

**Virág KISS**

### *Application of Visual Language in Art Therapy*

In my presentation I show different aspects and reasons for using visuality in art therapy, theoretical issues combined with some concrete cases.

Art therapeutic field applies visual language because of the clear benefits of it. Visual language is capable to reach people unverbally, and can be a channel/road to their unconscious, besides reaching the preverbal dimensions. Emotions, and the deeper inner instinct forces, are feeding the visual imagination which is less controlled rationally than the verbal. Unstructured/unconcrete visual stimulation (like scribbles) invites projection, letting appear concrete pictures from the imagination. Visible artistic products contain both emotions and thoughts, those which the creator of the product was possessed by during the creative process, and make the visible art product a real „time-capsule”.

Two different concepts of using visuality in art therapy:

- Approach „art in therapy”/„art psychotherapy” (by Margaret Naumburg): uses the visual product as a form of „symbolic speech”, a message from the unconscious, archetypical (Jung) and personal meanings.

- Approach „art as therapy”(by Edith Kramer): when working on a visual product one is working on oneself too, arranging things both inside and outside. The movements, the pressure, and the dynamism of the creational gestures are channelling, and manage the inner tension, into a constructive activity, sublimate (Anna Freud) emotions and articulate feelings. This path is open for educational field too.

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