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Enriching the Lives of Seniors Through the Art Therapy

ELISTAT MODULES

Introduction to Art Therapy

Module

01

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# Elistat Modules



## Module 01

### Content of The Module

- A. What is Art ?
- B. What are the main Art Movements ?
- C. What is Art Therapy ?
- D. Art Psychotherapy

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## A - WHAT IS ART ?

Art is a phenomenon that exists with people and can be shaped and developed. This factual reality, which has been going on since the beginning of history, can be defined as the process of transforming feelings and thoughts that people are aware of or not into a material image (Gombrich, 2004).

Throughout history, art has been a means of self-expression. The most primitive symbols and images have shaped the history of humanity over time, turning into painting, musical notes, novels, poetry, theater text, ballet, modern dance, photography, cinema, body talk, pantomime and more. Art has existed with man and will end with him. (Acar ve Düzakın, 2017:7).

Art can be classified into industrial arts and fine arts. fine arts; we can divide them into 3 groups as rhythmic dances, phonetic arts and plastic arts. Plastic arts are classified as architecture, painting, miniature, ornament, relief and sculpture. (Mülayim, 1994:21-24 ; Kar, 2011:6).

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## A - WHAT IS ART ?

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# Art is a way of how to exist there...



Example of Mural from the Lascaux II Cave, France.

The people of that period made these drawings with mud, dust and water with hand skills and blowing.

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Art is a form of self-expression.



Edvard Munch, 'Scream', Oil, Tempera, Crayon and Pastel on cardboard, 91cm x 73.5cm, 1893, National Gallery and Munch Museum, Oslo, Norway

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# B – WHAT ARE THE MAIN ART MOVEMENTS ?

You can see the basic art movements chronology below.

1780-1848 : Realism

1860-1920 : Impressionism

1860-1900 : Symbolism

1880-1900 : Post-Impressionism

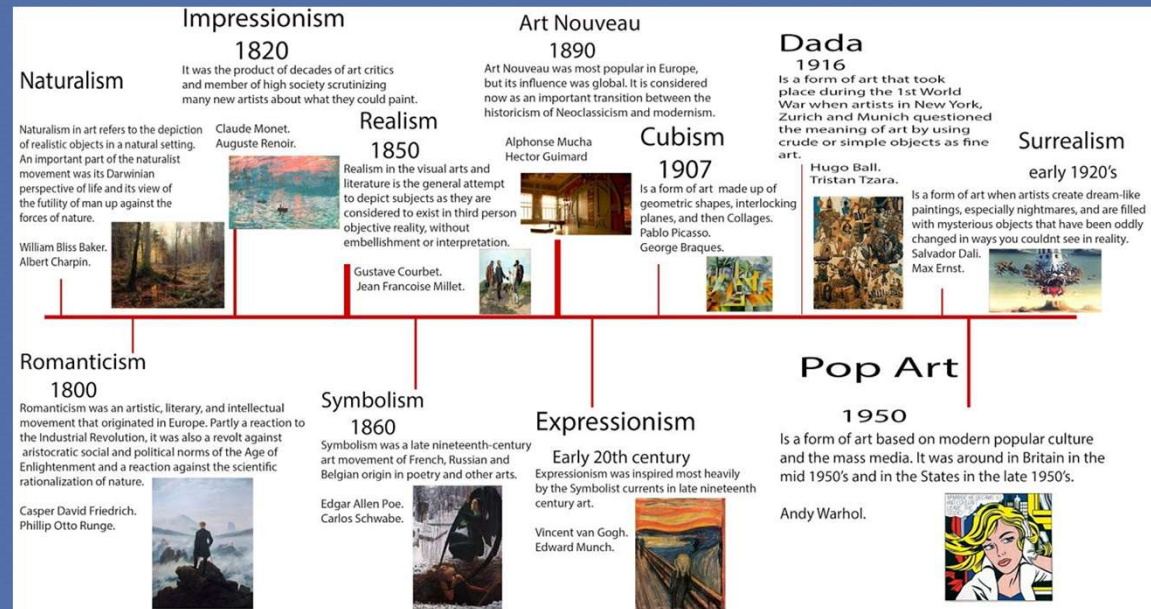
1890-1930 : Expressionism

1900-1910 : Fauvism

1906-1919 : Cubism

1916-1922 : Dada

1920-1960 : Surrealism



## Art Movements Frequently Used in Art Therapy

- Symbolism
- Expressionism
- Fauvism
- Dada
- Surrealism
- Earth Art-Arte Povera

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## C - WHAT IS ART AND THERAPY/ART THERAPY ?

