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Creativity and art for treatment purposes

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Learning Goal:

The healing power of art as well as the connections between psychosis and social environment. How much the quality of discomfort response and effectiveness of defence mechanisms could be higher within friendly, responsible and lively local communities in which each actor is carrying both needs but also creative talents.

Abstract Text:

We aim to describe how encouraging the creativity of our patients expresses through art could play a crucial role when it comes to help them cope with mental suffering; a circular and dynamic process implying creativity, distress tolerance and capacity of thinking together that enable them to deal with their original trauma. Starting from the freudian motivation theory, we linger over Gaetano Benedetti and the results of his pulis on treatment using psychosis through art therapy including Gaetano Benedetti's therapeutic progressive mirror drawings. We present a cultural program including a unique sailing experience as well as various sensorial workshops. Our project with the Leonpalcaldò ship aims to promote emotional and spiritual growth of patients and professionals by using the sea and the ship as the mean to accomplish the objective, and the group as the main factor involved in the process. The ship is also used an original venue to exhibit graphic artwork, paintings and sculptures made by the patients. We organize sensorial workshops in order to stimulate the five sensory channels through which we get to know the world, we build an idea of it, try to think, understand and design the world itself. The workshops are about native and medical plants in the Liguria region, as well as having a full corporal expression experience through theatre, dance, photography, pottery and music. One of our goals was learning by experience, combining emotional and cognitive dimensions. The various projects present, in many ways, a connection between art and helping others. We see art as an expression and representation of an inner dialogue that is made possible thanks to the externalization process, the communication with others that enables to convey feelings and knowledge both in the relationship with psychiatric patients as well as their families and society.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**