

# CATHARSIS APPLICATION PROGRAM®

A powerful restorative technique helping individuals explore safely their conflicts and repressed emotions and feelings for a real liberation and healing process

## A Winning Combination of Tools

In fact, incorporating artistic expression in a structured and organized manner while combining it with a psychotherapeutic approach help, in many way, both the therapist and patient - particularly those with complex issues resulting from living in a violent environment, lack of love, deprivation in education, alcoholism, separation, lost or accident. The experience of individuals unable to express themselves as a result of a trauma is unfortunately prevalent and global.

The act of drawing or painting under musical induction allows patients to adjust subtly, thanks to:

### I. Access to Symbolization

When encountering the blank canvass of the drawing paper, the person becomes like a theater director who is exploring some aspect of their own history. The paper becomes the background for their story. They are in charge of the characters, the scene, and lighting, expressing their personal, philosophical, and social life view, as would a playwright.

### II. Organizational Skills

The 12-week commitment provides regularity, structure and self-discipline, which are qualities that, when developed, have positive consequences in everyday life.

### III. Creativity

The music helps individuals to reach their core creativity.

#### IV. Self-Control

While drawing, patients are able to express freely their anger or frustration and any other emotion on the sheet of paper. At other times during the session they are required to remain quiet, focused, attentive and vigilant.

#### V. Attention

Instinctively, drawing or painting while listening to music mobilizes different parts of the brain which supports a focus and concentrated behavior. This is an effortless way to address deficit attention disorder often find in patient with PTSD.

#### VI. De-stress Activity

The creative environment is non-threatening, non-discriminatory and facilitates a calm demeanor.

#### VII. Communication and Socialization

The process eases the relation between participants during group therapy. It creates a team spirit and rebuilds trust and confidence in one another. A very beneficial alliance between patients and therapist is created. Patients are naturally re-engaged in the world of relationships.

#### VIII. Motivation and Accountability

The patients are the key performer of their therapy. They create the drawings/paintings and writings that with the help of a trusted professional can be decoded.

This translation can be a crucial moment in therapy. It will reveal what was inexpressible before. Patients are deeply involved in the therapeutic process and feel understood. Their artwork, arising from deep within themselves, becomes the core of the therapeutic process.

#### IX. Safety

As patients are artistically reveal only what they can handle currently, the process is safe and respectful of each evolutionary path. It also reassures therapists that patients will not be subjected to the memory of traumatic experiences prematurely.

#### X. Self-Esteem

By depicting their inner life, one discovers new strength, new potentialities and gain the energy to reinvent their life.