

# Art Therapy Online: ATOL

An International Journal of Art, Therapy, Politics and Culture

In the spirit of offering ATOL as a platform for representing art therapy as it is practised and developed internationally, we are pleased to offer this fourth issue of the journal. The richness and diversity of this issue lies in the themes which are addressed from a wide range of clinical and theoretical perspectives derived from working in different contexts. Also we are pleased to publish our first paper translated into Ukrainian.

There are two evidenced based papers which discuss group work. Helen Greenwood's paper 'What aspects of an art therapy group aid recovery for people with psychosis?' describes her long term research and thinking, spanning three decades, of working with adults who have been diagnosed with psychosis. Revisiting her previously published work with an out-patient group (Greenwood & Layton 1987, 1988/91, Greenwood 1994, Killick & Greenwood 1995, Greenwood 1997), and referring to the NICE (2009) guidelines and recommendations that art therapy reduces negative symptoms of schizophrenia, Greenwood describes how the mentalising aspects of art therapy and the group processes supports relationships between the therapist and the group, as well as within the group. She suggests that these relationships, facilitated by the inclusion of the purposeful activity of art making within a therapeutic setting, constitutes a core part of the recovery process for people diagnosed with psychosis.

In a similar vein, Havsteen-Franklin and Ewers in their paper, 'You Don't Know Anything About Us!' An Art Psychotherapy Group for Adolescent Girls,' describe how the quality of the relationships that developed over time within an art therapy group that was offered within a Child and Adolescent Mental Health Service (CAMHS) enabled positive change to occur. The paper follows

the process of the group in some detail. It shows how each individual member of the group manages to struggle with working through the developmental tasks of separation and individuation by addressing aggression, self-harm and development of sexuality. The role of the art making is shown to be pivotal in supporting the relationships and working through.

Art therapy trainees often break new ground with fresh thinking and ideas. This issue presents the work of two students, working with very different client groups in different clinical contexts. Talid Khan's paper 'Musings on the impact of Aniconism and the practice of art therapy with a Muslim community' attempts to address and explore the complex issue of Aniconism within art therapy. Aniconism is the belief or custom of avoiding graphic representation of human beings, living animals as well as any godly or religious figures. Khan, a non-practising Muslim, opens a discussion about the complexities of image-making in art therapy when working within a Muslim community. How does an art therapist practice within such a framework of belief systems? We hope this paper comes nearer to answering some of these questions and will stimulate further thought and reflection about these complex and challenging issues among colleagues around the world.

'Benefits of Art Therapy for an Adolescent living with HIV/AIDS' by student Sarah Soo Hon and Christine Kerr is a paper which describes working with an adolescent with HIV/AIDS in Trinidad. Universally, the diagnosis of HIV generates physical, psychological and social impairments. Throughout the literature, patients speak of experiences of the stigmatization and the isolation caused by this diagnosis. This article explores some of the benefits of art therapy, although this therapeutic approach is relatively new to the English-speaking Caribbean. As a Trinidadian, the author describes how the benefits of artistic self-expression, exploration of art media and the provision of a safe, supportive environment were facilitated through this beginning therapeutic process. Additionally, a focus was placed on using art therapy to enable her patient to decrease her social isolation and give her an opportunity to connect with her emotional response to her diagnosis. Art therapy was found to be a

beneficial initial treatment to allow her to identify her personal imagery as she made this therapeutic journey.

*I am moved by fancies that are curled  
Around these images, and cling:  
The notion of some infinitely gentle  
Infinitely suffering thing.*

(T.S.Eliot (1920) Preludes).

Dr Margaret Hills de Zárata uses this poem as an introduction her to intriguing paper 'Narrative. Photographs and the Experience of Memory'. Her thought provoking discussion explores themes relating to time, space, absence and loss through narrative and image with particular reference to D.W. Winnicott's concept of intermediate space and Roland Barthes' writings on photography. While all of these themes form part of an aesthetic vocabulary common to all the arts as expressed in a multitude of forms, the emphasis in this paper is on photography; as a testament to time past. We are delighted to include the Ukranian translation of this paper and would like to acknowledge the work of Katya Zaytseva who kindly translated this article for us.

Building on our series of Art Therapy Studios we have a paper by Susan Allaker . This issue also includes two book reviews. 'Art Therapy and Clinical Neuroscience' eds. Hass- Cohen N and Carr, R (2008), Jessica Kingsley, London is reviewed by Frances O'Brien. 'Art Psychotherapy and Narrative Therapy: An Account of Practitioner Research' by Sheriden Linnell is reviewed by Sally Skaife. This book is part of the series 'Rethinking Research and Professional Practices in Terms of Rationality, Subjectivity and Power'. Edited by Bronwyn Davies. Bentham Sciences Ebooks. Both publications are important contributions to the literature and well worth a read.

Finally an obituary about James Hillman (1926-2011), the archetypal psychologist who made such an important contribution to Jungian psychology

and thinking. David Maclagan writes Hillman was ‘ one of the invisible guardians of art therapy’ and ‘ a rare spirit whose work will long survive him’.

We are pleased to support a forthcoming International conference which seeks to represent and explore art therapy as it is practised around the world in different social and political contexts.

“Finding a voice, making your mark: Defining Art Therapy for the 21<sup>st</sup> Century.”

Monday 8 – Thursday 11 April 2013

Goldsmiths, University of London, New Cross, London SE14 6NW, UK

<http://www.gold.ac.uk/pace/arttherapyconference2013/>

[\*\*arttherapyconference2013@gold.ac.uk\*\*](mailto:arttherapyconference2013@gold.ac.uk)

4We are inviting submissions for Issue 5 of ATOL. Art Therapy On-line to be published in 2013. Information for submissions and guidelines for authors can be found at <http://eprints-gojo.gold.ac.uk/atol/contact.html> . All submissions must be made via the website <http://eprints-gojo.gold.ac.uk/atol/home.html> . On receipt of submission, a member of the editorial board will be in contact in order to support the progression of submissions through the editorial process.

Tessa Dalley

Julia Meyerowitz-Katz

On behalf of the Editorial Board.