

An abstract painting featuring vibrant, layered colors such as purple, blue, green, and yellow. The brushstrokes are expressive and textured, creating a sense of movement and depth. The overall composition is dynamic and visually rich.

CATHARSIS TECHNIQUE®

&

Catharsis Application Program

© 2009-2019 - *Chantal Desmoulins*

L A E N N E C C E N T E R

P r o f e s s i o n a l

R e i n s e r t i o n C e n t e r

CHANTAL DESMOULINS

Trainer & Supervisor

CATHARSIS TECHNIQUE ® & CAP

with the collaboration of

Dr CHRISTIAN SIMONIN

Psychiatrist and Psychotherapist

Modalities of the Catharsis Technique

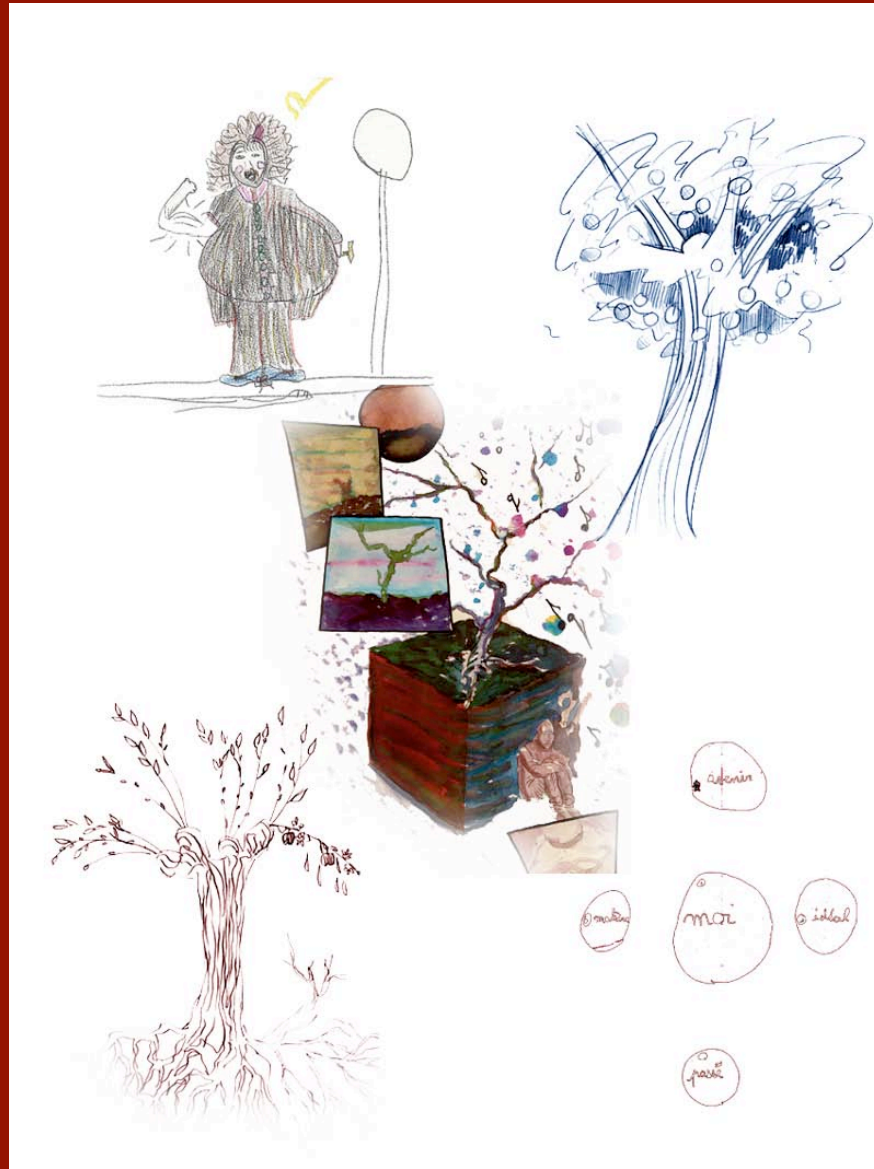
The Catharsis Technique and Catharsis Application Program (CAP) music allows patients to go through a series of phases, first subconsciously and then gradually with more and more awareness before finding a new sense of confidence in life and themselves. Once this inner world is awakened, the therapist will use the stages of music as tools which can serve as a catalyst in the patient's current treatment. The therapist may search for references within his patients' drawings that indicate transformation, stagnation and troubles.

ONE CASE PRESENTATION

- Patrick 42 YEARS OLD MALE -

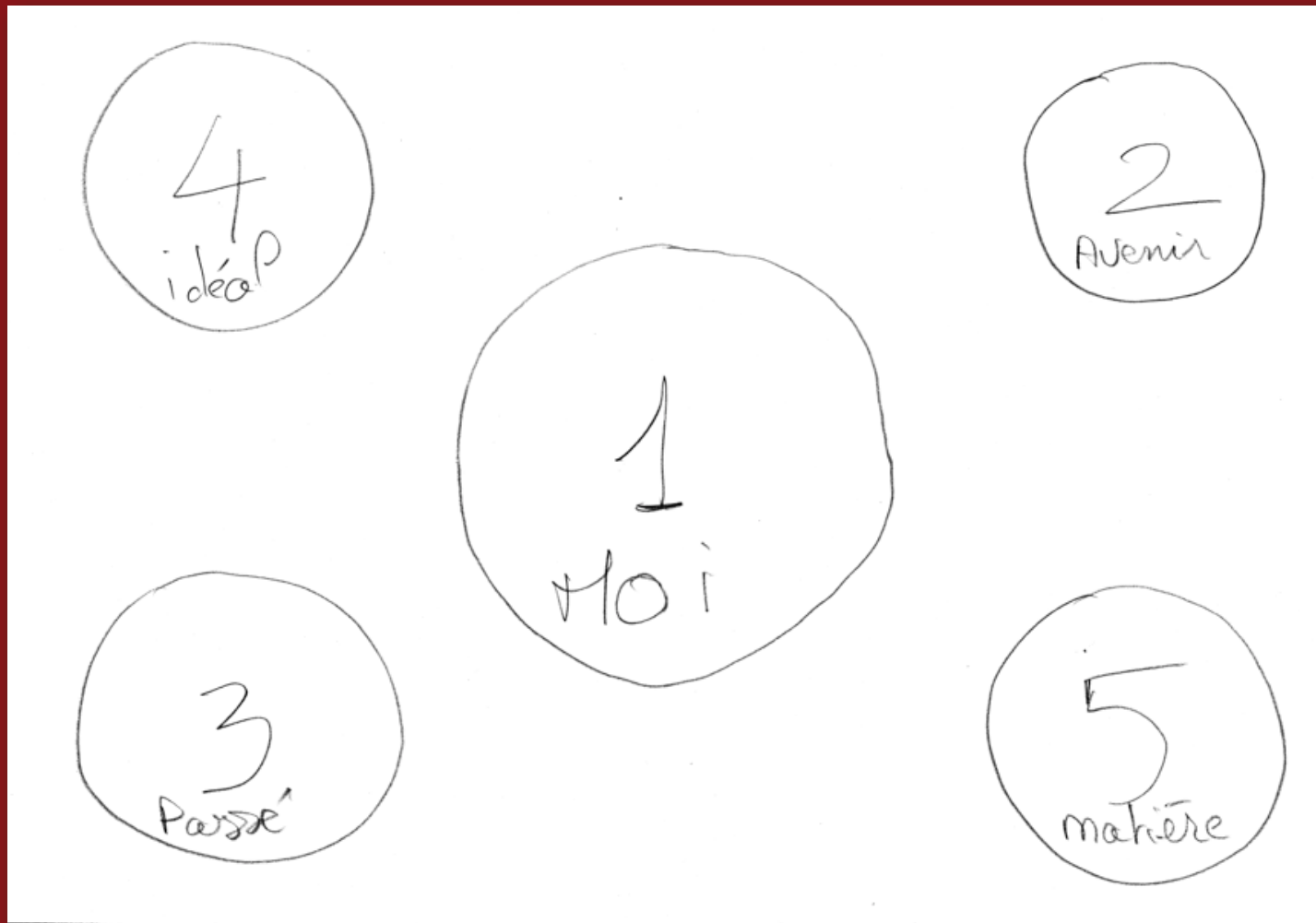
When they come to the LAËNNEC Center (Lyon, France), the great majority of the handicapped trainees encounter various personal problems, either physical or psychological, that disrupt their education in more or less serious ways.

