

Let's take a look at what art therapy isn't...

Art therapy is not rehabilitation, occupational therapy, occupational therapy or social therapy.

Art therapy is not a projective test. It is not used to perfect a diagnosis. Nor does it serve to reveal the person's problems, for example, "Your painting reveals your obsession with death! "It is already their surpassing in their staging, their complex figuration in an artistic production. It does not reveal what is, it does not show what was already there, it initiates a movement towards what can be, what can be represented in the symbolic and put into process from one creation to another.

Art therapy is not limited to an expression for relief and relief. It is neither an emotional therapy nor a search for catharsis nor an expulsion of evil that borders on exorcism.

Objectives of art therapy

- To welcome the request of a person, an institution or another professional and to analyse it, by perceiving it in its context (problems, symptoms, pathologies), to define the modalities of care through a process of artistic creation.
- To pose the adjusted therapeutic indication to the person, defining the appropriate artistic approach, the duration of the sessions and the number of participants, in order to establish a specific accompaniment proposal.
- Accompanying in individual or small group sessions, supporting the formal deepening of the productions with indications of creation in relation to the variability of the person's states of presence and emotion, in order to set up a creative process that triggers a therapeutic process.
- To analyse the person's journey based on the notes taken after the sessions, assessing the creative process and the nature of the relationship, in order to adjust the following sessions and establish recommendations as the end of the treatment approaches.
- To identify the evolution of the person as well as of his or her productions, to identify blockages and problems, by analysing in supervision one's own commitment, to re-examine one's practice, attitudes and to maintain one's theoretical reflection.
- To coordinate with other professionals in an institutional and liberal practice, contributing to the global reflection around the person being supported, to guarantee the complementarity and coherence of his or her therapeutic path.
- To communicate from one's practice, by participating in symposiums, round tables and publications, to take part in the development of the theoretical field of art therapy and the refinement of the specificities of this profession.

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National Institute of Expression, Creation, Art and Transformation