

Depression

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Foster ego activity, light, presence and quality of warmth, grounding.
Promote the interaction of body, soul and spirit.
Stimulate connecting to one's life and will forces.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Working with clay on a board, kneading it rhythmically, giving it a pulse.
Forming of structured shapes (contraction, expansion) and double-bent surfaces.
Contra indication: severe/major depression.

Build a relief and engage in watery, flowing movements. Create a sphere using the three qualities: stimulus/impulse, movement and loosening. Mould a range of vessels with varying openings from narrow to wide. Dyadic form-drawing.

Painting & Drawing



Establishing a sustaining rhythm that stimulates willpower.
Renewing one's connection with the world and feeling uplifted by it.
Turning towards life, creating images out of the qualities of light.

Observational drawing exercise of plant development, integrating light and shade.
Turning towards the light and its deeds in the world. Engaging in movement via dynamic form-drawing.
Rising with ascending red to yellow-green hues and the healing Christ colour of blue-green, raising oneself up.

Music & Singing



Working with instruments that convey light and brightness in their timbre; light and warmth to foster ego activity. Active music therapy, exercises with the limbs. Creating and experiencing harmonies.

Work with a string psalter or copper sound tubes, lyres, drone lyers, for instance, using musical exercises that have clear melody lines and structures. Work with metal instruments such as xylophones or hand bells, also combined with changing the beat.

Speech & Drama



Grounding and generating energy through articulation exercises in combination with movements according to the principle of dividing and recombining.
Listening to the sounds of language and poetry, promoting presence, mindfulness, self-expression and strengthening breathing.

Exercises with consonants, e.g. with K, H, M, L. Communication gestures, poems and poetry, e.g. with poetic images of nature. Oral training. Voice exercises. Light, warmth, presence meditations. Activation through breathing and rhythm exercises, changing, rising meters. Alliteration. Hexameter.