



# About the Therapeutic Effects of Creativity

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## Abstract

The Search of optimization of one's mental and psychic abilities, for the Fulness of One's Sense of Self, for well-being is very current but, Creative Expression has only been highlighted in terms of its benefits for the improvement of mentally ill people, who, on their own, had discovered their particular potential and their preserved Skills and Creative Talent. The writing leading to literary elaboration, the paintings were more creative and especially more free, including strong affective and emotional feelings, than one would have supposed it during the time of very agreed and conformist states. Even, it appears that the description of aggression and violent affective situations is quite equal to the unconstrained freedom of mind that we can see in many shapes of Arts, even in sculpture, as "Solitude" in Institute of Arts in CHICAGO. It's only in some Psychiatric Services that it became possible for patients to DRAW and realize PAINTINGS, as well as they could be able also to develop their possibilities in to create in collage, modelling, cutting, embroidery and more often in MUSICAL fields. Different WORKS, with material both FABRICS, PERLS (Louise BOURGEOIS: Moi, Eugénie GRANDET), WOOD i.e., are becoming unforgettable also Seraphine de SENLIS. For instance, in literature: Antonin ARTAUD, which represents a body's writing", permitting to create links with his psychiatrist? By the work of the character, the desire may appear, the style being the realization of the fantasy according to J. LACAN 's conception...The fascinating text intitled: the "Schizo et les langues" of Louis WOLFSOM, who no longer supports to hear or to read in english.

Famous became WORKSHOPS of SAINT-ANNE in PARIS. It's one of practitioners, Claude WIART, around the mid-60s, who give me the idea to open a Workshop in my hospital, when I began my medical career. Similar care places will appear in other Hospitals as the VINATIER, where Sylvain FUSCO should realize interesting paintings. With the Help of the works of my Patients, of their descriptions and comments of their Paintings, we should be able to write our Medical THESE (PARIS) under the Precedence of J. DELAY; P. DENIKER., and a few later to write a book: Arts et Folie or: "Arts and MADNESS" always Relevant, to organize a Congress in NANTES's University. A Japanese Student was taking part and we receive always the Japanese Bulletin. Famous are also the descriptions of works realized by mentally ill patients followed for care in the psychiatric Hospital of HEIDELBERG (GERMANY), such Normann SEIBOLD. H. PRINZHORN have gathered, exposed, realized a collection (eine Sammlung) of many works and written "Bildenerie der Geisteskranken als Kunstler"and "Greegänger zwwischeen Kunst und Psychiatrie". Famous also thee works of Adolf WÖLFLLI collected by MORGENTHALER in the WALDAU's Hospital in BERN (SCHITZERLAND) As well as concerning patients receiving people with some particular psychic interest or living enough isolated have become famous apart with cares as painting "Friedrich der Einzige/Alleinig" "Alone" in BERLIN, Unica ZÜRN with the Enchanted princess". In Hauterives (DROME's department -FRANCE) Postman/factor CHEVAL was building alone his Palace), architectural's plans by J.J LEQUEU.It could be possible to cite many others: "House of Picassiette (plate)" in CHARTRES...A lot of other ones as Norman Seibold. A Social Reflection or attempt to remove an unbearable reality towards ill persons should have appear.

## Preamble

> All that is preceded by some paradigmatic painting references, notably with the advent of Raw ART, which links figurative to pulsional expression.

> The PERSEE' Miror was necessary to dare watch Meduse and to behead her.

> As was written RICKMAN in his article "The nature of Ugliness and the Creative Impulse", its necessary to consider the aesthetic Aspects in other terms.

But this space is propice for the ternaire real, imaginary, symbolisme as paradigme in the studies of J. LACAN. Anchoring of epistemological works of Gaston BACHELARD... A kind of borromaen ring and it permits to shape, to weave exceptional exemplary creation, as well by the aartist than the suffering people. It's so important, that Art's teachers open since fifty years, school of Expression, as Erika STEINBERGER in New York, for instance.

