

# Therapeutical Creativity and Contribution to Restorative Personal Identity, using Skills and means by Artistic Expression

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## Abstract

Drawings and paintings arouse always notable emotions by all people: the most intellectual as well as the most emotionally fragile. The first one describes them in a logic way and elaborate, the second ones improve mentally, and they can benefit well therapeutically. This is called psychopathological expression or Art-therapy.

**Conclusion:** Psychic Discomfort and Disturbances; Graphic; Painted; Literary; Architectural expressions.

## Introduction

- a) Recognition, help and Stimulation such works are developed spontaneously, in other cases in an institutional environment. Whatever their quality, sometimes transcendent. In any case, devoting oneself to it has a positive aspect and allow liberating virtues, which may concern anguish, both attitude of inhibition and angry or demanding reactivity, poor relationship management, tendency to social withdrawal, loneliness's feeling, depressive affects, even recourse to regressive psychic mechanisms during severe personality disorders, such as cleavage, projection, denial in the case of borderline or psychotic disorders. The Artistic Dimension may help the patient to evolve towards an improvement of self-confidence, in particular self-esteem, to reduce the symptoms which weighed negatively on his affective, emotional, and relational and also strengthen their abilities. This means dedicated, vested Workshops and education in Art-Therapy for certain caregivers [1-4].
- b) Decades ago, in various specialized hospitals, notably in SAINTE ANNE's Hospital in paris, in or spontaneous, such as Séraphine de SENLIS, in foreign' s great Hospitals as the famous WALDAU in ZÜRICH or the one of HEIDELBERG in GERMANY, this therapeutic provision has been considered and offered to patients.
- c) But some had themselves felt this obvious need, such as Seraphine de Senlis. And even, antisocial outcast as Jean GENET, who became a Roman author, Dramatiker, Dichter, notably writing "Les Bonnes"; Notre Dame des Fleurs, Le Miracle de la Rose..., who revealed, demonstrated transcendent intellectual dispositions. At the same time as Writers, painters, others gain notoriety despite suffering psychotic, bi-polar or Addictive psychic troubles.
- d) But also, a contrary: The President DP SCHREBER in one of the "Five Psychoanalysis" of S. FREUD, or spontaneously: Writings of WOLFSOM in the US. Likewise in the architectural field, the Plans of JJ LEQUEU (recognized National Heritage), the Palace of the Factor CHEVAL in Hauterive -DROME (FRANCE), the Picplate House near CHARTRES attract attention. While renowned but unconventional architect like S. GAUDI created cathedral, monumental houses in BARCELONE and LUDWIG II inspired castles in BAYERN...
- e) And also, tormented painters and writers became famous, like Edward MUNCH: his « Cry » metaphorizes great Anguish.... Sometimes addicted, including to the alcohol like Malcom LOWRY, S. FITZGERALD, E.HEMINGWAY... drugs, as J. COCTEAU with opium and other later more powerfully derealizing.

- f) Even, sometimes during the course through a Psychoanalytic Therapy [5-7].

## Discussion

- a) The awakening of the combined interest of artists such as clinical psychiatrists, psychologists and psychoanalysts will give rise to a new significant interest in this Singular Art as for this self-therapeutic, restorative disposition of the external object (M. KLEIN) or this therapeutic arrangement of the intermediate or transitional space (DW WINNICOTT). This type of expression—without forgetting the theater's modalities, which were highlighted. And, particularly, the work of famous marquis de SADE, both at the Bastille and at the hospital-asylum of CHARENTON, giving performances of his Self-realization in this environment. Despite this context, he was going to get an extension and a considerable popularization [8,9].
- b) Therapeutical, educational and Nursing Actions. They are in charge of creation, animation and to ensure a serene atmosphere in situ, in the workshops and to eventually help and promote some educational ideas. Certain works may be exhibited, even interpreted. Sometimes, where possible, instructive texts can be read as input, while times for museum visits can be arranged. The interpretative studies of different types of emotion and mental processes by psychoanalysts and writers' pioneers can intervene. Awakening the attention paid to patients as well as to new wave artists, such as those Art Brut or German Expressionists and of course to cubists may modify the practices concerning the Singular Art. It's necessary to highlight the importance that was going to be supported by the new psychoanalytic conception due to the works of M. KLEIN and her epigones, A.FREUD and also D.W. WINNICOTT, J.LACAN had hooked behind one of the doors of his office a famous picture: "Origin of the World" by Gustave COURBET (1986). and many others. The last one had a great interest about the paintings of Salvador DALY for ex(1886), behind a door of his office. A lot of new painters have left the classic habits. An important point is the fact that the Oedipian Complex was no longer considered as central in the structuring of the personality, are now highlights to promote the maturation phases of the first years and the establishment of primitive defense mechanisms.
1. The affects, the modalities of the mood, the emotion were taken in consideration and the "Scream" of Edward MUNCH is paradigmatic of anguish. At the same time, the writers, the poets acquire an immense notoriety. Not only A. RIMBAUD searching the spoor of his father in AFRICA after he wrote so well with an awesome talent and left VERLAINE, a time substitute's father...S. Some genial writers resorted to drinking alcohol: MALCOM LOWRY, to addiction.; SCOTT FITZGERALD, HEMINGWAY and so