These problems require a medical and psychological formative counseling in order to give the trainees the means to succeed in their education and professional placement.

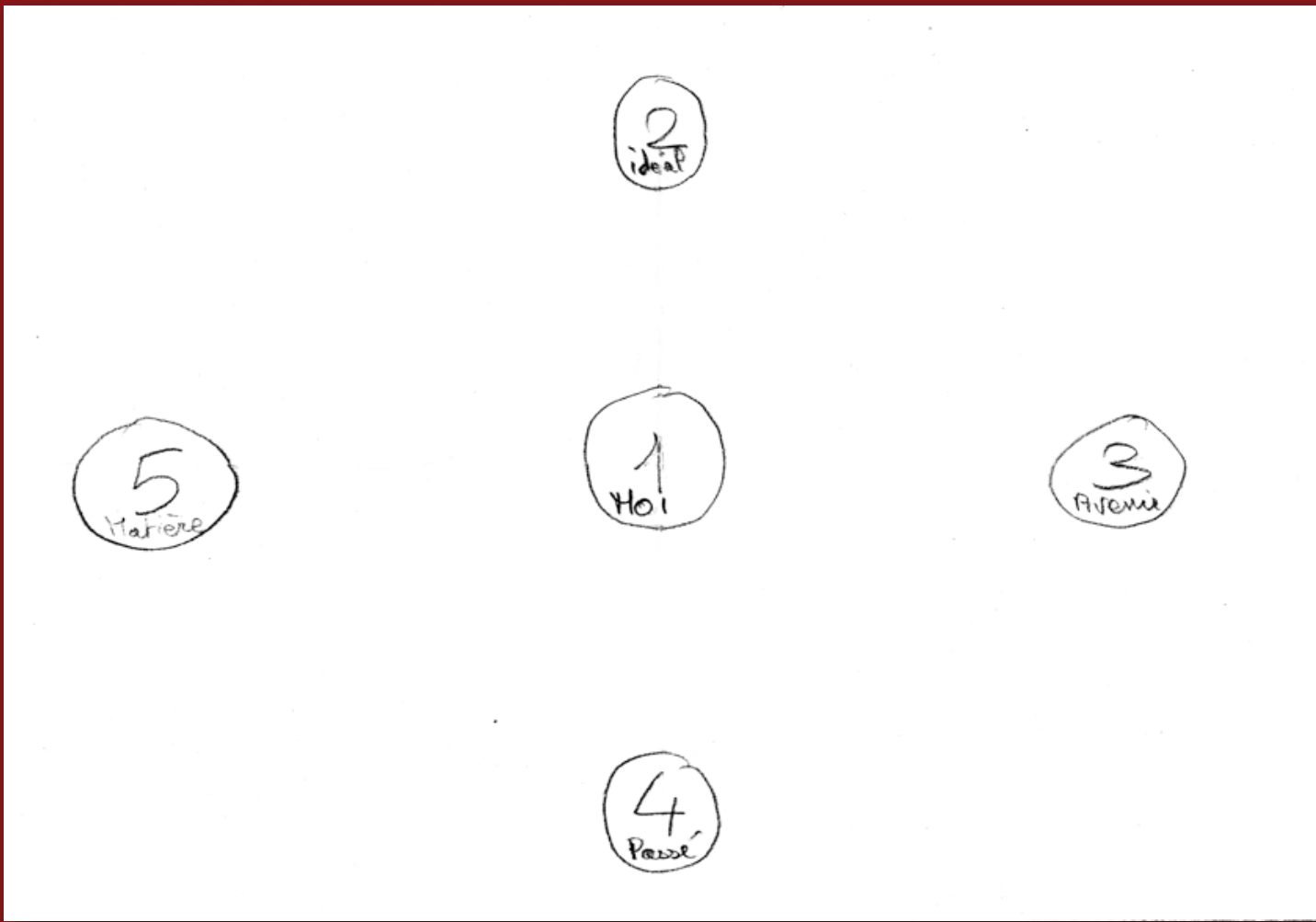


**A S S O C I A T E D
P R O J E C T I V E T E S T S**

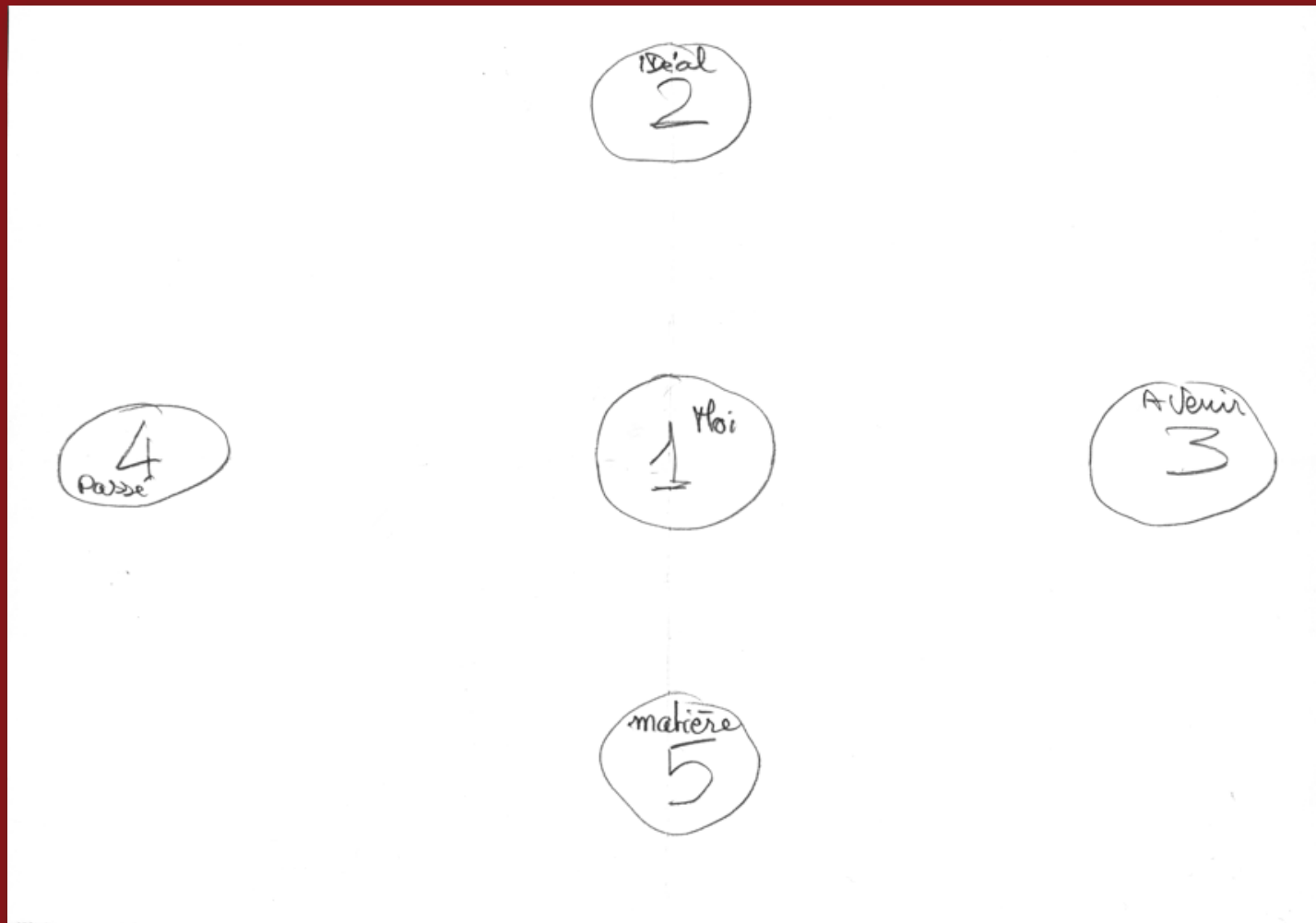