## Introduction

Paradigmatic Aspects from the old times: even long Before:

➤ Strong, pregnant Works, Positive EXPRESSIONS in the different Shapes of ARTS, driven by a psychologically dizzying creativity have been neglected, underestimated for a long period during which such subjects in mental suffering, hospitalized or leading a slow life, were relatively ostracized....

➤ It's only in some Impatient Psychiatric Care Ward or Services that It became possible for patients to DRAWN and realize PAINTINGS, as well as they could be able also to develop their possibilities in MUSICAL and in different WORKS, with different material both FABRICS, PERLS (Louise BOURGEOIS, who tried an identification, painting: "Moi, Eugénie GRANDET", sculpture in WOOD, i.e.

➤ In fact, that's a the end of the XIX's, in 1872 century that TARDIEU recognize that evident talent. In "Medico-legal study of the Madness, he described some creative Works, which, in his terms, take part of nightmare and make you dizzy, as an extraordinary art." Then, in 1876, Max SIMON published in Annales médico-psychologiques an important publication intitled "Imaginary of Madness" about Drawings, planes, suits of alienated. Then, ROGUES de FURSAC recognized a diagnostic value to this production and in 1907, REJA, in "Mercure de FRANCE" published a paper intitled: "Mads's Arts".

➤ With the Help of the works of my Patients, of their descriptions and comments about their Paintings, we should be able to write our Medical THESE under the Precedence of J.DELAY; P. DENIKER and a few later to write a book, intitled "Arts et Folie" "Arts and MADNESS": Cesura LYON ed; eBay; 158 p.1988; always Relevant, with a strange painting of an Octopus split according to the discordant disturbances of the thought of one in fronton. -Also, to organize a Congress in NANTES's University. 1975 and later, a big congress in TOULOUSE, with the contribute participation of 20 psychiatrists gathered in a book. A Japanese Student was taking part, and we receive always the Japanese Bulletin.

➤ But, Famous also where before in other countries the descriptions of H. PRINZHORN "Bildeneri der Geisteskranken als Kunstler".in HEIDELBERG (GERMANY), as well as of Hans PRINZHORN: "Imagery of mentally ill patients" in Asylum of WALDAU (SUISSE) and also in other Asylum of specialized care, notably in MASSACHUSSETS (U.S.A.).

A great and original Psychopathological Expression was going to become Famous From people, who have been painting without education in that field as masters. It's still a very important characteristics to evoke: the choice of the colours, their play and even a kind of sound, sad as grey mix or happy as different red. The painter of certain works can be recognized only seeing his work far away. For example, the works of schizophrenic patients are often overloaded. These princeps's elaborations were on different themes: strange, odd, weird or moving, unsound will help their

promotion. All these representations mixing sketch and symbolism evolved with artistic skills and talents should arouse, provoke a great fascination in reason of the apparent powerful transgression. They should be carried away and promoting dissemination new productions.

## Impact of that free Creativity on the Culture and in the fields of Arts

According to many publications, which were done in psychiatric congress bringing the commitment and almost passionate follow-up of drawing and painting.

➤ It the reason of which appears a new shape of Art, named ART BRUT or RAW ART followers of Adolf WÖLFEL, ALOÏSE CORBAZ were Gaston CHAISSAC; Jean DUBUFFET; Jean; Paul KLEE; Max ERNST; André BRETON; Henri DARGER Henri DARGER; Augustin LESAGE; Magali HERRERA; Friedrich SCHRÖDER; ...fascinated by the apparent powerful transgression of people, who have been painting without education in that field. It's still a very important characteristics to evoke: the choice of the colours, their play and even a kind of sound, sad as grey mix or happy as different red. The painter of certain works can be recognized only seeing his work far away.

➤ But apart places giving cares, people with some particular psychic interests have become famous as painters, as "Friedrich der Alleinig" in BERLIN; Postman/factor CHEVAL and his Palace in Hauterives (FRANCE) without to forget a lot of others.