### Art Therapy:

It is a highly analytical and effective form of therapy that combines art and psychotherapy. In our country, the sub-title of painting therapy is generally used under the name of art therapy.

Art therapy is a sub-branch of psychotherapy. Psychotherapy means 'therapeuein' in Greek, 'to heal or to get well'. This is why psychotherapy literally means 'soul healing'. (Sayar, 2014:27).

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## C - WHAT IS ART AND THERAPY/ART THERAPY ?

### Art Therapy:

**Art**, which has shown itself as an expression in different cultures, communities and even the first people from the prehistoric period to the present, is very effective in reflecting the mood of the individual and naming the mental illness by going down to the subconscious quickly and directly by combining with psychotherapy.

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People express what they cannot speak through art, by drawing, writing, vocalizing, acting, imitating, mimics and gestures, and playing. We express our most primitive state through art. Art therapy allows us to communicate with our primitive side, our child selves. (Capacchione, 2011).

The essence of art therapy will be to provide clients with the opportunity to regulate their emotional experiences and expressions through artistic means. (Öz, 2015:824).



Art therapy is a type of therapy performed with branches of art such as music, painting, sculpture, movement, dance, and drama. Various materials are used in the therapy process. The main purpose of art therapy is to enable the individual to express himself freely, increase his creativity and reveal his aesthetic side. Art therapy is a treatment method used in many mental, developmental, neurological, mental and behavioral disorders. (Özbey, 2009:213).

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## PRI-MI-TIVE:

To be there first time and first-hand experience

Primitive man, who found himself in nature, actually came into contact with nature at first hand and experienced awareness. This awareness (mindfulness) gave him his own treatment with cave psychology (mimesis). This treatment also includes a therapeutic process.





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## First-hand (the state of being there first-hand)

Although the first-hand people always feel their backward, incomprehensible and old meanings in general usage, the people we called first-hand in the past are actually the individuals who encounter themselves in nature alone and for the first time. For this reason, there are concepts called mimesis in philosophy and cave psychology in psychology. Primitive peoples were alone in being individual and in using nature correctly and benefiting from nature in the transition to collective life, and their most intervening organs were their hands, and of course their eyesight and forms. At this point, expression, description and expression emerged.



The communicative, positive power of art has a history of 100,000 years. In shamanism, performing dances to exorcise evil spirits, drawing symbolic pictures on caves and walls to protect homes and inhabited areas, are studies done because the power and magic of art are believed.



Kam (shaman), who provides his own treatment through the initiation process, is one of the first-hand practitioners of art therapy, with his clothes, dances and rhythm music, as a physician.

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## C - WHAT IS ART THERAPY ?

Art Therapy can be defined as the expression of emotions, awareness and self-transformation through art. Words are replaced by paints, clay, papers and images.

Emotions are realized through sculpture, painting, dance, stories. We can think of the healing aspect of art therapy as individuals' discovering their own creativity and using this creativity for well-being.

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## C - WHAT IS ART THERAPY ?

Art helps to deal with difficult feelings that cannot be put into words easily.

In this context; Art therapy: It is also a sub-branch of psychotherapy. Psychotherapy means 'therapeuein' in Greek, 'to heal or to be healed'. For this reason, psychotherapy literally means 'soul healing' (Sayar, 2014:27).

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## According to the American Art Therapy Society (1964);

“Art therapy is a mental health specialty that uses the art therapist's art, creative processes, and emerging art work to help clients express their emotions, resolve emotional conflicts, strengthen awareness, manage behaviors and addictions, and develop social skills. Art therapy is a treatment process that aims to enrich life by using art, which is the nonverbal communication form of emotions and thoughts, in the creation process.”



While Ulman defines therapy as positive changes in personality and life that are aimed to continue throughout life, he defines art as a tool in terms of exploring the self, the world and establishing a relationship between these two. (Rubin, 1999).

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- Art therapy enables individuals to find new ways to express themselves physically, psychologically and spiritually. This increases their sense of control over their hopelessness and helplessness and improves their coping skills. Although it is difficult for individuals to verbally describe and confront their unpleasant memories in their past, this confrontation will be facilitated through art materials.

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- Another aspect that is different from other therapies is; The interaction in therapy is between three elements. These elements are; client, therapist, and work of art. The art that a person makes is the expression of the emotion that comes from within him.
- The art made is the individuals' reality. The therapist's role is to enable the client to relate to their reality. The therapist listens to what the client wants to tell, does not comment, and witnesses the client's reality. The therapist's focus is not on the aesthetic value of the artwork, but on the therapeutic needs of the person that he or she can express through the artwork.

