

MODULE 1 EXPRESSIVE ARTS

模块一 表达性艺术



by Maria A. Geraci Psychologist – Psychotherapist CBT, PTP
授课者：玛丽亚·杰拉奇（心理学家-认知行为治疗师，认证游戏治疗师）

THE EXPRESSIVE ARTS

表达性艺术





COPYRIGHT

版权声明

Copyrighted materials of the Research Center CBPT© Centro Ricerca CBPT All rights reserved. Any reproduction prohibited.

材料版权归CBPT Research Center©所属。CBPT Research Center©保留所有权利禁止任何形式的复印和传播



PREMISE

前言



- Expressive arts give children the security and freedom they need to express themselves.
- 表达性艺术给予儿童表达自我所需的安全感和自由。
- Children feel at ease when they play, draw and create.
- 儿童在玩耍、绘画和创作时会感到自在。
- By incorporating play techniques into the therapeutic process, the therapist is able to establish the relationship more easily.
- 通过将游戏技巧融入治疗过程，治疗师能够更容易地与儿童建立关系。



USING ART IN THE THERAPEUTIC PROCESS

在治疗过程中使用艺术



- Children have limited cognitive and verbal skills that prevent them to understanding and communicating their feelings due to their abstract and complex nature.
- 由于儿童的认知和语言能力有限，他们的感受又较为抽象和复杂，所以他们无法理解和传达自己的感受，
- At the beginning of therapy, children are often defensive and may refuse to talk about their difficult, embarrassing, or uncomfortable emotions.
- 在治疗开始时，儿童通常会有防御心理，可能会拒绝谈论让他们难以启齿、尴尬或不舒服的情绪。



EXPRESSIVE ARTS AND CBPT

表达性艺术与认知行为游戏疗法



The therapist can use the expressive arts to devise a creative way to lower the child's defenses and create a safe environment in which he can recognize, express and process the emotions underlying the maladaptive behaviors.

治疗师可以利用表达性艺术设计出一种创造性的方法来降低儿童的防御心理，并为他创造一个安全的环境，让他能够认识、表达和处理不良行为背后的情绪。



WHAT ARE THE EXPRESSIVE ARTS?

什么是表达性艺术？



- What are expressive therapies and what important clinical information can they provide?
- 什么是表达性疗法，它能提供哪些重要的临床信息。
- There are many ways within the therapeutic setting to achieve this.
- 在治疗环境中，有许多方法可以实现这一目标。



- **The Expressive Therapies Continuum** is an attempt to lay the foundation for synthesis, so that all therapies can be understood as simply as possible, and to formulate a way for the clinician to plan treatment based on integrated theories.
- 表达性治疗连续系统，即该领域的统一的综合的理论基础。整合后，方便理解各种疗法，以便临床工作者可以更有效地计划治疗过程
- The following four disciplines will be considered:
- 表达性治疗连续系统包括以下四门学科：

I. ART THERAPY

艺术疗法

II. MUSIC THERAPY

音乐疗法

III. DRAMA THERAPY

戏剧疗法

IV. DANCE THERAPY

舞蹈疗法



ART THERAPY

艺术疗法



Art therapy, sometimes called creative art therapy or expressive art therapy, encourages people to express and understand emotions through artistic expression and the creative process.

艺术疗法，有时也称为创意艺术疗法或表达性艺术疗法，鼓励人们通过艺术表现和创作过程来表达和理解情感。

Art therapy provides the patient-artist with a **critical view of emotions, thoughts and feelings**.

艺术疗法为来访-艺术家提供了对情绪、思想和情感的批判性视角。

The **main benefits** of the art therapy process include:

