

Discovering Deep Psychological Principles through Art

By Jamie van Dam

The word Psychology (Greek. *Psyche*) “*study of the soul, spirit and breath*” often refers to the study of the emotional/spiritual part of a person. To study one’s spirit requires mental and physical movement, mixed with courage and friendliness. Why courage? To look at one self, requires that our spirit be courageous, since we are going into unknown aspects of ourselves. And it requires friendliness, since discoveries take time and patience. However, in today’s culture we are shown over and over through thousands of advertisements on TV, magazines, newspapers and billboards that quick fixes and self-gratifying activities are most important. Why would we bother finding out who we are when we can watch another movie, flip the channel or fly to another part of the world to “get away”; get away from us and the environment that is apparently disturbing. And what does breath have to do with the psyche? Lots, but you will have to attend the course to find out!

Much of what we see at the surface of a person or persona (Greek for *mask*) is just the tip of a big iceberg (a warm one!). So many wonderful mental states, talents, goodness and non-goodness are hidden from view. In this introductory course, which is not art therapy, we are going to take some time exploring a few deep and profound questions, such as affection, power, intelligence, love, rejection, submissiveness, energy and the many forms of anxiety.... And we will explore this through many fun and simple art exercises.

Through the mediums of creative visualisation, art exercises, readings, explanations and discussions from great psychoanalysts, Mark Webber and Ann Damude will step by step guide participants through an exploration of some fundamental psychological aspects of your being. Class times are Nov.2 & 4 at 7:30 pm and Nov 6 & 7 at 9:30 am to 3:30 pm, 2005.

*The Text we will study is *Our Inner Conflicts* by Karen Horney, published by Norton*