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Art Therapy means healing with art and was first used as a term in 1942, the person who used it was **Adrian Hill**, a British doctor and painting artist.

Art therapy started to be used in the world in the 1940s and became professional in the 1960s. Considered the doyen of art therapy, Margaret Naumburg who established the WALDEN SCHOOL by combining the education she received with the Freudian approach in the 1950s.

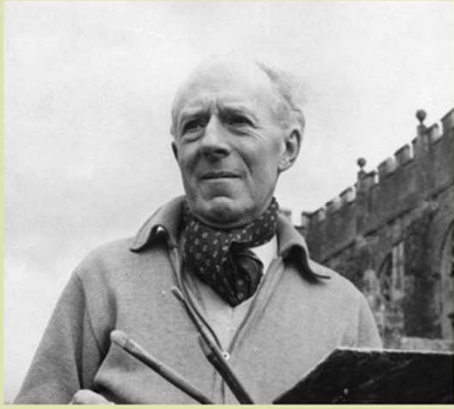
She also practiced art therapy in these schools, especially on special children.

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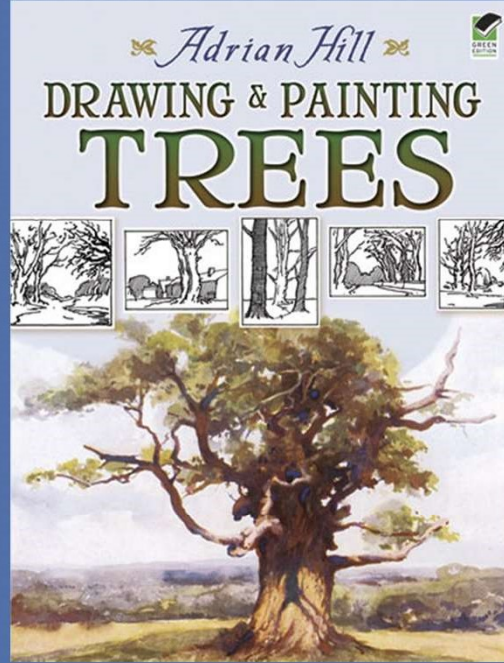


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The first person to refer to the therapeutic applications of art as art therapy was **Adrian Hill**



If we are to focus on the history of art psychotherapy as a profession, we need to go back to the 1900s. We owe the term Art Therapy to Adrian Hill. After Hill returned from the first world war with tuberculosis, he noticed his own healing process by painting in the sanatorium where he was treated, and then he gave art classes in the same sanatorium and called "Art Against Disease", which tells that art is a tool for therapy. articulates the ideas that are fundamental to the field with a book.

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. Margaret Naumburg is called “The Mother of art Therapy” and is the primary writer of art therapy. She was heavily influenced by Carl Jung and Sigmund Freud and took many of her ideas from psychoanalytic practices.

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Unaware of each other, but simultaneously known as the grandmothers of the field in the USA in the 1940s, Margaret Naumburg and Edith Kramer laid the important foundations that will give art psychotherapy its current professional identity.





Jean Dubuffet and the art movement 'Art Brut' have an important place in the advancement of art therapy. After art therapy was coined as a term, Dubuffet collected works by visiting rehabilitation centers starting from Switzerland to America. He saw that all patients were healed through art. The term "Art Brut", which means raw, raw art, was used for the first time in 1945 by the French painter **Jean Dubuffet** for the art products of people with mental problems, and he himself produced works similar to these works. Paul Klee, Niki de Saint-Phalle and Kandinsky are the other artist who involved in art therapy indirectly.