艺术疗法的主要好处有：

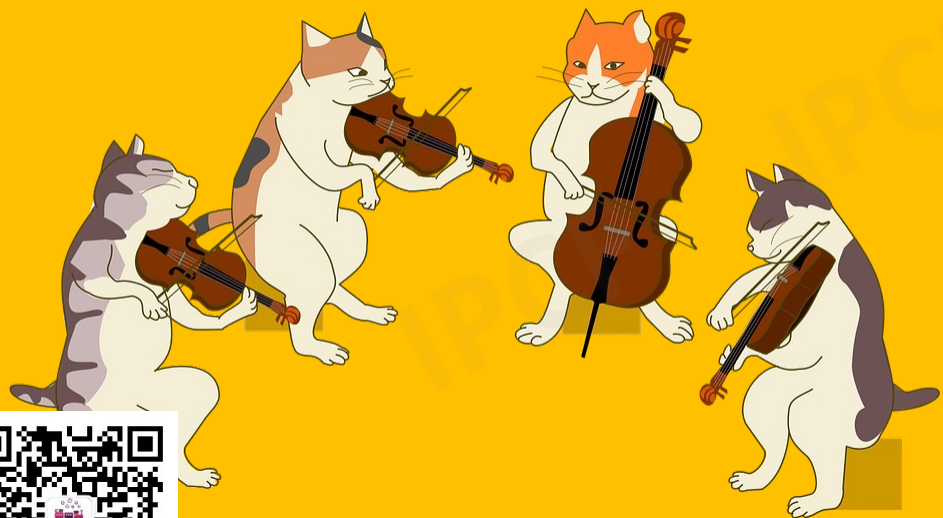
- **self discovery**
- **personal fulfillment**
- **empowerment**
- **relaxation and relief**
- **symptom relief**
- **physical rehabilitation**

- 自我发现
- 个人成就感
- 增强能力
- 放松和缓解
- 缓解症状
- 身体康复



MUSIC THERAPY

音乐疗法



Music therapy is an expressive therapies that is an interpersonal process whereby a trained music therapist uses music to help clients improve their:

音乐疗法是一种表达性疗法，是一个人际交往的过程，经验丰富的音乐治疗师通过音乐来帮助来访者改善他们的能力，包括：

- **psychological functioning** 心理功能
- **cognitive functioning** 认知功能
- **motor skills** 运动技能
- **emotional and affective development**
- 情绪和情感发展
- **behavior and social skills** 行为和社交技能
- **quality of life.** 生活质量

Music therapists, to achieve the goals of treatment
音乐治疗师使用以下方法:

use:

free improvisation,

the singing ,

song writing,

listening and discussing music

the transition to music

即兴表演

歌曲演唱

歌曲创作

音乐鉴赏

音乐过渡

to achieve treatment goals. 来实现治疗目标。

Music therapy is used in some medical hospitals, cancer centers, schools, drug and alcohol recovery programs, mental hospitals, and correctional facilities.