one may be to reinforce their inspiration or arrange their weaning.

- c) We cannot close this chapter without mentioning the "Writings/ecrits" of President D.B. SCHREIBER. They are famous, notably being included in the "Five Psychanalyses" as well as the one of WOLFSOM in the U.S.A. The architectural field is also famous: The plans of J.J. LEQUEU (including in the National Heritage), the house of PICASSIETTE (CHARTRES), the postman palace of CHEVAL (Drome) (FRANCE).
- d) Some creators remain original, remarkably integrated into social culture: S. GAUDI in BARCELONE: houses of the RAMBLAS, Cathedral are considered part of the heritage [10-14].

## Conclusion

### It's permitted to express and popularize different types of opinion

The creation of workshops in institutional places, which may connote certain psychotherapies promote a conceptual enrichment and also the possibility to get better interpretation. They induce the emergence of symbols. For Parrhesias, paintings are deceptive forgery, like a veil, something beyond that the human as to see ... make up, stage play are part of it. The Artwork, in fact, use of sublimation, and of other mechanisms unconscious defense which are mobilized: displacement, condensation, agglutination of images, symbolization. Elliptical, the work arouses connections between the primary analogic process and secondary ones: cognitive; affective; emotional. This is the culmination of the illusion of baby satisfaction against feelings of emptiness or abandonment. Before coming to the psychotherapeutic applications and to the illustration of surprising potential by adults and also children (For example, Von HUG-HELMUT has been famous to have used drawing to treat children ...)[15-20].

### Let us specify again the determinism of creativity

Using Art's procedure, the aesthetic function of the Ego (F.LUQUET, that supposes the implementation of a mental process, which could be partially narcissistic in its connotation[21-24]. A push-Trieb-such that the drive dimension can be transformed and leads to a mobilization of mental association. This leads to an activation of fantasies allowing a new production. Original connections are established with the existing culturally, integrated and recognized. This constitutes a positive contribution to the development and to the richness of the collectivity, a progress for humanity. The creative activity, whatever is level, in all fields promotes the research with advance [25-28]. A final remark concerning those -notably the patients -who may use art in an existential mode: they seem to build in the same way as that happen in the dreams and we can recall "Delusions and Dreams" in the GRADIVA of JENSEN: But also, the snake's dream: this lead

to mention A. KEKULE, which allowed him to find the ring form of benzene's formula; the law of induction discovered by K.F. GAUSS... Even, the philosophical conceptions of DESCARTES [29]. Before to leave, who would like to quote whose internationals, notably US painters: Edward HOPPER, Marc ROTTKO, Robert RAUSCHENBERG; Jeffes KOON, Andy WARHOL, W. de KOONING and many others. We have admired the works of these great painters in the M.E.T. the FRICK Collection, the Salomon R. GUGGENHEIM, the Mom A, first time as we were still student and two years ago the Institute of Art of CHICAGO...Great.

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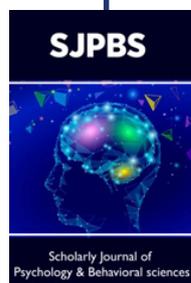
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