Also, PICASSIETTE building his house near CHARTRES and the architectural plans of J.J. LEQUEU....And all people, who have been painting without education in that field. Resorting spontaneously, even instinctually, - imitating in some way the activity of the in conscious through dreams - allowed mentally ill people, the isolated, the lonely, to put movement of thoughts, of the body, to go ahead in controlling their affects and managing their emotions as well as possible...In short, to become a dynamic actor of oneself.

This pregnant materialization, as much of the forms, of the colours as the type of presentation, close to the archaic or rather first levels of the unconscious, like the dream, , of such an authentic humanity, after their discovery, then their development, they were to become models of new forms of Art preceded by some significant painting references. : Vintage Art, Expressionist one, in a personal way, hyperréaliste, surrealism, and, moved by various influences, crossing cubism and futurism of Salvador DALI;...Also Max ERNST, Andre MASSON; Hans BELLMER. Later, in 1996, a museum, l'ARACINE will be created in Villeneuve d'Ascq, near LILLE (FRANCE) and a museum of Art BRUT in LAUSANNE [1-16].

## Emotions Drive by Works by Famous Painters

Great painters proceed usually within a team; as MICHEL ANGELO, REMBRAND, VELASQUEZ, i.e. It was not the context of occasional painters working with an exciting or thrilling idea. Emotion was in this case extreme and mobilized neuro-mediators

as tryptophane/serotonin and endorphin.

**I**-Certainly, among painters, we can mention aspects of the work representing hard death's pulsions: Francisco GOYA involving is bloody representation with la Quinta del Sorbo (which could be showed in the PRADO Museum) "Los Desastres de la Guerra" may be a protestation against the Violence during the Dos de Mayo...The Massacre/slaughter of CHIO by E. DELACROIX. That one is among the painters interested in the representation of anger: "Furius MEDEE; also: the "Cool Anger of Sévère "de GREUZE; The Big day of His Angry par John MARTIN ...

The Wrath of the Monster by FÜSSL.

The Terror of hell by BOSCH.

The Fear, the Cry: Edward MUNCH, who, in fact, was inspired after the big vulcan's eruption whatever distant...

The Sorrow felt by EVE and ADAM driven from the Paradise.

The Hope and the bodies tortured in the Raft of the MEDUSA of GERICAULT

Complex and raw impulses, enigmatically staged by BRONZINO in his painting: VENUS and CUPIDON containing number of encrypted details, involving different symbolic connotations affect with his perverse touches: ranging from jealousy to despair on the bottom of time, which weight down or the concern to preserve virtue. (Arts Gallery: LONDON).

Otherwise, many paintings of MICHEL-ANGE or of the CARAVAGGIO may appear unexpected by their freedom inherent in the scenes presented, or even by the underlying eroticism. Even NARCISSISMUS by Michel Doretor Michel GLAIZE. But we cannot forget different practices in their style: William BLAKE; MONSU DESIDERO; DÜRER with his "A Knight and Death".

**II**-Many enigmatic and frankly dared paintings contain a tangle of different affects and a range of iconographic symbols: jealousy, aggressivity, despair...hypnotized states, turn of the tick or vivid creativity.

Or savage, bloody from GOYA (already cited), LE CARAVAGE: DEUS BACO; and GUERNICA (violent, bloody) from PICASSO. All the dynamic psychic is often understood by depressive, melancholic feelings. More recent, J. POLLOCK, in Abstract Expressionism, may eliminate the time of the mental representation of the shape in favour of the direct projection of his emotions on the canvas in reason of a intime spiritual life of the painter.

Nethertheless, as with the sick, perspective is often neglected.

**III**-About the Proximity of the Unconscious, notably of the Dreams' contents:

After a dream, sometimes after a nightmare: some works may be suggested or derived indirectly, which come out of it, is often of great or impressive strength. We cannot forget-It's also the necessity to mention the two NEBUHADNEZZAR's dreams about

the composite statue and notably the fact that Giant appeared with clay's feet. From the impossible interpretation of margins, until DANIEL was able to precise the signification. the result was a proclamation throughout the whole empire of the right away sense of God. The CALPUNIA's dream of the CESAR's marry the day before CEASAR's assassination. The Tales and the Myths are obvious fantasy condensed.