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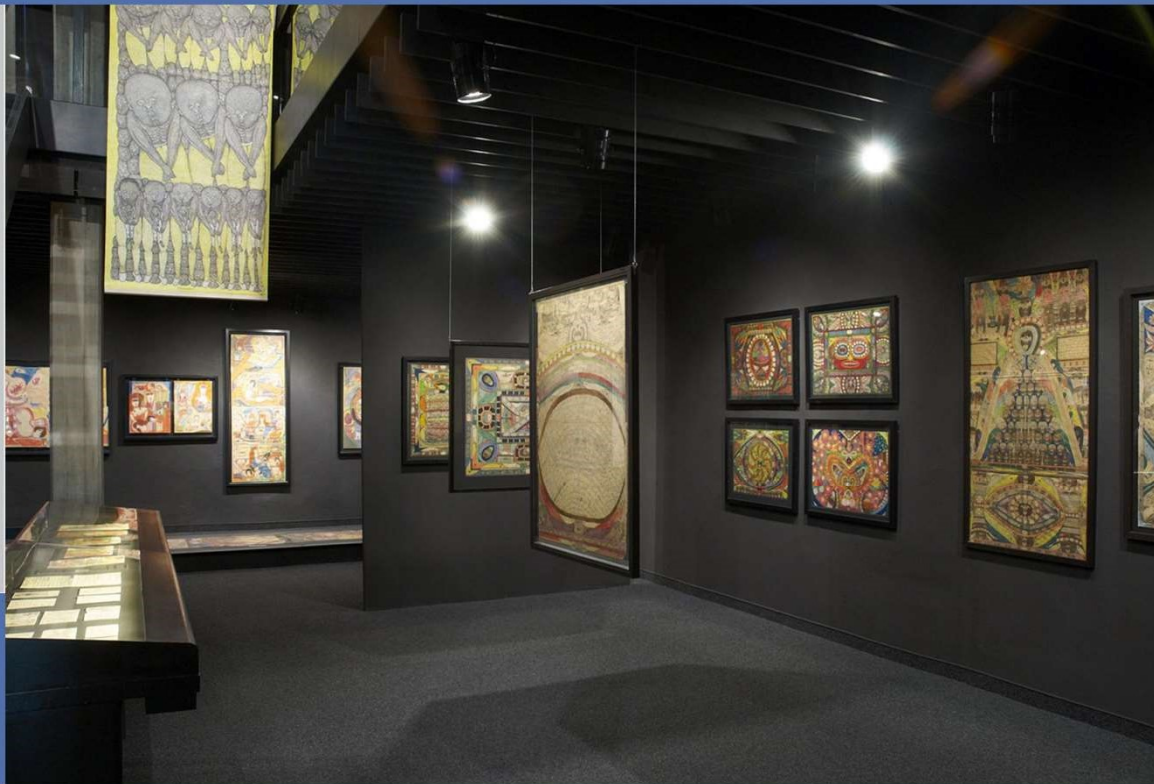


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# L'ART BRUT

L'Art Brut de Jean Dubuffet, avec l'origine de la collection.

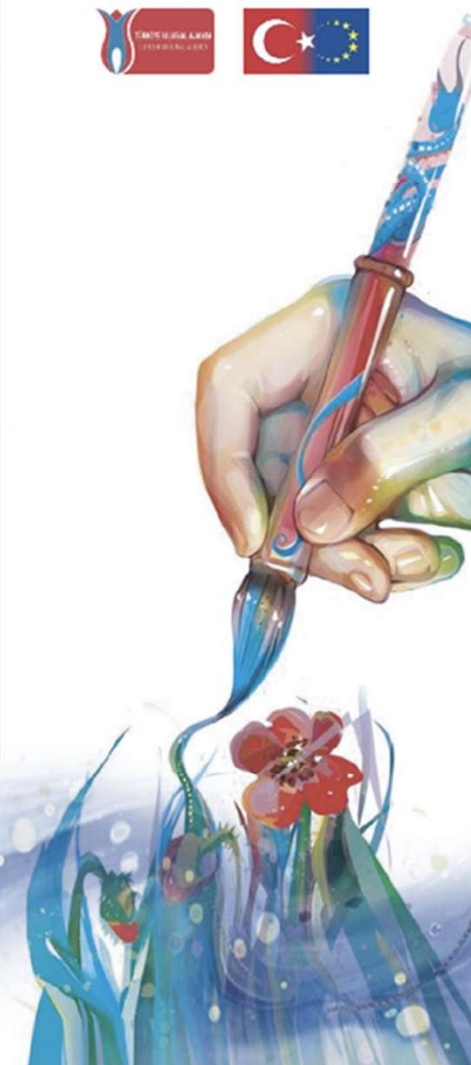


Part of the **Art Brut Collection** Gallery of America. The collection consists of the works of mentally ill painters hospitalized in the rehabilitation center.

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Niki de Saint Phalle and Examples of her Work in the Context of Expressive Art Therapy. She was abused by her father for years and as a result she expressed her experiences with her art. And It was her expression of herself through art and a kind of healing for her.