SPACE TEST



- BEFORE PHASE I -

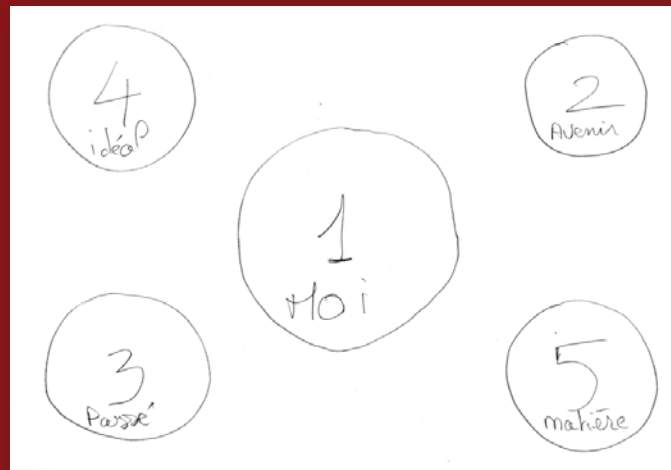


- AFTER PHASE I -

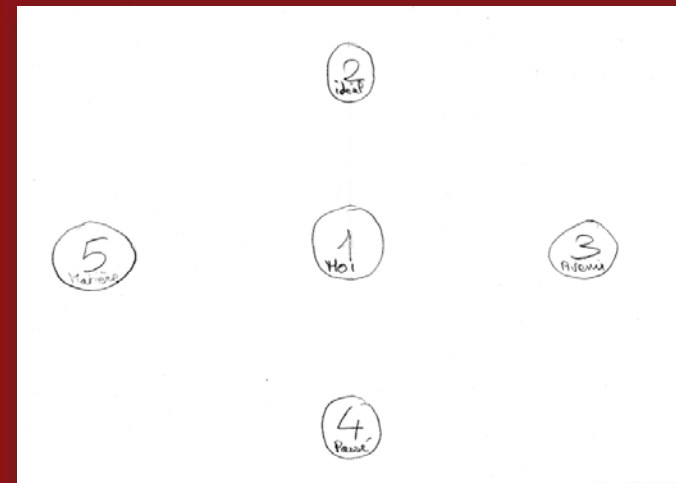


- AFTER PHASE IV -

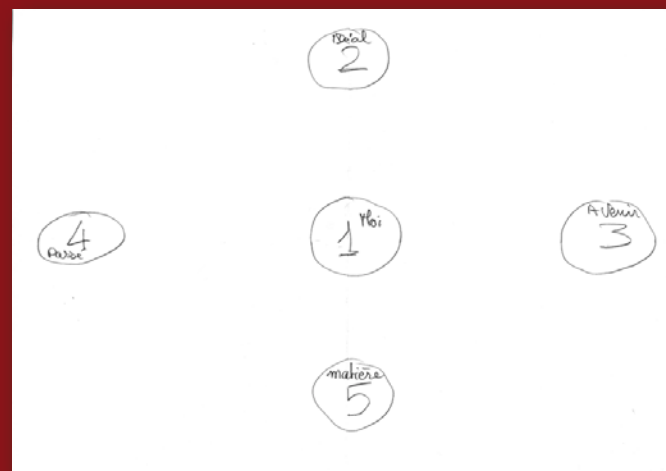
before Phase I

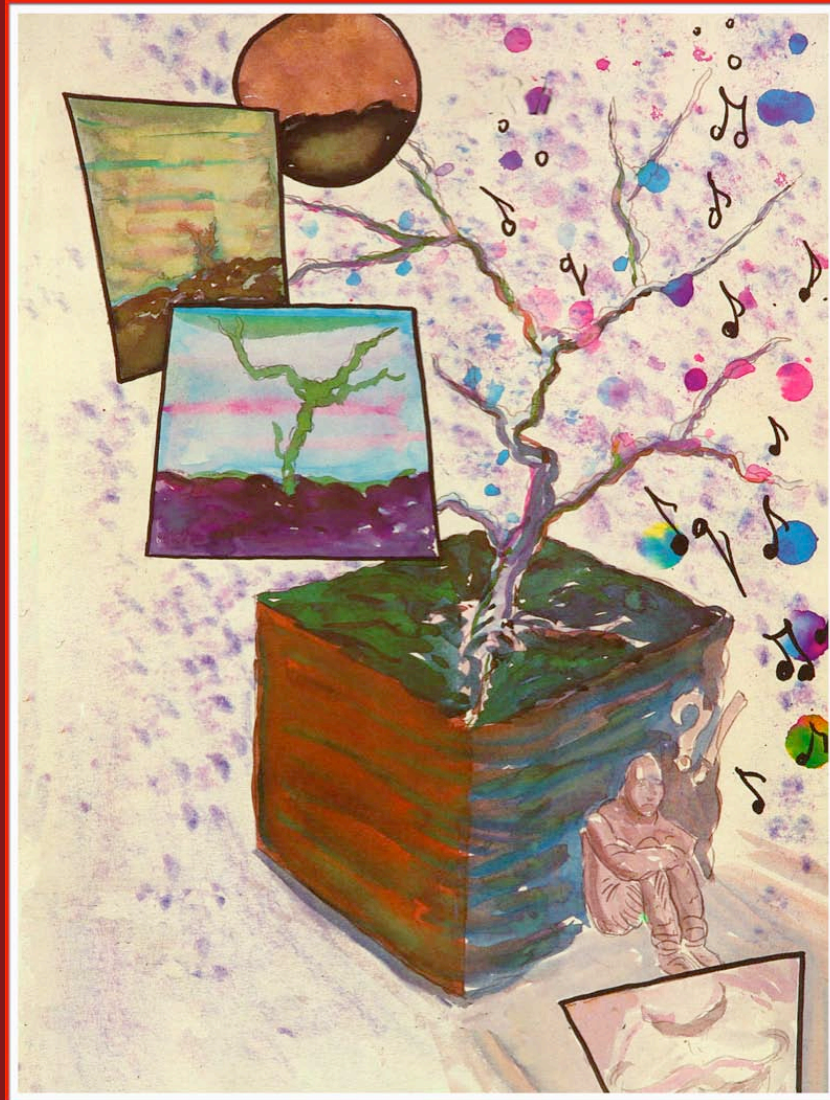


after Phase I



