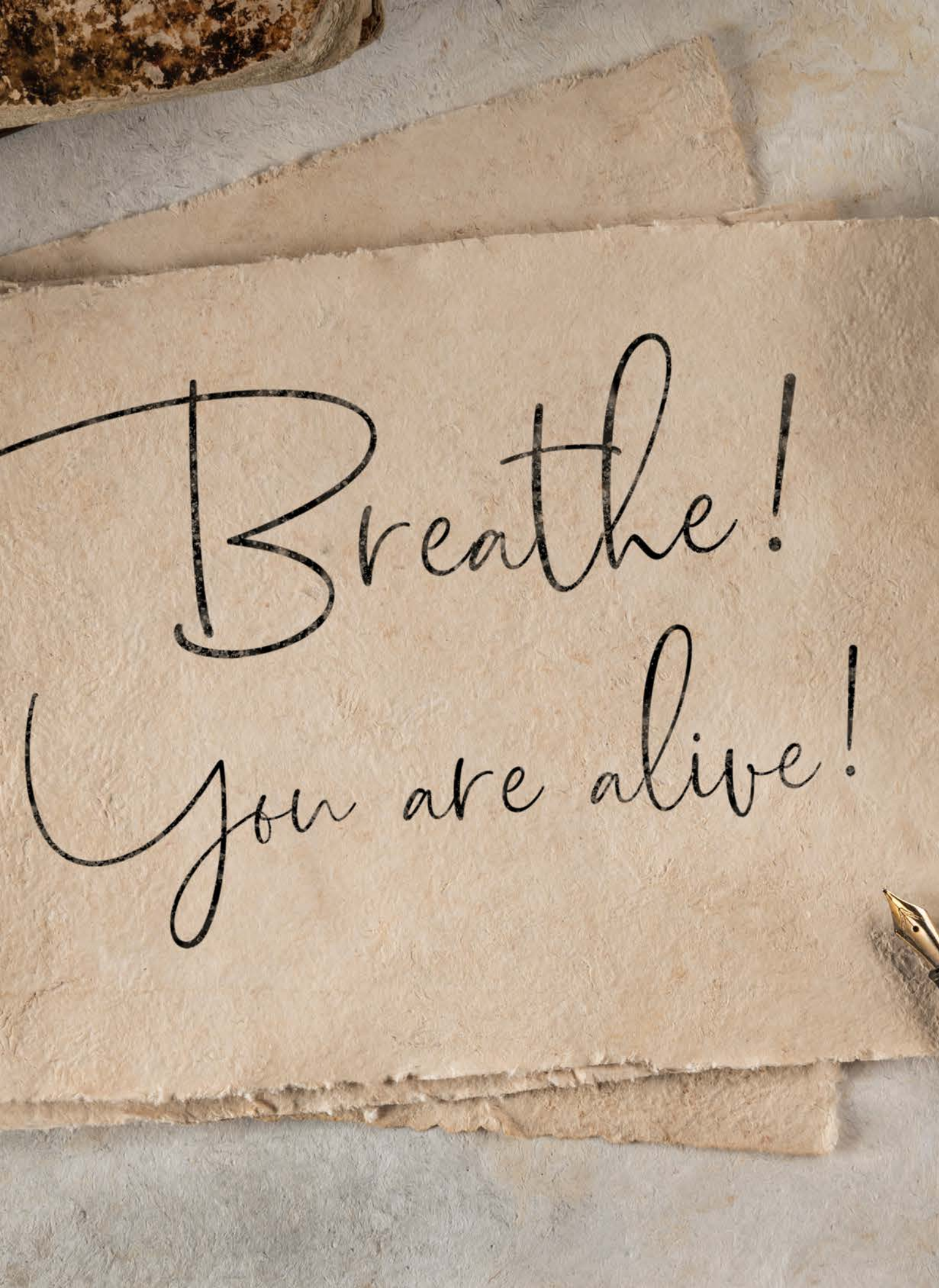
Dilemmas

- List some dilemmas you are currently facing. They might be about a relationship, career, or personal experiences. They can be big or small, deep, or surface.
- Follow the instructions for narrowing it down to one.
- Identify the one that you will work on in class next week.









Written Reflection

- This week was all about art as therapy and getting in contact with the present moment - with yourself and in your environments.
- Noticing and really seeing aesthetics is the first step to creating new aesthetic experiences.
- What did you notice? What did you learn?



**BREATH IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New trip planned!
Paris Retreat - September 8-14
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!