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# ART THERAPY SUB-BRANCHES

## SUB-BRANCHES

- VISUAL ARTS THERAPY
- DANCE and MOVEMENT THERAPY
- BIBLIOTHERAPY (WRITING&LITERATURE and POEM THERAPY)
- MUSIC THERAPY

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# ART THERAPY SUB-BRANCHES

## SUB-BRANCHES

- MEDITATION AND ART THERAPY// MEDITATIVE PAINTING (This sub-title is a sub-title suggested by Eda Öz Çelikbaş to be added as a result of her research)
- ECOLOGICAL ART THERAPY (This sub-title is a sub-title suggested by Eda Öz Çelikbaş to be added as a result of her research)

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# ART THERAPY MODELS

- EXPRESSIVE ART THERAPY
- INTERMODEL ART THERAPY
- CREATIVE ART THERAPY
- INDIVIDUAL MIXED ART THERAPY CREATED BY PSYCHOTHERAPISTS

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## D - ART PSYCHOTHERAPY ?

### What is the Place of Art in Psychotherapy and Psychiatric Rehabilitation?

- Permanent visualization, concretization, externalization,
- Communication tool,
- Enabling the emergence of impulses,
- Catharsis and Healing
- Development of Defense Mechanisms,
- Controlling impulses through sublimation
- Help with corrective emotional experience,
- A therapeutic energy generation,
- Image, symbol creation

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## Uses of Art Psychotherapy

- Patients with verbal communication difficulties,
- In children with mental retardation, autistic and behavioral disorders,
- In psychotic cases and schizophrenia,
- In cases of aggression and denial due to trauma in patients with Post Traumatic Stress Disorder (PTSD),
- People with a physical disorder (Chronic pain, Cancer, some Neurological disorders),
- People who transfer and counter-transfer heavily during therapy (usually those with personality disorders)

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# EXPRESSIVE ART THERAPY

**Expressive Art Therapy:** Art therapy is a treatment process that aims to enrich life by using art, which is a nonverbal communication form of emotions and thoughts, in the creation process (American Art Therapy Association, 2014).

- This model contains my main art therapy practices. And also, I am couching Jungian and Freudian Art Therapy practices.

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# EXPRESSION

Revealing the most important emotional state in art therapy. The individual has to be expressive in his treatment (purification/emotional discharge) so that he can experience the therapeutic process and therapeutically make sense of his mental state...

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# THERAPEUTIC PROCESS

**Therapeutic Process:** The therapeutic process in art therapy where the individual is alone with himself and provides his own treatment. This process is not solved only with art therapy, but; It manifests itself by going deep and quickly to the subconscious with the help of art therapy.

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# ART THERAPY EFFECTS AND TURNS IT INTO PSYCHOLOGICAL WELL-BEING

Psychological Well-Being: Psychological well-being means the individual's ability to positively evaluate himself and his past experiences, to feel his ongoing human development, to believe that he has a purpose in his life, to have positive social relations with others, to have the capacity to manage his life and environment in a beneficial way, while doing all these It is a six-dimensional concept that includes the feeling of determination (Ryff & Kyess, 1995).

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# ART THERAPY EFFECTS AND TURNS IT INTO PSYCHOLOGICAL WELL-BEING

## FLOW AND AUTOMATISM

**Flow:** Psychic energy is spent in a positive way, the self is compatible with the information in the consciousness, the self is considered sufficient, the anxiety is disabled, the internal and external attention increases depending on the positive feedback to the self, the transformation occurs in the perception of time, the effort is compatible with the signature ability of the person, and It is a mental state in which it is isolated from all other stimuli in the environment (Csikzentmihalyi, 2005).

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# THE ROLE OF THE PSYCHOTHERAPIST AND THE ART THERAPY PRACTICE EDUCATOR IN ART THERAPY

Art therapy is a process that includes a directive, consists of meaningful and purposeful activities, and is organized for treatment purposes. In therapy, the framework is determined by the client. It is preferred to use an art branch that the client is interested in, but in some cases, a consultation team consisting of doctors, nurses, psychologists, and art therapists may direct them to an art branch in line with the client's needs.

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# THE ROLE OF THE PSYCHOTHERAPIST AND THE ART THERAPY PRACTICE EDUCATOR IN ART THERAPY

For example, a client who is in the clinic due to catatonic schizophrenia may be referred to dance movement therapy by the team to relieve their bodily blockages. Sensory integration can be studied in autistic children by working with passive/active music therapy method. However, making a precise definition and saying that this branch of art cures that disease will distort the meaning of “art therapy” and narrow the way for the client to find “meaning”.

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The relationship between art and therapy includes creating auditory and visual images with various art materials, turning visual images into concrete objects and working on these objects. (Killick, 1993; Öz Çelikbaş, 2019:24).