after Phase IV





GRAPHIC EXPRESSION
under music induction

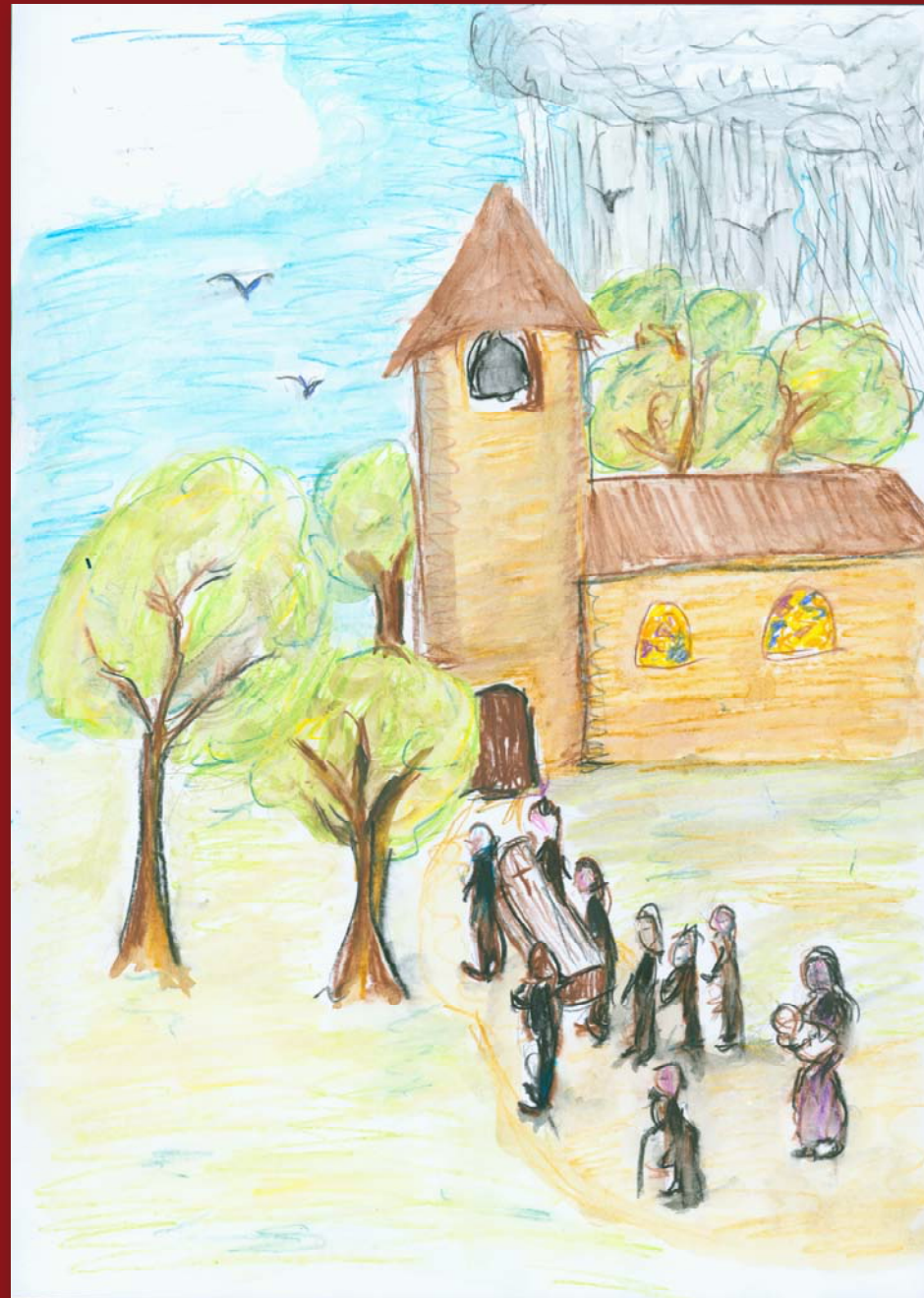


REFERENCE DRAWING

- BEFORE MUSIC INDUCTION -

PHASE I

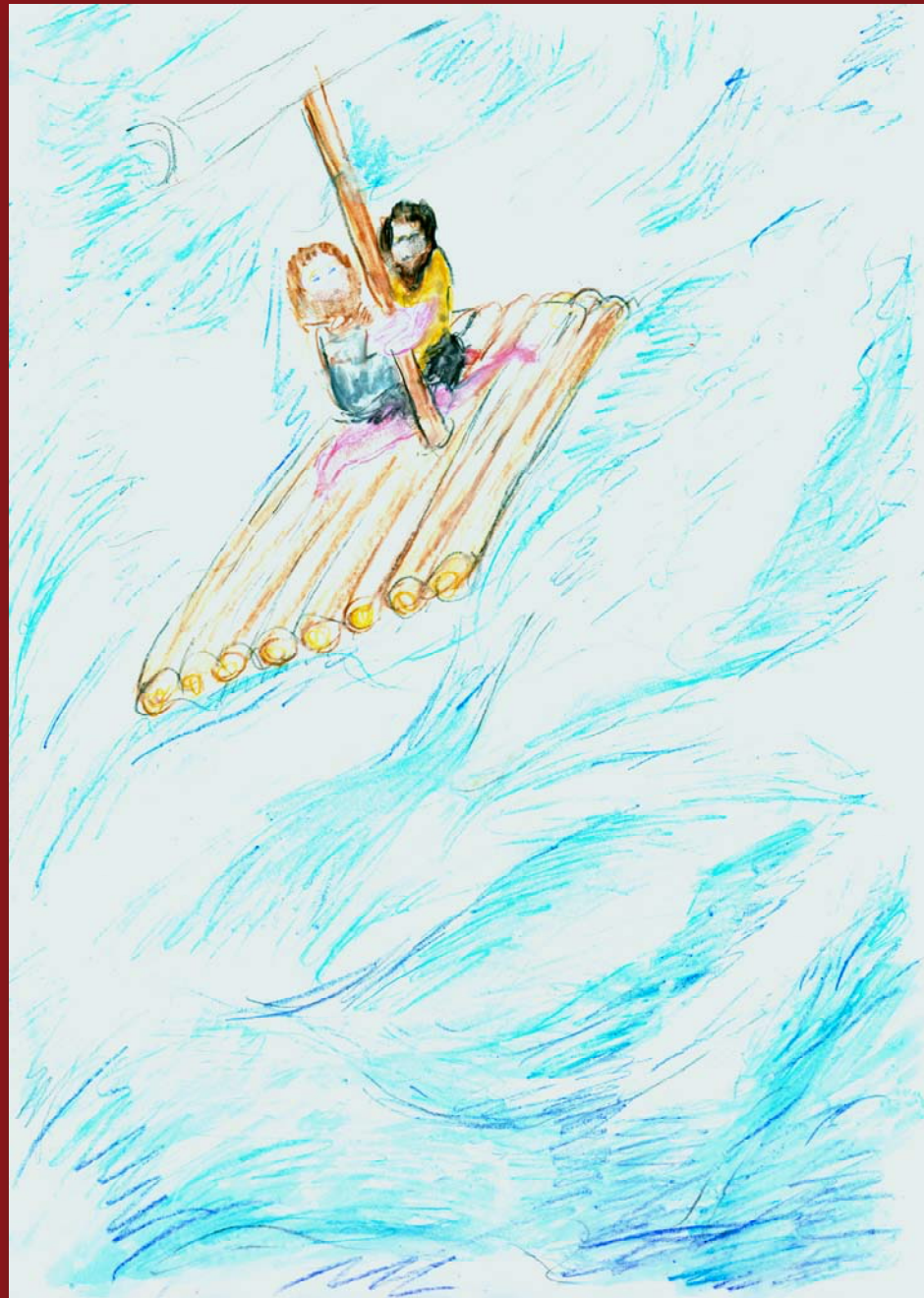
*Taking a personal inventory and
developping a new self-perception*



