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Breathe the wind
The vastness of the sky
Dance with the fire
The miracle of life
Flow with the water
Into the depths of your dreams
Grow into the earth
To the source of your strength
(anonymous)

The following should be considered for the therapeutic process:

- At what point in time and for which clientele is this therapeutic intervention suitable?
- What conditions are necessary, where is support and coordination needed?
- Where is concrete stimulation and active engagement of sensory modalities needed?
- Where do finer, meditative moments of ethereal nature observation and encounters with elemental beings or angelic beings occur?
- How, and based on which criteria, can therapeutic effects be perceived and described?

Feedback on questions and/or experiences of art therapy in and with nature is very welcome. We wish you joyful work being in and with nature!

Your ICAAT team:

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Information about our activities and further training

 @icaat.medical.section

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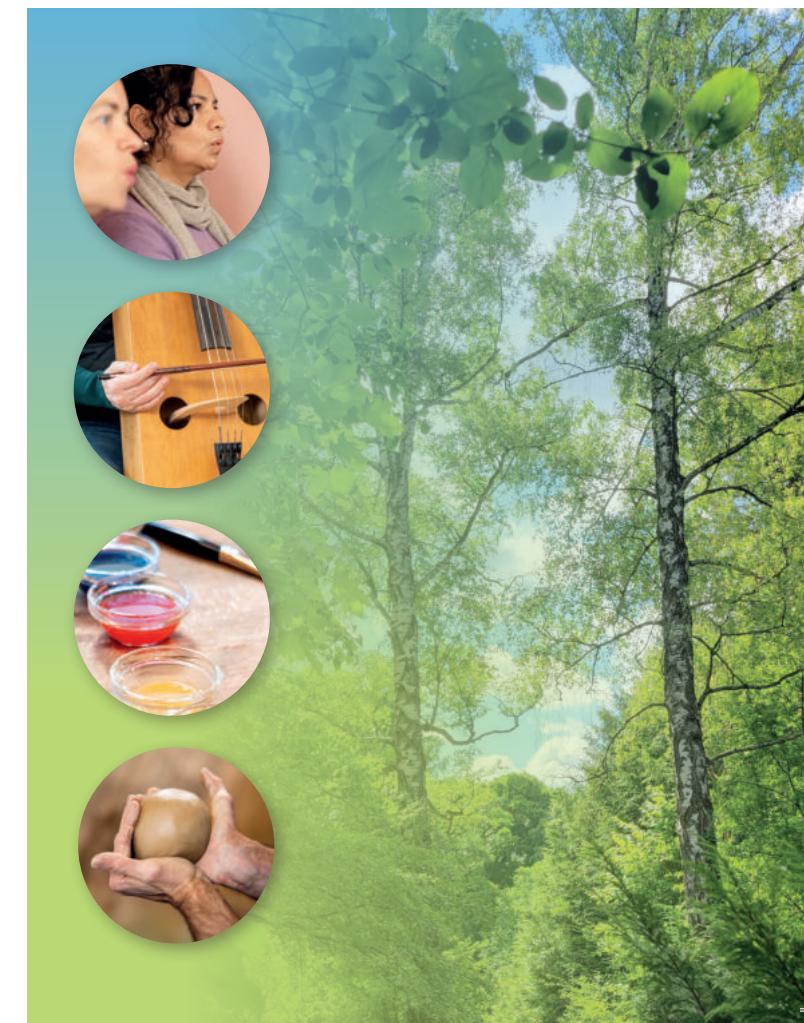
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Is nature the 'therapy room' of the future?

Approaches to art therapy in and with nature



For a healing and progressive relationship with our environment

We are used to conducting art therapy in a therapy room. This has its purpose and its tradition. Now we are faced with the question of whether 'therapy rooms' in nature could also be valuable for today's and tomorrow's patients. We would like to address this question, gather experience with it and explore it!

What moves us...

- How can we incorporate nature and the environment in a real and living way into anthroposophical art therapies?
- How can art therapies promote the (re)connection between humans and nature?
- How can we strengthen and nourish the life forces of the environment with the help of art therapy settings designed within them?
- How can we promote a mindful approach to nature and the environment?
- How can healing and transformation happen in nature and with nature through our actions?
- What therapeutic qualities arise connected to art therapy work?



...and we invite you to gain inspiration and ideas for your everyday professional life and to gather experience!

It is not about self-centred, consumptive enjoyment and observation of nature. Rather, therapists encourage their patients to create a **space for relationship** with nature and to practise **encounters with nature**. People find a selfless, patient counterpart that provides an open, non-judgmental space for encounters. At the same time, nature provides people with **material (e.g. colours and sounds)** that grows in its natural environment and **EXISTS**.

Nature serves as a model for human life when humans develop an alert awareness of nature and within nature. Through mindful perception, humans give nature life energy, and all art therapy activities in nature can **serve to heal** both humans and nature.

It is about **marvelling, perceiving** and treating nature with **reverence**. Without fear or worry, and without exploiting it purely for wellness and health optimisation. Humans develop themselves in their **human abilities**, which place them in a larger context of creation.

In art therapy, we use specific mediums such as paint, clay, music, voice or language to open up ways and means of cultivating the inner garden of our patients, helping it to blossom and accompanying it through processes of growth and decay.

The following materials can also be found in the environment: The voices and sounds of nature, its forms of expression, its earth and its colours.

Through the art therapy process, people refine this initially natural space: like a fruit tree that is strengthened and inspired by pruning to blossom and bear healthy fruit.

Perspectives of art therapy intervention in the real natural environment

- In nature, people find the materials for the art therapy process (flowers, colours, sounds, etc.) in their natural environment, i.e. in their living state. They are not 'removed' from this environment (such as a bouquet of flowers in the therapy room). The intervention takes place in the everyday environment with concrete materials and the sensory impressions associated with them: the bark is rough, the mud is wet, the sun is warm, the spring is gurgling, the grass is wet, nature is alive.
- For some people, the hurdle to connecting with nature is lower than that of interpersonal encounters.
- The processes in nature tell of dying, becoming and transforming processes without judging them.
- People today can consciously learn to manage their life forces. Once they have learned this, they can use their attention to give life forces to the environment. Being able to 'give something back' can have a deeply healing effect on people.

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Experience the fire
You change with the being of the Sun. ☉
Experience the air
You change with the light of the Sun. ☒
Experience the water
You change with the working of the Sun. ☒
Experience the Earth
You change with the life of the Sun. ♂ ♀

Rudolf Steiner, GA 268 (Mantric Sayings, p. 290)