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According to Freud, the artist tries to satisfy his repressed impulses with imagination and imagination, and through the technique and skill he has learned in this, he transfers these images, these thoughts, so that what he hides (which he hides consciously and unconsciously) is both sublimated and sublimated. It also changes form and reaches saturation. (Erinç, 1998:76-80;Öz Çelikbaş,2019:26). Art is a tool for psychology/psychiatry. What kind of tool it is and what kind of benefit it will provide to people is the point we focus on in therapy. (De Botton ve Armstrong, 2014).

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# ART THERAPY PRACTICES

## Body Scan

Power Animal Meditation

Jungian Mask

Regression: Right and Left Hand / Past and Future

Music Therapy: What do you feel in your body ?

Zentangle, Zendala, Mandala Drawing

Visual Art Therapy: Masterpiece of Art

Draw a Tree

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# ART THERAPY PRACTICES

- Treasure Chest
- Underground and Above the Ground Collage and Assemblage
- Poetry Therapy
- Magic Carpet Meditation
- Mindfulness : How was your week ?
- Self – Compassion
- My Dreams Collage

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# ART THERAPY PRACTICES

3 Song and 3 Feelings : How are you feeling ?

Castle Metaphore

Inside Out Self-Portrait

Inner Self-Portrait

Altered Book Doodle

Linus Syndrome / Comfort Zone

Clay Therapy

Rap Charts

Bibliotherapy

Transference : Miracle Collage Art

Left & Closed Eyes / Right & Closed Eyes

Anima & Animus Portrait

Group Member Symbols

Life Journey

Ancient City

Photo Therapy

Mail Art

Forgiveness Box

Visual Poem

Quote Drawing and Writing

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# ART THERAPY PRACTICES

Bibliotherapy

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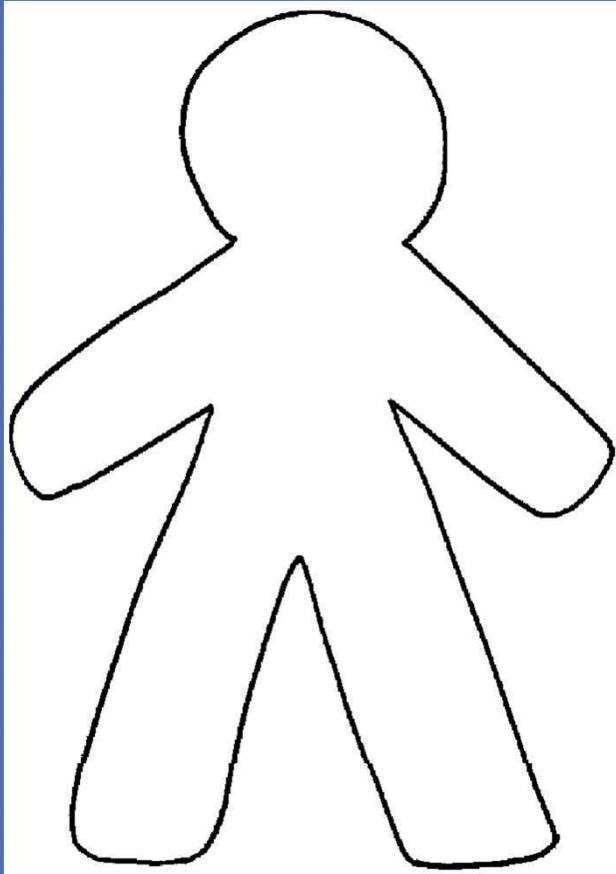


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# ART THERAPY PRACTICE SAMPLES

\*activities marked in yellow are explained extra in the presentation



**1-Body Scan:** Have you had anxiety and fears during the pandemic process?

Turn on non-verbal music, close your eyes to the accompaniment, and think about your current feelings in a state of relaxation or deep relaxation. Think about the troubles that make you sad, worried, and arising from inactivity.

