

2nd SFAT CONFERENCE
On Friday 27th and Saturday 28th of
September 2024
Online (Zoom)

DOING AND BEING : THINKING THE THERAPEUTIC RELATIONSHIP THROUGH THE GAZE OF CREATIVE PROCESS

Any kind of art or artistic production involves a creative process. The creative impulse is universal and is present in all of us. It contributes to the feeling of existing, of being connected to life, to a drive that animates us deeply. The creative process does not necessarily lead to great findings or spectacular inventions, but it is at work in our everyday lives, as soon as it comes to finding a solution or developing a new point of view. It concerns our ability to « play with »¹.

Between creativity and creation, there is a great deal of back and forth motion between the notion of *doing* and that of *being*...

The creative process underpins the identity and uniqueness of each art therapist's support/care/guidance, implying a sensitive approach to the world. In his programmatic definition of poietics, Paul Valéry analyzes his own creative process: " there is, in each creative act, something spontaneous and almost involuntary, unintentional as well as a conscious effort"². The artistic act involving the body as much as the brain, through the production of traces, sounds, movements, shapes and rhythms potentially tangible, ephemeral or perennial, gives place/leads to bodily, sensorial, emotional, relational, symbolic and cognitive phenomena and processes.

¹ Evers, A. (2010). Le grand livre de l'art-thérapie. Paris : Eyrolles

² Valéry, P. (1965). Oeuvres, Tome 1. Paris : Gallimard

The unfolding process of creation in Arts Therapies is usually underpinned by the sensorial dimension in the therapeutic relationship.

Furthermore, kinesthetic pleasure and aesthetic pleasure, whether sought after or not, are fully integrated in the artistic process. The dynamic provided by the triangular relationship between the *clients*, *creative process* (with or without production), and the *art therapist*, is essential to bring the subject to an in-depth transformation within a safe framework. To achieve that, the therapist has to observe and analyze all the different facets of his own creative process.

The next SFAT conference theme aims to highlight the expertise of art therapists regarding how the creative process and the therapeutic relationship are deeply intertwined. How does the specific artistic technique influence the client's intention ? How, through imagination and thanks to the musical/plastic/theatrical/danced and written play, does the art-therapist nourish the potential space in order to gradually give access to representation ? How to welcome the sensory pathway, should it be encouraged or rather appeased in particular creative process ? Should it be prioritized or rather put aside in accordance with the client's difficulties and in which therapeutic aims ?

What explicit/implicit dialogues occur between the created object (the realization of the patient) and the transference relationship?

Which artistic dynamics allow the client to enter the symbolization process ? How to evaluate the artistic creative process?

How to nourish your own creative process as arts therapists, what are the challenges involved in sessions?

There are many different paths to explore...

Call for papers or workshop proposals for the SFAT conference will close on April 30th 2024. Please send us your contribution at syndicat.sfat@gmail.com. The format should be as follows : 2 to 5 pages written according to APA norms, with a resume of your presentation, a summary and your references. The conference will take place online in September 2024.