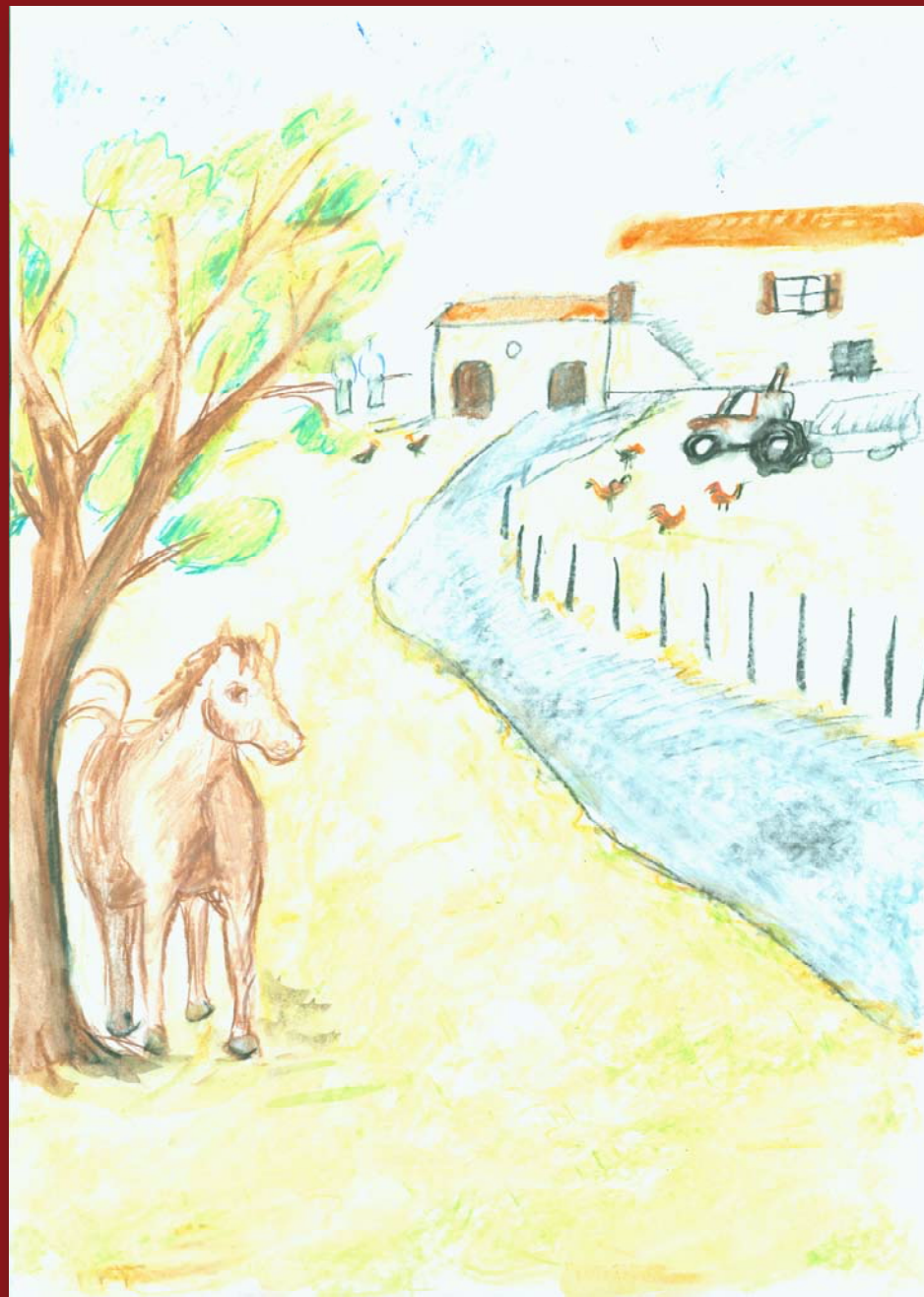
“ T a k i n g i n v e n t o r y ”



“ Hope ”



" I n s i g h t "



“ Solar Healing ”



" Transition "



“ Land ho ! ”



" Drop Ballast "



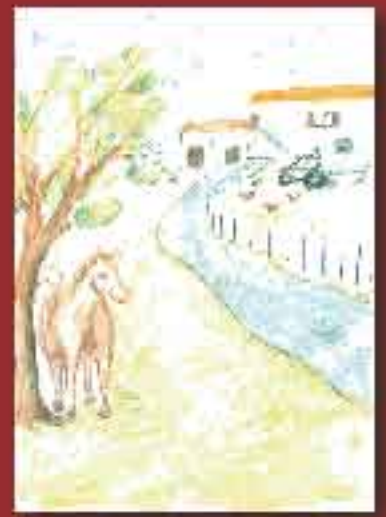
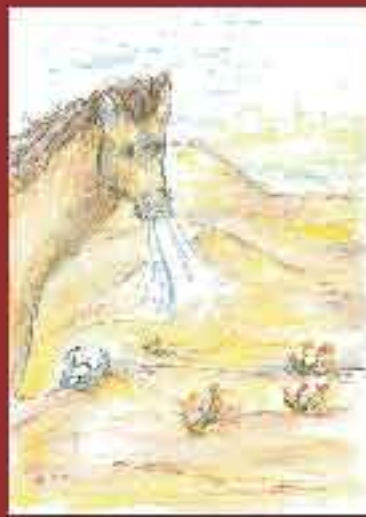
" P r o m i s e d L a n d "



