

Picture work and Artwork



Images are projections (virtual objects) that the body creates in order to carry forward what it is “implying forward” in ways that are not possible in actual situations. An image is an intervening solution / a home-made object that carries forward what cannot (or cannot yet) be carried forward in reality. That is why a focusing step to solve a problem can come first in an image.

(Gendlin Focusing Oriented Psychotherapy P215-216)

Choose a picture from those pictures scattered on the floor. Take your time and then go and sit back down.

Talk to your listener about why you chose this picture. Then have your listener prompt you with some or all of the following questions.

- What attracted you to it?
- What is most mysterious or unknown about it?
- If this picture were a part of you what part would it be?

When you are ready allow your eyes to close and invite a felt-sense all about this picture and its meaning for you.

After you focus use a blank page for notes of images (adapted from Jane Quayle)

OR Art and Feeling (taken from Rappaport 2009, p 82)

We are going to explore the connection between feelings and art making. Take 6 sheets of paper. One sheet for each feeling.

You will have a few minutes to express the feeling using colour, shape, line and or image.

Trust what comes after hearing/reading the word.

Sad

Happy

Fear

Love

Hate

Trust

Or any other feeling you would like to explore