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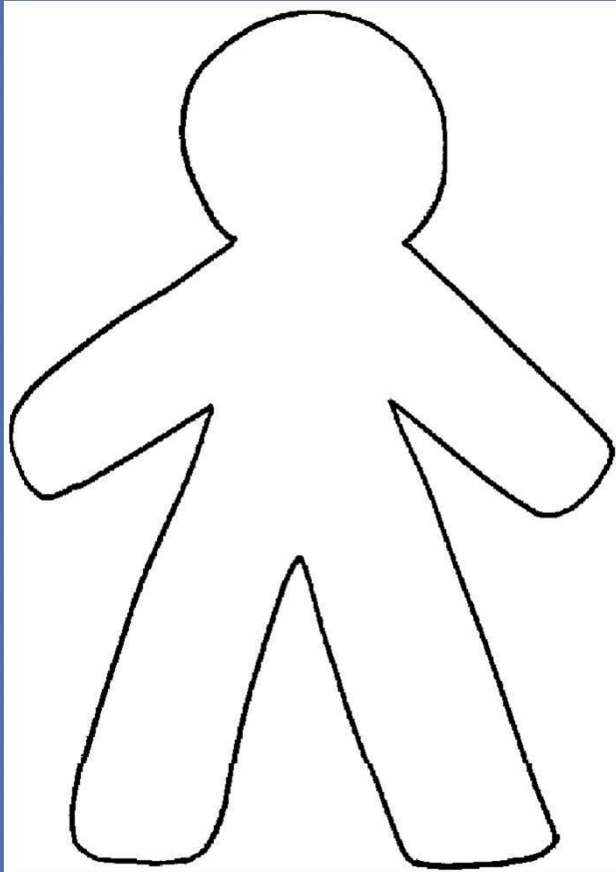


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# ART THERAPY PRACTICE SAMPLES

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**1-Body Scan:** When you focus on your distress, examine it, its color, pattern, texture. After you feel it and understand its shape and form clearly, draw and paint it with any pencil and colored paints.

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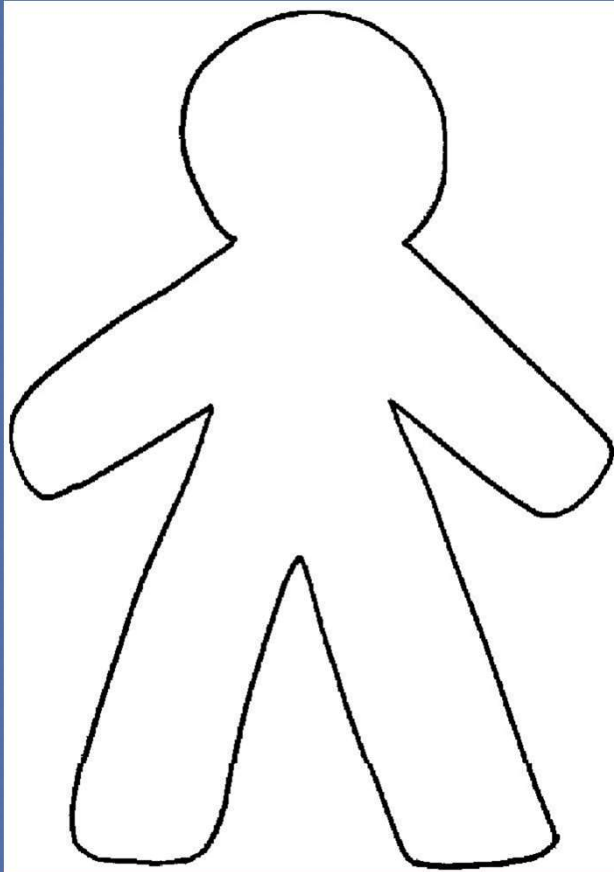


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# ART THERAPY PRACTICE SAMPLES

\*activities marked in yellow are explained extra in the presentation



**1-Body Scan:** Then close your eyes again and think about what part of your body you feel. Where did it damage your body, did it make you sad, hurt you. Think about where it is in your body.

Then draw, paint, etc. on the template on the side. The results can be interpreted by the art educator, especially with the psychotherapist, during the session.

