

Artistic Methods for Self-Supervision: Discovering Empathic Attunement for Compassionate Therapy

2018 Seoul South Korea

- Friday 8-Hour Workshop for Art Therapists

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This workshop focuses on using art as an awareness practice for self-supervision with the goal of informing empathic attunement in clinical practice. An art-based self-supervision process, developed by the presenter, will be introduced and practiced in order to cultivate interpersonal, intrapersonal, and transpersonal understanding. Participants will be asked to recall a challenging client who provoked a difficult therapeutic relationship. Using clay, we will recreate this fragile alliance in order to better understand interpersonal patterns that others likely feel as well as our own unresolved unconscious responses. Our overall objective is to surface and explore different forms of countertransference material and transform this content into empathic awareness, thereby deepening our compassion for ourselves and our client(s).

Objectives:

- A. Participants will be introduced to 2 meditation techniques that will aid them in their clinical practice and self care.
- B. Participants will identify 3 reasons for using art, specifically clay, in a self-supervision practice.
- C. Participants will distinguish between post session response art and in session empathy art.
- D. Participants will learn the difference between empathy and empathic attunement.

Bio:

Dr. Michael A. Franklin is the chair of the graduate Transpersonal Art Therapy program at Naropa University and founder of the Naropa Community Art Studio. Throughout his career, Michael has practiced as a clinician and educator, directing the art therapy programs at the College of St. Teresa and Bowling Green State University. Michael lectures and leads workshops internationally and has published over thirty papers on various subjects including aesthetics, self-esteem, AIDs iconography, interpretive strategies, community based art therapy, arts-based research, and contemplative approaches including yoga, meditation and visual empathic methods. Michael's current research focuses on integrating art therapy/education, social engagement, yoga philosophy, and meditation. This investigation has culminated in the recent publication of: ***Art as Contemplative Practice: Expressive Pathways to the SELF*** with SUNY Press.

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Timeline (8 hours)

10:00 – 10:15 Welcome and introduction

10:15 – 11:45 presentation

11:45 – 12:15 questions

12:15 – 12:30 timed writing

12:30 – 2:00 lunch

2:05 – 4:30 art process

4:30 – 4:45 break

4:45 – 5:20 discussion in dyads and then as a larger group

5:25 – 5:50 clean up

5:50 – 6:00 ending practice

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Lecture Title and Summary:

"Work as Worship in 3 Acts: Arrival, The Contemplative Clinician, and Service as a Spiritual Practice"

Expressive Therapies offer an opportunity to surface, blend, and integrate multiple professional identities. Included in the artist-therapist self-structure are contemplative, transpersonal, and socially engaged traits. These three sub-identities will be discussed with a focus on the following questions:

- What if our expressive therapies work felt like worship?
- How does meditation training support the study of art therapy and why is it important to include contemplative practice in the curriculum?
- How does the privilege to work as a therapist inspire the empathic imagination of I/Thou encounters?
- What is the importance of community-based, socially engaged approaches to expressive therapies?

Afternoon Hands-on Workshop Title and Summary:

"The Way of Clay: Lessons of Imaginal Intelligence for Expressive Therapists"

From earth, to artistic collaboration, to fire, to stone, to independent object; clay is a material that easily teaches about imagination as an important change agent. As we will explore in this workshop, when clay is formed it transforms into patiently waiting narratives composed of contexts, emotions, and unique scenes. Forming these ineffable experiences through clay reveals how art serves as a primary form of intelligent, absorbed attention. When listened to and followed, these emerging images inspire our innate imaginal intelligence.

Learning objectives for the day:

Participants will be able to identify and name 3 reasons to include contemplative practice training in an expressive therapies curriculum.

Participants will define 3 core aspects of mindfulness meditation.

Participants will define 3 core connections between meditation, art, and clinical practice.

Timeline:

5 Hours

1:00- 1:05 - Arrival

1:05 – 1:15 Welcoming and introduction

1:15 – 2:30 Lecture presentation

2:30 – 2:45 Questions

2:45 – 3:00 Break

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3:00 – 5:10 Hands-on studio experience

5:10 – 5:35 dyad discussion then larger group.

5:35 - 5:45 clean up

5:45 – 6:00 Closure

Same Materials Needed:

1. 4 kilos (minimum) of clay p/person minimum and heavy cloth or plastic to cover tables
2. Simple clay tools (high school grade or McDonalds sets of fork/knife/spoon), small empty yogurt containers for water - number = 's 1/2 the amount of people coming, paper towels, hand lotion.
3. 4-5 buckets to fill with water to rinse hands to get the clay off before washing hands in the sink.
4. Rag towels for spilled water.
5. Garbage bags to put the used clay back into. Small bags if people are taking the clay home with them.
6. Visquine polyethylene sheet plastic (middle range thickness - purchased from Home Depot Paint Department to cover tables and floor (carpet).