



Abstract Nr: 214
Internet ID: 516

Type of Presentation: Symposium

Art and Psychosis - The use of creative writing-therapies in groups of people suffering from severe mental illness

Bent Rosenbaum¹, Birgit Bundesen², Borut Skodlar³

¹Psychiatric Center Copenhagen, Psychotherapeutic Clinic, Nannasgade 28, 2200 Cop, COPENHAGEN, Denmark

²Mental Health Care Center Amager, Copenhagen area, Digevej 110, 2300 Copenhagen, COPENHAGEN, Denmark

³: University Psychiatric Clinic Ljubljana, University of Ljubljana, Slovenia, LJUBLIANA, Slovenia

Learning Goal:

1. Learning about phenomenological and psychodynamic understanding of creativity and its importance in creative writing
2. Learning about the creative-writing experience, conducted by qualified fiction authors who follow a manualized approach
3. Learning about the importance of group processes in the effective use of creative writing

Abstract Text:

Introduction:

Psychoanalytical and phenomenological theories have been proposed to explain how creative writing in groups may influence reflective functioning, empowerment, feelings of agency and symbolic integration.

Phenomenology has emphasized concepts like the ineffability of being, resonance and atmosphere as well as the simultaneity of language and being while psychodynamic approaches have pointed at symbolization, ego-strengthening, integration of primary processes into secondary processes, and the ability to use more mature defence-mechanisms.

Aims:

To describe basic concepts in relation to research projects of creative writing in groups of persons in in-patient and out-patient settings. Individual as well as group processes will be taken into consideration. Special attention will be given to creative-writing experience, conducted by qualified fiction authors who follow a manualized approach.

Discussion:

The panel invites participants to discuss further the ways in which patients can transfer their work with texts in the group into a trust in themselves and reflections on their own words (symbolization and mentalisation) when they participate in social communications outside the group.

Conceptualization of the therapeutic effects may furthermore lead to focus on how different states of mind and different diagnostic categories may profit from this kind of intervention as an adjuvant to other treatment methods in psychiatry.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**