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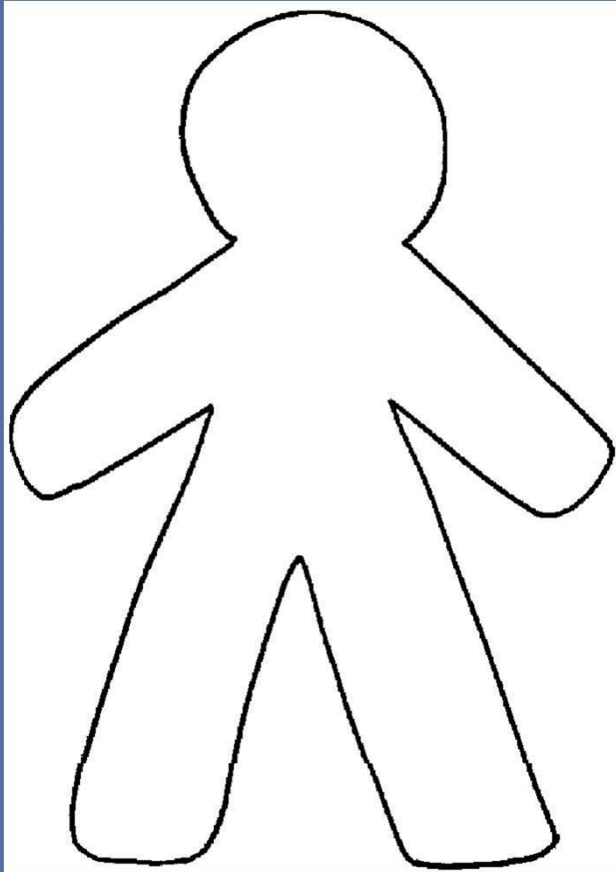
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# ART THERAPY PRACTICE SAMPLES

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**1-Body Scan:** Where did it damage your body, did it make you sad, hurt you. Think about where it is in your body.

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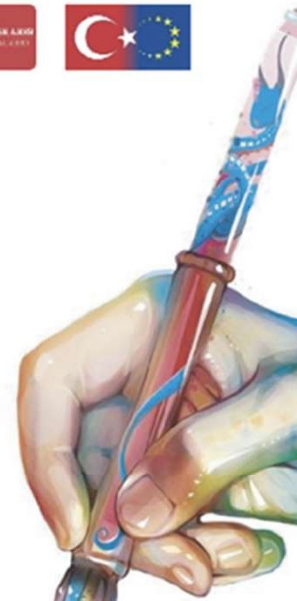


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**2- Regression Right and Left Hand:** Right and left hand; our right hand will come; our left hand is our past. Let's think about everything that made us who we are, whatever our past regrets, happiness, mistakes, and draw or write inside the left hand template.





**2- Regression Right and Left Hand:** Our right hand; our future, our dreams, our desires, our wishes and goals. What do I expect from the future, where and with whom I want to be. Let's draw and write our thoughts and feelings that will come to our right hand template.

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John Everett Millais, Ophelia, oil on canvas, 76x121 cm, 1851–52, Tate Museum, London, Britain.

**3- Masterpiece of Art:** In this activity, the story of the visual is tried to be guessed in the accompaniment of two different music. After the comments are received, the true story of the image is told.

The inspiration for John Everett Millais' oil painting dated 1851-52 is Shakespeare's play Hamlet. It tells the tragic death of Ophelia, who fell into a creek while picking flowers to make a wreath from wildflowers after her father was killed by her lover Hamlet, and left herself to die singing.

Completing the work in two stages, Millais paints 19-year-old model Elizabeth Siddall in the bathtub in her studio, after the background. Siddall catches a cold and becomes seriously ill.

If we look at the symbols in the game, the flowers Ophelia carries symbolize her love and intelligence. He begins to scatter flowers in the delirious scene, and when he suffocates at the end of the play, all the flowers are scattered around, indicating his corrupt innocence. Seeing Ophelia die, Queen Gertrude's portrayal of her as a mermaid glorifies Ophelia and her death for love restores her innocence.

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John Everett Millais, Ophelia, oil on canvas, 76x121 cm, 1851–52, Tate Museum, London, Britain.

**3- Masterpiece of Art:** It tells the tragic death of Ophelia, who fell into a creek while picking flowers to make a wreath from wildflowers after her father was killed by her lover Hamlet, and left herself to die singing.

Completing the work in two stages, Millais paints 19-year-old model Elizabeth Siddall in the bathtub in her studio, after the background. Siddall catches a cold and becomes seriously ill.

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John Everett Millais, Ophelia, oil on canvas, 76x121 cm, 1851–52, Tate Museum, London, Britain.

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# Poetry

is Therapy  
Journal



4- **Poetry Therapy:** 3 different poems are given to the participants. They choose one of them and go on writing to the poem. They complete the poem with their thoughts, words, sentences and thoughts.

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AİLE VE SOSYAL HİZMETLER  
İL MÜDÜRLÜĞÜ





5- 3 Song and 3 Feelings : How are you feeling ? : 3 different songs are given to the participants. They listen and dance with all. After listening and express how they feel by dancing, they can write or draw what they feel.

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**6- Inner Self Portrait:** Participants will draw their face by looking to the mirror or in their mind. And after that they will think about their mind; feelings and thoughts. How would it be ? After that they will draw and color or by using collage or assemblage technique.

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**Elistat**



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