

Addiction

(substance-and non-substance-related)

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Practising self-awareness through centring and promoting connection to creative-spiritual forces.

POSSIBLE INTERVENTIONS

Sculpture & Form-Drawing



To consistently explore/confront the nature of the material (clay or stone).
Strengthen life forces through rhythm. Create a relationship with the world.
Building a sense of truth.

Continuity of work. Creating something out of own interest; also outdoors/in nature.
Creating meaningful objects – shaping internal spaces (pottery, working with soapstone).
Allowing strength to be experienced in one's own body. Favourite animals, group of animals.
Copy forms.

Painting & Drawing



Stimulating life processes with the means of expression through various media. Strengthening awareness of archaic/elemental creative forces so that they can be experienced again.

Encourage perception by drawing with different media. Stimulate a tactile aspect with pastels or charcoal. Find one's own self-expression through working with colour. The colour green is neutral and helps to gently incarnate through warmth. It is not oppressive like red or withdrawing like blue.

Music & Singing



Anchoring oneself as a person in the here and now with the surrounding space and allow one's own individuality to resonate.

Exercises utilising different directions within a room, (e.g. "Listening Room Therapy"). Instruments such as the crumhorn, clarinet or horn as well as incarnating rhythms (e.g. choriambus _vv_) in particular foster the presence of self/I.

Speech & Drama



Strengthening and focussing the I/ego force in the upper human being, building a protective shell, promoting self-awareness and spiritual experiences through creative-artistic and meditative exercises.

Work with the sounds L N D T, exercises with the vowel E, with communication gestures, e.g. star meditations or "My I carries me" by Rudolf Steiner, alliteration (Stabreim), creative writing or writing poems.