音乐疗法在一些医院、癌症中心、学校、戒毒戒酒康复项目、精神病医院和惩戒机构中得到应用。





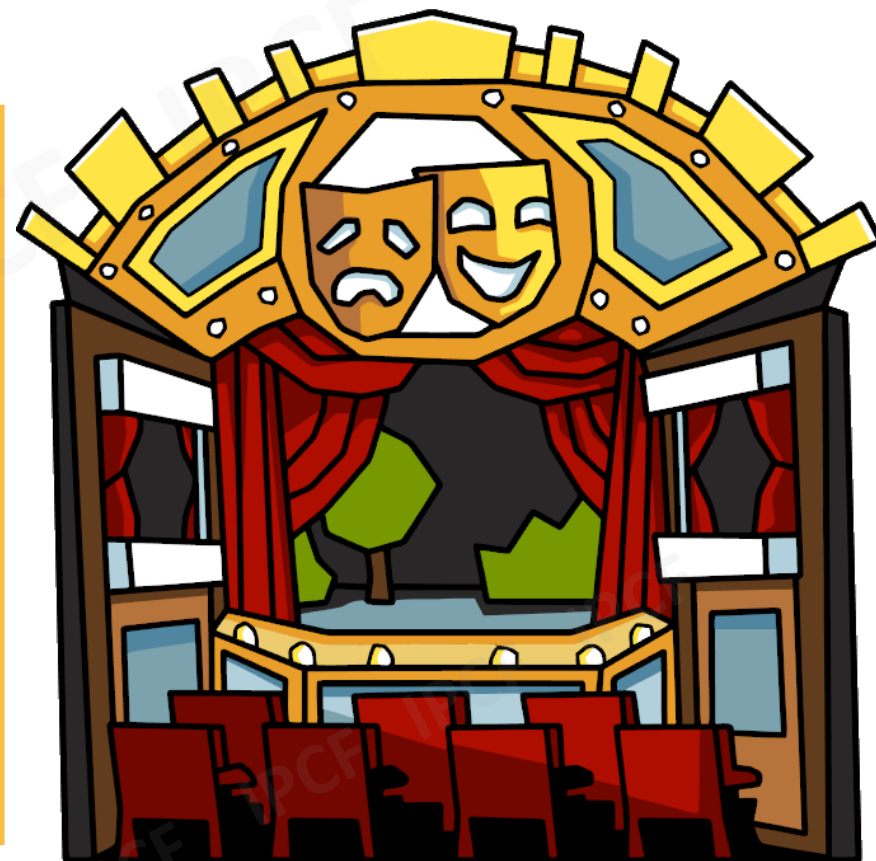
DRAMA THERAPY

戏剧疗法



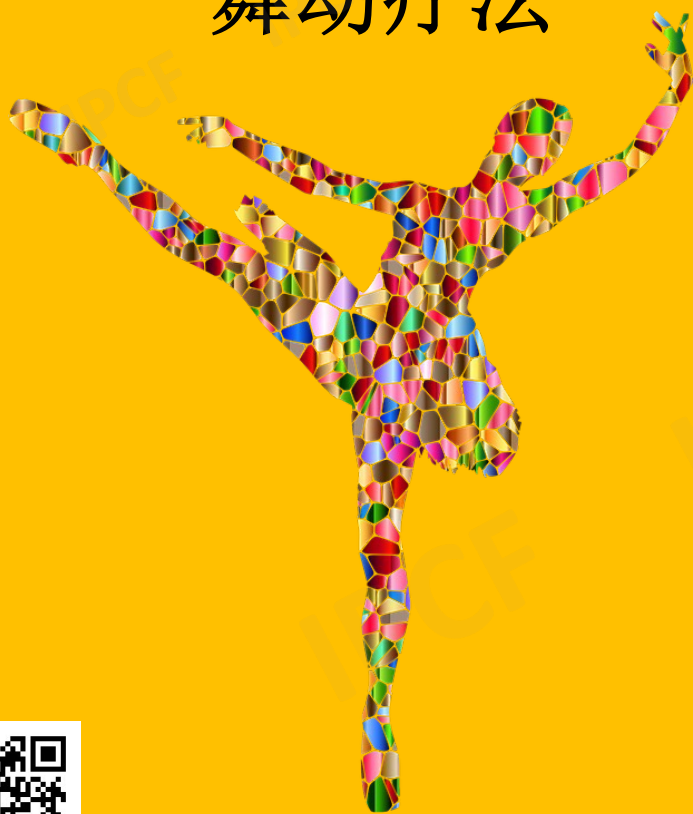
- **Drama therapy** is the use of theatrical techniques to facilitate personal growth and promote mental health.
- 戏剧疗法是运用戏剧技巧促进个人成长和心理健康的一种方法。
- Drama therapy is used in a **wide variety of contexts**, including:
- 戏剧疗法应用广泛，包括：
 - hospitals, 医院
 - schools, 学校
 - mental health centers, 心理健康中心
 - prisons, 监狱
 - companies. 企业

- The modern use of dramatic process and theater as a therapeutic intervention **began with psychodrama.**
- 戏剧过程和戏剧作为治疗干预的现代应用始于“心理戏剧”治疗。
- The field has expanded to allow for many forms of theatrical interventions as therapy, including:
- 该领域已不断扩展，多种形式的戏剧干预都可以作为治疗手段，包括：
 - Role-playing games 角色扮演游戏
 - Theatrical games 戏剧游戏
 - Dynamic group games 动态团体游戏
 - Mime 哑剧
 - Puppets 手偶
 - Other improvisation techniques. 其他即兴技巧



DANCE-MOVEMENT THERAPY

舞动疗法



- **Dance-movement therapy**(DMT), or dance therapy, is the psychotherapeutic use of movement and dance, which influences forms of emotional, cognitive, social, and behavioral functioning.
- 舞动疗法（DMT），或称舞蹈疗法，是指在心理治疗中使用运动和舞蹈，从而影响情感、认知、社交和行为功能的疗法。
- As an expressive therapy, DMT assumes that **movement and emotion are directly related.**
- 作为一种表达性疗法，舞动疗法认为运动和情感之间存在直接的联系。
- The purpose of DMT is to find a **healthy balance** and sense of wholeness.
- 舞动疗法旨在帮助个体达到身心的健康平衡，以及整体感的提升。

- La DMT is **practiced in places** such as:
- 舞动治疗（DMT）在一些地方得以实践，包括：
 - Mental health rehabilitation centers,
 - 心理健康康复中心
 - Medical and educational facil,
 - 医疗和教育机构
 - Nursing homes 养老院
 - Day care facilities 日托机构
 - Other health promotion programs.
 - 其他健康促进项目。





CBPT

认知行为游戏治疗

It combines play with adaptive thinking and behavior in order to help children develop effective coping strategies for coping with problems.

