Atelier Yogart

I offer accompanied Painting and Art therapy in a group or in single sessions for adults and children. The offer is for everyone, there are no artistic skills needed. At the beginning of the session we will talk about your wishes and concerns.
I will not analyze and interpret the paintings. The process while painting is the important act.

Accompanied Painting
The act of painting supports and promotes the creativity, intuition and personality. I will attend you during the process of painting and helping you to try something new and to wind anxiety. The act of painting is a dispute with oneself and supports personal process of development. The focus is on the qualities that are often suppressed or not lived enough. It is a non-verbal form of expression in which you come into contact with your own feelings and needs.

Art Therapy
Depending on your concerns, I work with different art therapy methods, which are based on the holistic-humanistic view of man and the principles of person-centred psychotherapy and Gestalt therapy. With esteem, empathy and care I accompany you attentively.

Our brains are plastic. This means that our memories do not remain stable, they are continuously overwritten by new impressions. The method of Humanistic Art Therapy influences the brain through painted images so that it can calm down and build up new, constructive behaviour. Memories are shaped by our different senses. The visual imprint is the strongest.

The LOM® method for example deals with specific concerns. This can be a symptom, trauma, dream (or recurring dreams), relationship problem, decision-making process or wish. Remembered pictures are painted, what was effectively seen in the stressful situation. For sensations that do not have their own images, neutral metaphors are painted that stand for the negative emotion/thought. The painted pictures convince the brain that there is no danger. The decreases sinks, since a disturbance-free picture in the brain replaces this. New thinking, feeling and behaviour are immediately possible.