

Art Therapy

Lakeside Bolsena



**Weekly seminars to
self-awareness
and healing
for therapists**

**Convento S.Maria del Giglio
Bolsena (VT), Italy**

13-19 July 2014 -- SEMINAR 1 - The face behind the face

20-26 July 2014 -- SEMINAR 2 - The stories our body can tell

**27 Jul – 2 Aug 2014 -- SEMINAR 3 - How to use phototherapy
techniques in psychotherapy, artherapy therapeutic work**

by Laura JIMENEZ-ALONSO

in collaboration with Associazione Culturale Punti di Vista

For info on participation fee and for registration write to: lauraart@gmx.at



SEMINAR 1 13 – 19 JULY 2014

THE FACE BEHIND THE FACE

Led by **LAURA JIMENEZ-ALONSO** and
Mag. **MARCUS CZERWENKA** - Wenkstetten
Guest speakers:

Patrick NICHOLAS, Academy of Art London,
www.cameraetrusca.com
Giuseppe UTANO, ceramic artist in Bolsena

Masks show what moves and drives people. They make visible the inner, which shapes the personality, and projects identity on the face and the whole body figure. On the face is reflected where we arrived (as in H.Hesse's *Demian*) Giuseppe UTANO will lead the hand-on work on masks, and will teach techniques for modelling clay sculptures. During the week long seminar, every one will have the opportunity to create his/her own mask, proceeding from personal biography and mood of the time. With "Max" CZERWENKA participants will learn to use improvisation theatre, digging into the joy of the game, and learning to make mistakes and to even appreciate it, accepting challenges and remain loose. Playfully theatrical work approach to learn methods of improvisation to then apply them to the challenges of life. To begin with improvisation, no special requirements to me met, and the reward is a lot of fun, development of experience and new perspectives on life.

Patrick NICHOLAS will accompany participants with its photographs, and capture some of the most shifting moments. Purchase of the resulting art photos is possible.
Language : German / English
Bring comfortable footwear



SEMINARIO 2 20 – 26 JULY 2014

THE STORIES OUR BODIES CAN TELL INTEGRATING BODY AND ART

Led by **Laura JIMENEZ-ALONSO** and
John WATERSTON

This workshop will introduce the basic ideas of Body Psychotherapy. Participants will have the opportunity to explore the ways in which somatic experiences, the sensations of the body, can inform personal development. It will be proposed and investigated through personal and group exercises that the core of selfhood and the keys of understanding and transforming our life stories, are to be found firstly in sensations and only secondly in cognition and rational thought.

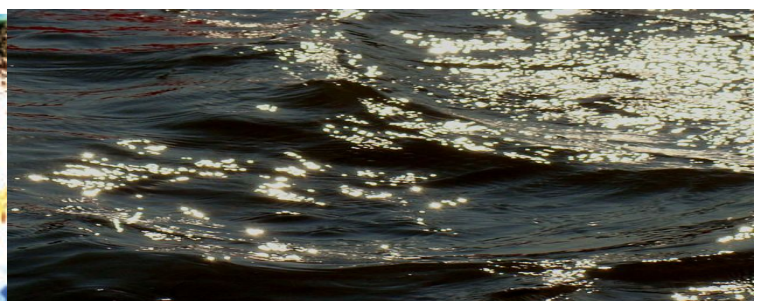
The resulting moods, irritations, problems, resources and life goals coming up as inner pictures during the body work will be expressed through creative methods of art therapy.

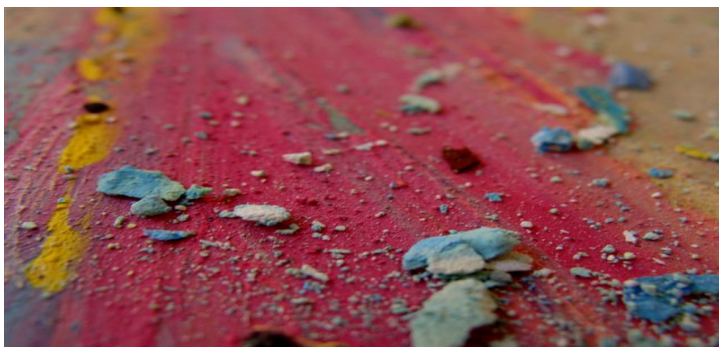
Participants will have the opportunity to explore the traces left by psychodynamic expression tracks and find surprising information in their pictures drawn spontaneously.