“ The earth cries out ”

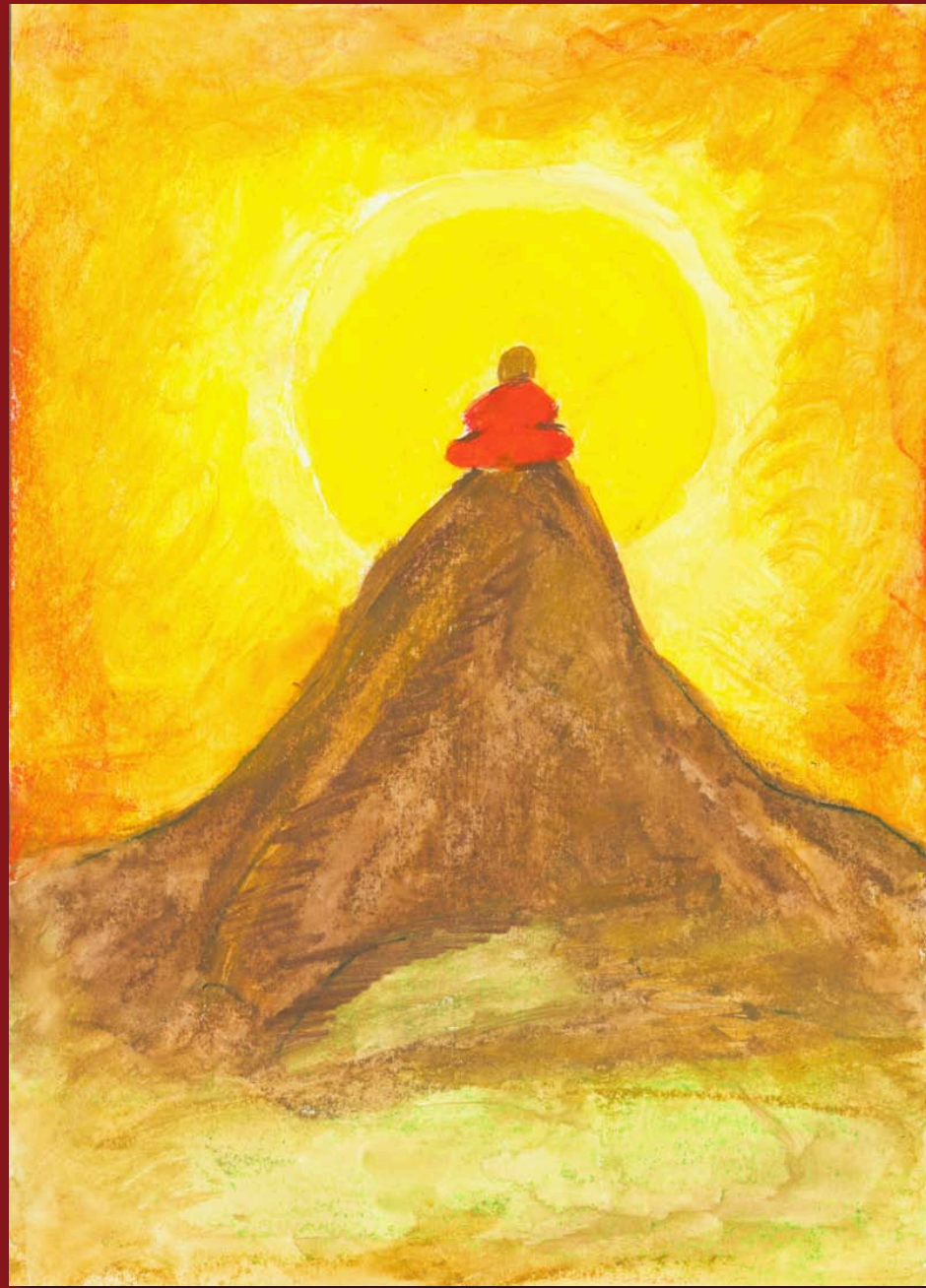


F a i t h a n d P e a c e



PHASE II

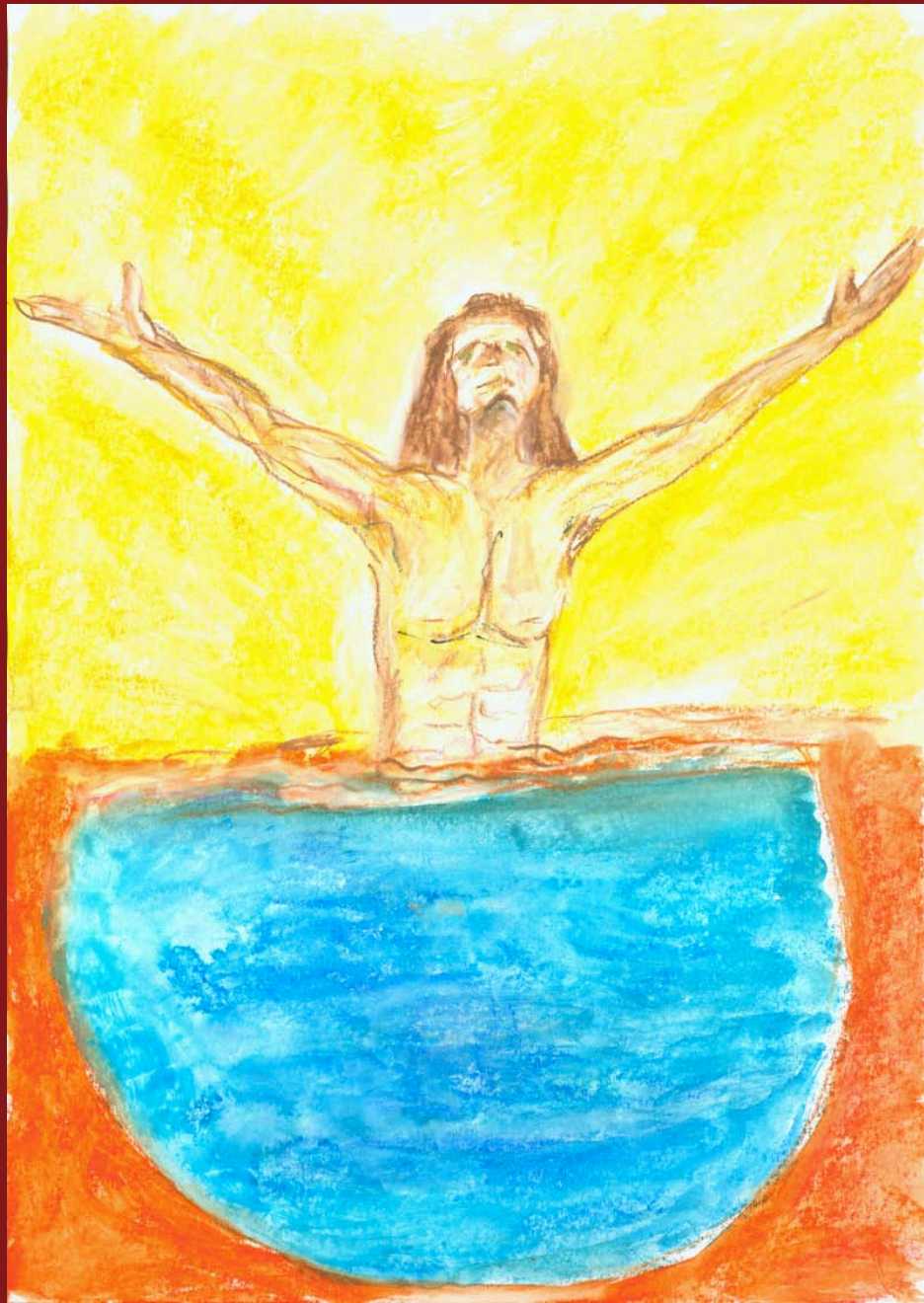
Escaping repetitive schemas and
developing a new state of mind



