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**PSYCHOENERGETIC DRAWING™ : A PSYCHOTHERAPIC PROPOSAL
COMBINING ANALYSIS OF THE DEPTH, IMAGINARY AND DRAWING**

• **INTRODUCTION AND PURPOSE**

Psychoenergetic Drawing™ develops from the demand to unite in the therapeutic practice the double vital aspects of activity and psychic life, i.e. **"to do"** and **"to live"**. It is given therefore prominence to the **unique** and **personal** aspect of the psychotherapeutic work of every patient, of which he only unconsciously knows the project and the finality.

In this optics it is important to activate the psychic resources and the trust in the experience of the Self, also **in negative or hopeless contexts**.

At the base of this progress it is important that the therapist can read the **"energetic expressive signals"** of the patient, in which unconscious impulses are manifested, that contain not only aspects removed of his past, but also impulses for the realization of the **patient's future development**.

In this way the psychic complex loses its blocking power and **psychic energy finds again his flow**.

In Psychoenergetic Drawing™ the patient becomes conscious of **his own emotional world**, that he sees expressed on the sheet **with the colours he has chosen**; in that way he takes conscience of his psychic world.

The Self becomes wealthy and regains strength in the comparison, to him suitable, with the unconscious contents: so psychic, bodily and social sphere of the individual are influenced.

The psychotherapist has to work on different levels (the aware level and the unconscious one), and must take in charge the dynamics of the personal history of the patient, the events and the consequences that it has brought to all of his psychic structure.

• **METHODOLOGY**

Psychoenergetic Drawing™ balances the analytical formulation and the work with image, drawing and body seen as energy.

The concepts of **"energy"**, of **"energetic expressive signal"** and **"resonance"** are fundamental : in fact the energy flow which pervades the psyche can stop in the psychic complex, causing symptoms and pathology.

A complex is a whole of images and ideas, gathered around a nucleus deriving from one or more archetypes and characterized by a commune affective tonality. When the complexes become active, they influence the behaviour. Moreover, according to Jung, they are rooted in the body and they are somatically expressed. They are anchored to the past, but they contain also the future possibilities to overcome the same complex.

Using all the **bodily manifestations** (hand drawing, attitudes, words, images), **Psychoenergetic Drawing™** helps the patient to **express the psychic energy** in him. The role of the **therapist**, who is every moment in resonance with the patient's affections, is to **stand near him** in the elaboration of the complex that conditions him: nothing is anticipated, he does not stay tied up to his past, but therapist and patient "walk" together, in resonance with the patient's whole emotional world, without anticipating what cannot be anticipated.

The patient's going on, accompanied by the therapist, is articulated by the **"expressive energetic signals"**, that are emotional pregnant moments in which the flow of energy is stopped, anchored to the dynamics of the past, but that contains also the resolutions projected to future .

It is important therefore that the **therapist** has the sensibility "to feel" and to **recognize** the "expressive energetic signals" in the expressive flow of the patient, attitude that needs a long and complex training of personal sensitisation and technical maturation.

The analytical interpretation happens only in a second time, in order to avoid a precocious mentalization that would hampers the process of emotional development.

All these theoretical presuppositions belongs to Psychoenergetic Drawing™ which contacts the whole emotional world of the patient, in the moment that he uses words, pictures and drawing (in fact drawing involves the body).

When the **therapist recognizes** an **"expressive energetic signal"** in the communication of the patient, he invites the patient to assemble on the predominant emotion and to let it flow on the paper sheet, **through the unconscious movements of his hand**, the colour or the colours that he feels proper at that time, in an almost sub-vigilant state. The tools that the patient chooses for expressing himself, as wax crayons, pencils or finger paint are important and they have different meanings.

Subsequently the **patient** is invited to **express the feelings** that **drawing arouses in him**, with the observation of its spatial components (up and down, left and right).

The interventions of the therapist are very important, they accompany the flow of the emotions and the memories, interacting with the patient as "companion", always keeping in resonance with the emotions that pervades him.

In this way **unknown potentialities are activated** in the present by the patient for his future projects, **in a very autonomously way**.

With his own activity the patient finds again the connection with his removed or separated psychic world; he does not "think" it, but he "lives" it through the "comparison" to the elaboration of drawing and the therapeutic relationship. Afterwards, it is possible the reflection on what has emerged or the interpretation of the psychotherapist.

A greater involvement of the body is possible, bringing the emergent emotions to the various parts of the body with self touching. It is very important to inform the patient from then beginning about the modalities of Psychoenergetic Drawing™.

It is possible also to bring back to sensations of the body the feelings that emerge from the elaboration of colours and drawing. The following session serves for the analytical elaboration of the emerged material: the emotional experience integrates with the self.

This therapeutic method **doesn't force the patient to precocious insights**, and for this is also useful **with frail patients**, because the contact between patient and therapist is constant during the whole process, so that it's possible to elaborate very strong psychic contents.

- **RESULTS**

Psychoenergetic Drawing™ **integrates** the **analytical depth intervention** with the **bodily** and **emotional experience** of the patient.

It is also very suitable in all those cases, when the direct bodily approach often evokes, in a sudden way, all feelings and emotions tied up to the psychic complex, where the emotional load is strong, for instance in the trauma psychotherapy.

The patient draws on the space delimited of the sheet of paper, and so he is **contained** in the contact with his emotions.

Since in Psychoenergetic Drawing™ the patient may keep the eyes open during the elaboration of the imaginary, **the therapist is constantly in contact with the patient**. The therapist can gradually solicit the vigilance in the patient, according to the intensity of the emerging emotional contents. In that way the therapist is able to keep in contact with the patient, and to intervene at every moment in the management of the emotions tied up to the imaginary.

The intervention through Psychoenergetic Drawing™, that follows the flow of the "expressive energetic signals", can be **integrated with guided interventions** on the imaginary, for example when it's necessary to introduce a specific elaboration of determined symbols, according to encoded specific images. (meadow, sea, mountain, flower, and so on). It is so possible to establish a fruitful connection between those emotional contents that spring from personal experiences with the contents coming from archetypical images.

Psychoenergetic Drawing™ can be connected to the elaboration of bodily contents **through self touching**. In this way our body, which carries the emotion of all of our past experiences, directly comes connected with the emotional experience of the image.

- **CONCLUSIONS**

Psychoenergetic Drawing™ increases the psychic development and the **insight** in patients, who are very distant from their psychic life. Moreover it is very useful for the elaboration of **traumatic contents**, also in the context of the confront therapy.

It is also applicable to very **frail patients**, as the presence and the support of the therapist is constant and this allows the gradual elaboration also of very difficult psychic contents.

It is **extremely flexible** and therefore it can be **integrated with other methodologies**, without requiring particular instruments or specific logistic structures.

It allows to **calibrate** the interventions on the imaginary, in the **respect** of the process and the personal transformation times of every patient, according to the analytical elaboration.

Through Psychoenergetic Drawing™ the **patient develops his becoming** and his **creative aspects**. Everything is done in liberty and free determination in order to give form to his own future.

Psychoenergetic Drawing™ increases in the patient the **trust in his own possibilities and potentialities**, through the "game" of the therapy with sheet and colours, in the relationship "psychotherapist and patient".

