

Burnout

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Stimulate metabolic activity, warm up.
Observe the centre between lightness and heaviness.
Harmonise the inner and outer worlds.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Stimulate the metabolism. The ego organisation is drawn in by the resistance to the sound. Grasp the outflow from below and from above in forms.

Rhythmic kneading of the clay on the board.
Forming and guiding lemniscates on the clay field using water.
Shaping clay bowls. Supporting shapes with convex dominance.

Painting & Drawing



Revitalise the burnt-out soul, nourish it with spiritual content, stimulate the metabolism and life forces.

Invigorate emptiness and tiredness with flowing colours and set them in motion.
Dive from the light into the warmth and rise from the warmth into the light.
Carmine and magenta colours permeate all the limbs, they connect lightness and heaviness.
Talk about the colours and encourage a transfer into everyday life.

Music & Singing



Experiencing warmth and rhythm in the body and life forces.
Realise your own limits.

Singing therapy and rhythmic exercises involving the hands and feet.
Relaxing sound therapy exercises, chrotta and copper gong.

Speech & Drama



Self-autonomy and self-efficacy through the promotion of boundaries, stimulation of life forces. Harmonising the self and the world.
Promoting mindfulness and realisation.

Breathing as a spiritual, life-giving process. Harmonising rhythms such as hexameters; communication gestures; subtle poetry or nature poetry.
Short interventions with small sculpted articulation exercises, followed by rest.
I exercises.