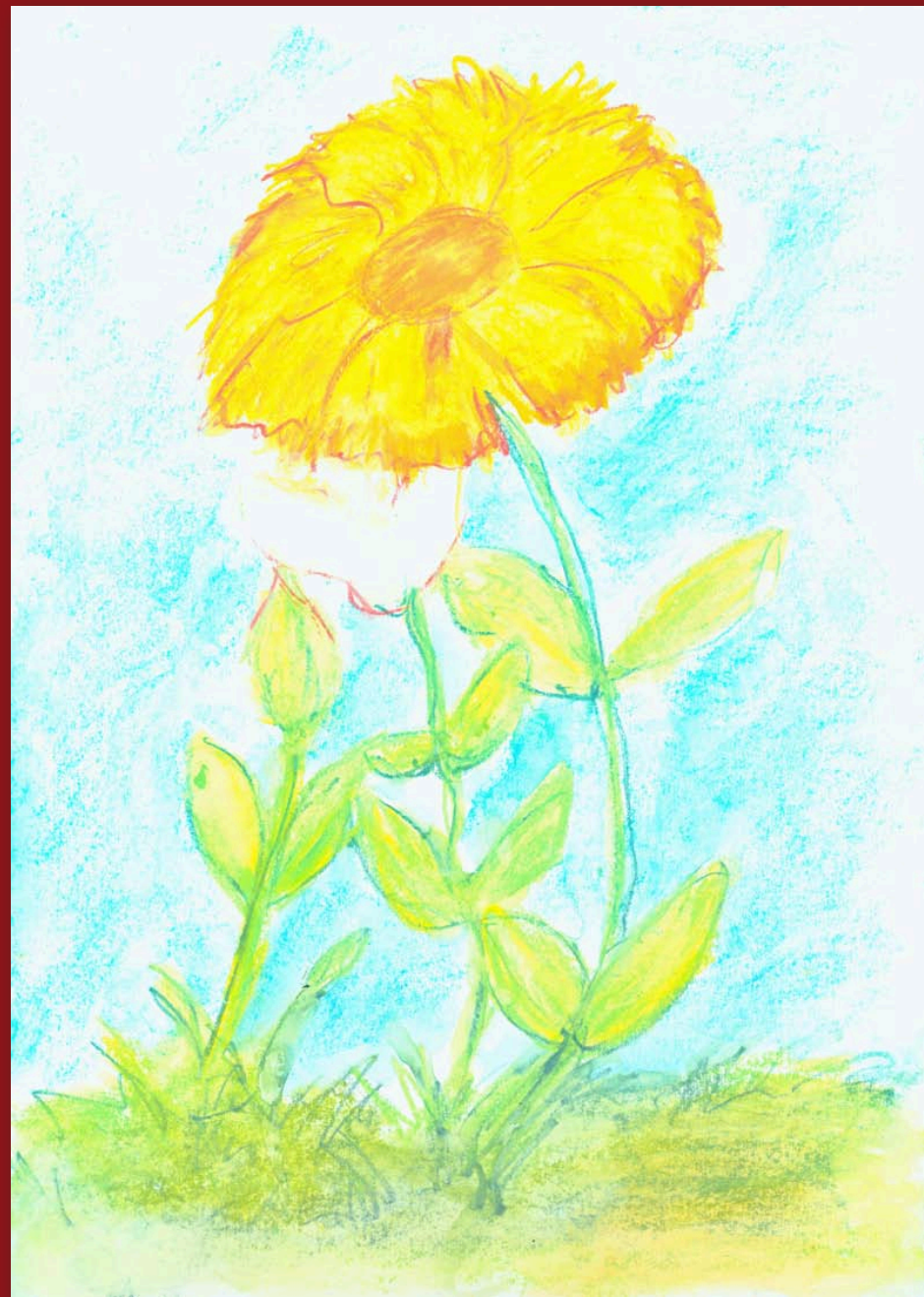
“ Centering ”



R e s o n a n c e



S a l v a t i o n



Q u e s t i o n i n g



“ Avant garde / Old man ”



" Z e s t f o r l i f e "



M e m o r i e s



" M a r c h "



PHASE III

Moving towards self-awareness



" R e b i r t h "



“ Celebration ”



"Inner call"



" New path "



“ Ex p e r i e n c i n g t h e r i s e ”



" P a s s a g e (m a t u r a t i o n) "



" Consciousness expanding "



" J o u r n e y o n t h e s p i r a l "



PHASE IV

Steps towards adulthood and opening
up to others



" Invitation to take a journey "



