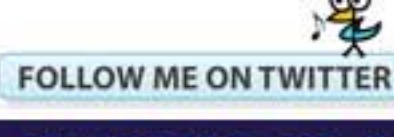




NEWSLETTER: SEPTEMBER 2011

Welcome to our Art Therapy Newsletter!

This month in the creativity section we will be exploring Art Therapy and Archetypes. This is followed by Year End Corporate Functions, then personal insights from particular Government officials who attended the Art Therapy 5-Day course in PE, and lastly upcoming course dates. Reminder to please join Art Therapy on social media such as Face Book, Twitter and Blogging: I would love to hear from you!



CREATIVE THOUGHTS: ART THERAPY AND ARCHETYPES

Archetypes are patterns of influence or symbols, ancient or universal, which are personalized in one's internal world. Archetypes existed before we did and hence they have been there since we were young. Plato and later Carl Jung were generally accredited as having introduced archetypes. Jung developed the concept of the collective unconscious – the sum of all experiences that humans have acquired throughout history. These experiences appear in all ages as well as in dreams, visions and fantasies. Jung described a limited number of archetypes, each of which he said have many variations and constantly change and evolve. According to Jung, archetypes provide the foundation for our personality, feelings, motivation, drives and actions.



The work of Caroline Myss in her book 'Sacred Contracts,' brings the understanding and use of archetypes to a new level. Myss explains that we all have five common archetypes: that of the child, victim, addict, prostitute, and saboteur. These roles often re-occur in various relationships and group experiences in our lives according to the principle of morphogenesis (what binds us to our families through past generations).

A vital aspect in relationships and in groups is the sense of 'belonging' and being part of a group. We all have feelings, experiences of relationships within groups and we all play different roles in groups which may be understood in the context of archetypes.

Archetypes also explain why we are attracted to certain types of people and why they are attracted to us. Identifying your archetypal patterns enables you to see why you repeatedly engage in relationships with certain types of people, (including romantic relationships, family, friends, and work colleagues) for better or worse. You become conscious of the reasons you like the people you like and why you dislike others. Exploring the contract you have with other people can explain why your 'Rescuer' archetype attracts those wanting to be rescued. Or your 'Victim' archetype attracts those who enable you to find yourself in a victimized situation.



A reason people routinely undermine themselves is because they are not in touch with their own inner patterning. We are driven to repeat the same behaviors until we uncover what is operating at an unconscious level, for example, someone who is continually in financial crisis may have the 'Saboteur' archetype regarding financial situations and relationships. Knowing or understanding the voice of your Saboteur helps you to identify when, how, and why you fear (e.g.) making money or being successful financially.

So my question to you, dear reader, is what roles or archetypes have you played in relationships and in group in your life? Here are some examples: listener: rescuer, martyr, leader, follower, clown, mediator, father, mother, healer, creator, lover, actor, gambler, athlete, workaholic, victim, child, guardian, rebel, scapegoat, artist, eternal student, etc.

Another question is what have you always wanted to be 'One day when you have more money' or 'when your children are grown up or you 'have a better home'? This could be a clue as to what one of your basic archetypes is – that has been sabotaged up until now...

The development of early 'Kleinian' (Melanie Klein) object-relations theory has suggested ways that early internalized family relationships can distort our experience of current adult relationships. Within Art Therapy especially group experiences there is the opportunity to explore and understand what roles and archetypes one takes on, usually on an unconscious level, and roles that one has played in one's life. This is because whatever happens in the Art Therapy group 'is symbolic of roles we play in the outside world. It may even be an exaggerated version of it. This can lead to a working through of a feeling of stuckness, of limiting beliefs an enhanced way of being in the world. (Note Archetypes are learnt as part of theory in the Art Therapy 5-Day course).

YEAR END - CREATIVE CORPORATE FUNCTIONS

It's that time of year when the festivities begin and you need to plan your end of year staff party or any function relating to the end of another business year. Our job is to help reduce your stress levels through creating and facilitating an event to remember while combining the elements of creativity, professionalism and fun. Creative Art Therapy Workshops are a great team-building exercise which allow teams an opportunity to think out the box, to improve communication and team relationships, work through effective change in the workplace, facilitate brainstorm sessions, coaching through creativity and executive breakaways.

Provide us with your specifications and objectives for your function including size of team and time availability and we will tailor make a creative experience to remember!
Email: sami@arttherapy.co.za.

PERSONAL INSIGHTS SHARED: Art Therapy Course for Dept of Education July 2011

Note if you have attended an Art Therapy course and would like to feature in a newsletter under Personal Insights shared -please email me on sami@arttherapy.co.za



The 5-day Intensive Art Therapy Course was facilitated for 20 Departmental officials coordinating HIV, AIDS and Life skills programmes for the Eastern Cape Department of Education in July 2011. It was both an exciting and dynamic group to facilitate. Below are photos and some feedback from individuals in the group.

- "I have learnt how to express my feelings using drawings and art. It will also help me be able to help learners to express their feelings."
- "It was an eye opener worth attending that I will be able to attend to educators and colleagues needs, listen to with the aim of letting the client express her feelings without interruption/judgment... to advocate the use of art as a therapeutic tool to heal painful situation/discover the cause of painful experience."
- "It is useful because we will be able to assist our kids and adults in our families in recognizing challenges that they will be faced with in life."
- "Enabled me to manage my challenges, frustrations, in how to become independent and empowered."
- "This course capacitated us to be able to address social issues faced in our families and learners."
- "To be able to talk about things we are grateful for."
- "At first I was not sure if I was in a correct place, because I thought this was for kids but then I got excited as it was talking to me, as a result I'm a changed person because of this course. I'll cope with life."

CAPE TOWN

2012: The next Art Therapy 5-Day Course will start on Wed 21 March 2012 and run for 5 consecutive days (excluding weekends).

UPCOMING COURSE DATES

COURSE:	DATES:
Art Therapy 5-Day Intensive Course	JOHANNESBURG * Wed 30 NOVEMBER 2011 5 days in a row (Excl Sat & Sun) * Monday 30 JANUARY 2012 Every Monday for 5 weeks * Monday 23 APRIL 2012 Every Monday for 5 weeks
Art Therapy 5-Day Intensive Course	CAPE TOWN 2012 (5 days in a row: Excl Sat & Sun) Wed 21 March; Thurs 22 March; Fri 23 March, Mon 26, Tues 27 March 2012
Art Therapy for Therapists	Mon 14 Nov 2011 (CPD points) 9.00am - 12.30pm
Photo Art Therapy	Part 1: Monday 31st October 2011 (5:30pm - 8:30pm) Part 2: Monday 7 November 2011 (9:15 am - 3:15pm)
Creativity for Teams	Run on request for Corporate Teams

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That's it for now

Enjoy the newsletter, set time aside to use your imagination and play with different art mediums!

I hope to see you at one of the Art Therapy courses or groups soon!
Samantha Davis

<http://www.arttherapy.co.za/>
FEEDBACK

Your Feedback is important to me! Share your experiences with us on Face Book, Twitter and Blog! Please include if there are any times that you would like to participate in an Art Therapy course that are not on the schedule.

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