

MINI ARTICLE

What are the Arts applied to personal development?

By Verónica TG.



“An applied arts client is like a self-detective sitting on a three legged stool of imagination, play and creativity accessing to its own clues and infinite potential.”

They are..

A practical tool for both self-exploration and 'know how' to bring our inner resources to our everyday lives. By using different forms of Art in the same session: visual arts, writing, theater, movement and music.

How they use the 'Arts'?

They focus on the individual expression and the art-making process, **NOT** the result.

The work is for the clients personal development not for the artwork itself. Guided by the facilitator, they are the main explorers, with no interpretation made about their discoveries and in their own rhythm.

Another difference from other person-growth focused art practices, is the use of several art forms in the same session to give more than one 'language' for the self to express.

What are they useful for?

Among many others, they help us to discover unconscious patterns or beliefs which can be blocking us in our daily lives and how to transform them from our own resourceful way.

It can also help to identify possible difficulties on emotional management and identify our inner resources to overcome them.