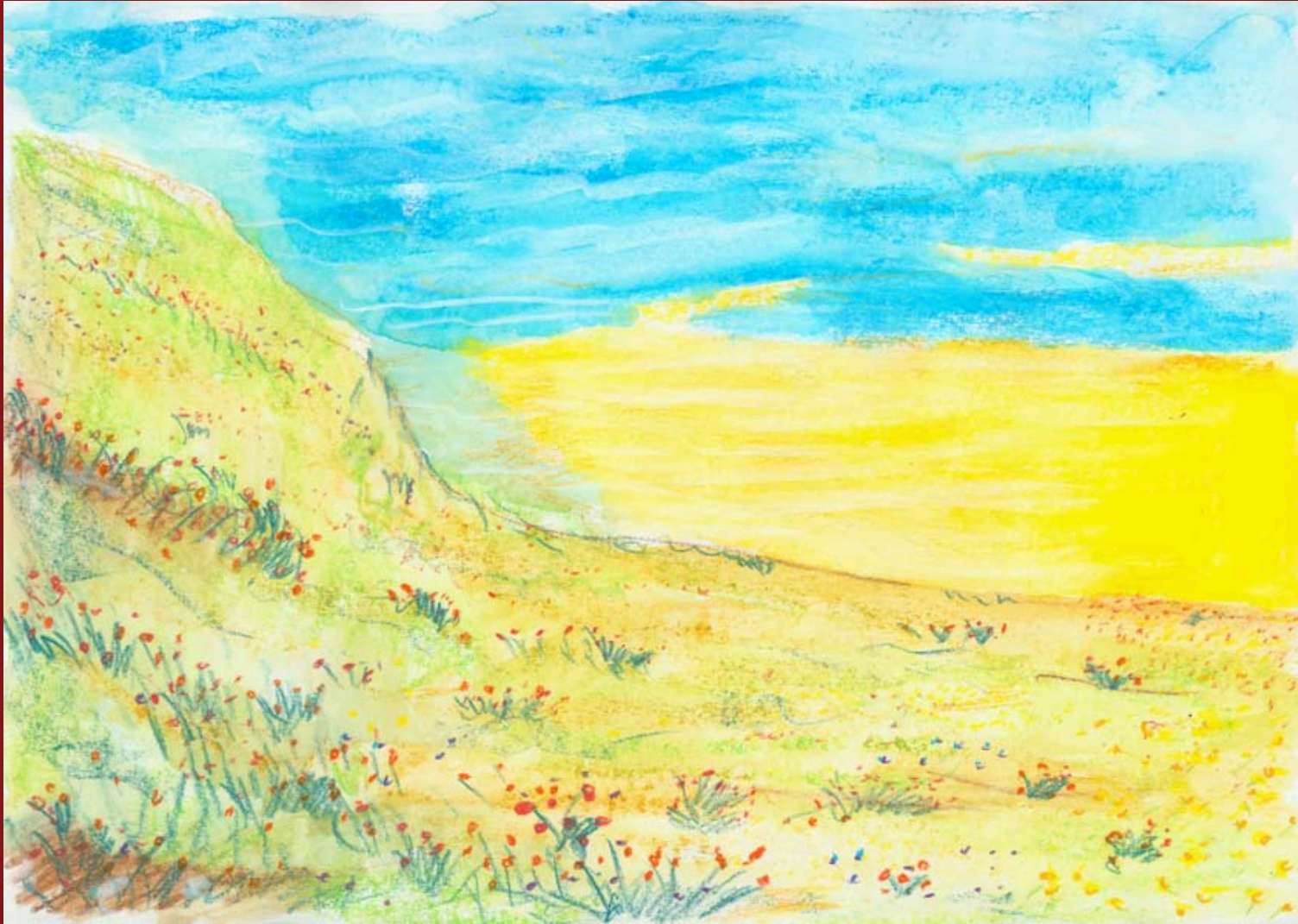
“ R e - c e n t e r i n g ”



" Resonance (version 2) "



" They came to us "

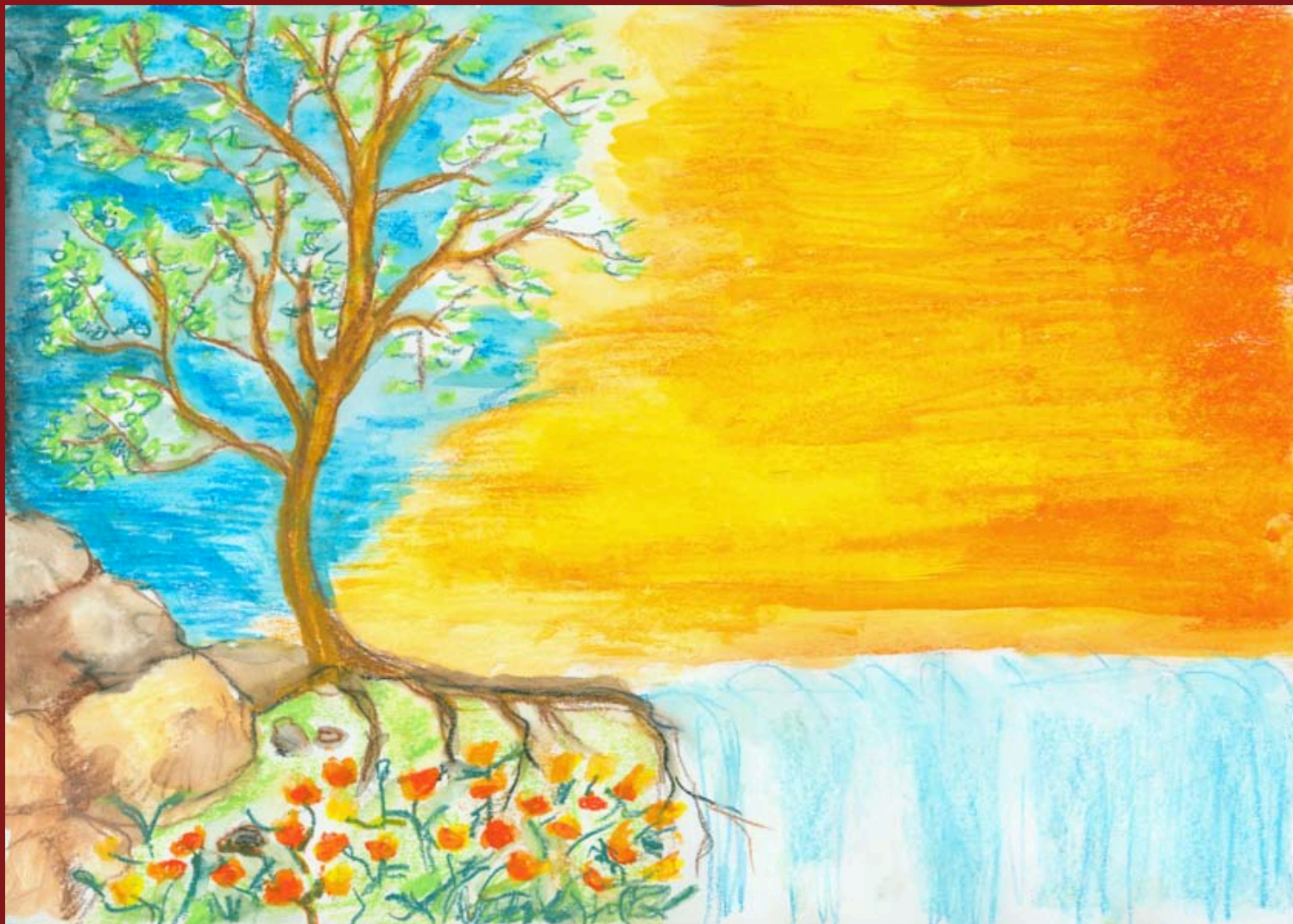


“ E n l i g h t e d h e a r t ”



“ C e r t a i n t y ”





REFERENCE DRAWING

- After PHASE IV -

DRAWINGS

w i t h o u t m u s i c



R e f 1



R e f 2

P a t i e n t ' s c o m m e n t a r y

A p r i l 2 0 0 9

Catharsis is what I've been waiting for. I had the feeling that it was my method, that it was made for me. I looked forward to the meetings each week; it was my favorite thing to do during the last year. I had the feeling that I would have needed 10 years of psychoanalysis to reconstruct all of this, to bring this in order.

A superb and relevant cathartic music
of and for our times but which is also timeless
and is uniquely able to penetrate well beyond
our surface defences and superficiality ...

Neil Horner - MusicWeb - July 2004