它将游戏与适应性思维和行为相结合，帮助儿童制定有效的应对策略来处理问题。

EXPRESSIVE ARTS

表达性艺术

In CBPT, ART is used.

认知行为游戏疗法中使用了艺术。

One of the therapist's main goals is to help the child identify, label and understand emotions, providing tools that allow him to get in touch with their emotional experience and acquire greater mastery of it.

治疗师的主要目标之一是帮助儿童识别、标记和理解情绪，为他们提供工具，让他们能够接触自己的情绪体验，并更好地掌握这种体验。



USE OF ART THERAPY IN CBPT

CBPT中艺术疗法的使用



- Art therapy uses various artistic tools and materials (for example, drawing, collage, painting, sculpting, writing, clay and plasticine modeling, book making) to facilitate a child's development and change.
- 艺术疗法利用各种艺术工具和材料（如绘画、拼贴画、油画、雕塑、写作、粘土和塑胶模型、书籍制作）来促进儿童的发展和改变。
- It is not simply about drawing well or creating a “nice” object, but about a process of self-discovery through any form of art that comes from an emotional experience.
- 这并不是简单地把画画好或创造出一件 “漂亮 ”的物品，而是通过各种形式的艺术，从情感体验中发现自我的过程。



USE OF ART THERAPY IN CBPT

CBPT中艺术疗法的使用



- Many children enjoy using and manipulating art materials, they often find it relaxing and just plain fun.
- 许多儿童喜欢使用和摆弄美术材料，他们通常会觉得这样做很放松，也很有趣。
- The act of creating with your own hands is certainly less threatening than talking about upsetting emotions, thoughts or events.
- 与谈论令人苦恼的情绪、想法或事件相比，用自己的双手进行创作肯定没有那么具有威胁性。
- It represents for the child an expressive experience capable of revealing new ways of Self, offering potential resolutions to problems and activating inner resources.
- 对孩子来说，它是一种表达体验，是能够揭示自我的新方式，可以为他们提供解决问题的潜在方案，并激活内在资源。



USE OF ART THERAPY IN CBPT

CBPT中艺术疗法的使用



- Adding art materials during sessions opens up new avenues of expression.
- 在治疗过程中使用艺术材料开辟了新的表达途径。
- The familiar and playful nature of these materials helps and facilitates the involvement of children in therapy and at the same time allows them to lower their defences.
- 这些材料不仅具有可玩性，还是儿童所熟悉的，这样做可以帮助和促进儿童参与治疗，同时让他们减少防备。



USE OF ART THERAPY IN CBPT

CBPT中艺术疗法的使用



- Playdough's easy malleability and transformative properties foster the child's ability to play and shape meaningful matters while maintaining "control" over the material.
- 橡皮泥容易延展和变换形状。在玩橡皮泥的过程中，儿童保持了对材料的"控制"，也在玩耍中培养了塑造有意义事物的能力。
- The process of making plasticine and its changing shape can serve as a metaphor for change.
- 制作橡皮泥的过程及其形状的变化可以隐喻变化。
- Also, children often face situations where they feel powerless. Drawing or representing these situations can help restore a sense of mastery, control and accomplishment.
- 此外，儿童经常会遇到让他们感到无能为力的情况。绘制或表现出这些情况可以帮助儿童恢复掌握感、控制感和成就感。



USE OF ART THERAPY IN CBPT

CBPT中艺术疗法的使用



- There can be many benefits to using in-session art when working with children.
- 在对儿童进行治疗时，在会话中使用艺术有很多好处。
- A main aspect is to promote a relaxation response in the body.
- 其中一个主要方面是让身体很快放松下来。
 - *For example, drawing is effective in facilitating children's verbal responses to emotionally charged events. This is because it allows to reduce anxiety, helping the child to feel at ease in the therapeutic environment, facilitating memory retrieval, organizing narratives and prompting the child to provide the clinician with more details than they would in an interview which is mainly verbal (Malchiodi, 2003).*

例如，绘画能有效改善儿童对情绪化事件的语言反应。这是因为它可以减少焦虑，帮助儿童在治疗环境中感到自在，促进记忆检索，组织叙事，并促使儿童向临床医生提供更多的细节，相比主要是口头交流的访谈信息量更多。（卡西·马尔希奥迪，2003）。