Body-Psychotherapy: Sunday evening, Monday-Tuesday

Wednesday: Day-off Excursion

Art Therapy Thursday-Friday-Saturday till 1:00pm





Venue of the seminars is the lovingly restored Convento S. Maria del Giglio of Bolsena (Viterbo), in the very heart of Italy, on the hills of the largest volcanic lake of Europe.

The Convent has beautiful gardens, sunny olive grove, breathtaking view, conference rooms, wi-fi; simple and mind-clearing rooms with 1 or 2 beds. Showers / WC on the floor.

Food is organized collectively and always becomes a work of art, simple and with Mediterranean inspiration. For food intolerance, please send your request in advance, best solution can be found together.

www.conventobolsena.org

The Convent is managed by the Associazione Culturale Punti di Vista
www.conventobolsena.org/associazione_en.html

SEMINAR 3 27 JULY – 2 AUGUST 2014

HOW TO USE PHOTOTHERAPY TECHNIQUES IN PSYCHOTHERAPY, ART THERAPY & THERAPEUTIC WORK

Led by: **Laura JIMENEZ-ALONSO** and **Ulla HALKOLA**

The goal of the workshop is to illustrate, demonstrate and explain ways to use phototherapy techniques in art therapy. The phototherapy techniques include using autobiographical photos like family album photos, symbolic and associative photographs. Participants will learn by doing how to use phototherapy techniques and how to combine them with art therapy techniques. **This edition of the seminar will be focused on Self Portraits. The aim is to produce a "Self Portrait Book" which will be done with different kinds of photography techniques like dialogical photographing, by self-timer etc in combination of art therapeutic methods.** Participants will bring with them about 12 -20 photographs which have a personal meaning for them. The photos might be from own photo collections like snapshot boxes, files etc. The photo collection has to include at least one photo – in printed form- where the participant is a child, one photo as a teenager and one photo as an adult. **Participants are required to bring their own camera, preferably digital, as we will print photos during the workshop.**



The role of art therapy will be to provide the possibility for expressing inner pictures of personal conflicts and/or positive resources through painting or drawing. The art work enables symbolization, and allows important situations to re-emerge and be acted out in a weakened form, that can be afterwards completed in verbal communication. Family photos and photo collections will be combined with inner imagery in order to rewriting and finding our authentic life-story.





Every seminar starts on Sunday 18:00 and ends following Saturday after lunch.

Bring comfortable clothes suit for hands on work with colors and other materials, comfortable shoes for excursion, swimming suit and beach towel.



TRAINERS

Director

Laura JIMENEZ - ALONSO (director and designer of courses) clinical and analytical Arttherapist

Co-directors

Mag. Marcus CZERWENKA-WENKSTETTEN
over 20years experience in the areas of drama, radio, communication, facilitation
<http://textundton.at/text/warum-impro-das-schönste-auf-der-welt-ist/>

John WATERSTON

a Chiron trained relational Body Psychotherapist with 20 years clinical and teaching experience. He has a private practice in Suffolk, UK where he works with individuals and couples. He is also a teacher, writer, group facilitator and workshop leader in the UK and overseas. He is a UKCP accredited psychotherapist and member of the Chiron Association of Body Psychotherapy.
<http://www.suffolk-psychotherapy-counselling.com/> <http://www.body-psychotherapy-org.uk/>

Ulla HALKOLA

One of the founding members and first Chairperson of the Finnish Phototherapy Association(2004-06) and Member in the Finnish Phototherapy Association and the Finnish Artist Union. Didactical coordinator at University of Turku (1989-2011)
www.Spectrovisio.net

Guest speakers

Patrick NICHOLAS, artist photographer, Academy of Art London
www.cameraetrusca.com

Giuseppe UTANO, artist ceramist in Bolsena

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