**IV**-We cannot forget other fields genius creators discovering, for instance, l the fact that solutions to equations could be found in this way: by H. POINCARÉ, as well as in K.F. GAUSS with regard to the law of induction and DESCARTES in the philosophical conceptualization. A lot of new genius people would be long to cite. Morely, in different shapes of arts, the pregnancy of a nightmare, even a dream may suggested the theme of a work. They may also involve the pursuit of truth by thought and emotion. But all is not simple, clear, logical and the emotion which over helms psychoanalysts, writers, painters in front of some aspects constructed in nature could surprise them deeply.

**V**-It's not to forget the AESTHETIC SHOCK arouse the discover of certain works:

It's diversers subjects between mediation and emotion: profound admiration and until pulsional destructive strength:

That's the case of STENDHAL contemplating the frescoes of FOSCOLO in the church of SANTA CROCE in FLORENCE-FIRENZE, with a great impressing feeling. He said another time:" if you never have seen this statue, you don't know the power of the sculpture."

A memory disorder marked by a disturbing strangeness by S. FREUD seized by the beauty of the site as he was looking on the Acropolis in ATHENS is famous and he feels the need to describe the causality of his feelings, trying to give a faithful narration of his emotion, exclaiming.: "all of this exists really, as we learnt it at school..."

A character of PROUST: the critic BERGOTE finds a lively emotion at the contemplation of a work by VEERMER, a view of DELFT, which centers on small patch of yellow wall.

Even a psychoanalyst as LE GUEN before the "MOÏSE" of MICHEL-ANGE in Sankt Chapel of SANKT-Peter of the Links" in ROMA, who have published his real emotional impression in the frame of an article.

Artwork is not some enigma to be deciphered; its signification is due to the affective and emotional effort and in its organisation in depends on a serie of plans.

Other artists said later, for instance:" if you never have seen that masterpiece, you don't know the power of the sculpture." It's still some very important characteristics to evoke: the choice of the colours, the place on the sheet, the loss, sometimes on the centre, the type of structuration of the drawn, which could be immediately symbolic. The painter of certain works can be recognized only seeing his work far away. He painter, who realize certain works can

be recognized only seeing his work far away. He painter, who realize certain works can be recognized only seeing his work far away. The painter, who realize certain works can be recognized only seeing his work far away. The painter, who realize certain works, could be recognized only seeing these one far away.

In musical work: their play and even the kind of sound, sad as grey mix or happy as different red. The modelling of the clay can be also interessant.

But the work of art can paradoxically arouse a negative active emotional and drive mobilization in a passage to the iconoclastic act. This was the case with the pounding of the Pieta by Leonard de VINCI in the Sankt Pier Cathedral in ROMA or by projection of bad substances or still recently, against the "Perl's Girl" of VERMEER.

**VI-** The Expression of EMOTIONS in the PAINTINGS of ARTISTIC MASTERS should be not Forget:

Certainly, among painters, we can mention aspects of the work of Francisco GOYA involving is bloody representation with la Quinta del Sorbo (which could be shows in the PRADO Museum). also: Los Desastres de la Guerra may be a protestation against as "The masacred of CHIO "by E. DELACROIX. Among other paintings: the cool Anger of Sévère de GREUZE; the "Wrath of the monster" by FÜSSL.

The Sorrow felt by EVE and ADAM driven from the Paradise, The Big day of His Angry par John MARTIN.

The Hope and the bodies tortured in the Raft of the MEDUSA of GERICAULT.

The Terror of Hell by BOSCH.

The angry act: by Per Lasson Krohg; REMBRAND: "Jésus chasing the merchants from the Temple.

Otherwise, many paintings may appear unexpected by their freedom inherent in the scenes presented, or even by the underlying eroticism, as well as enigmatic and frankly dared ones contain a tangle of different affects and a range of iconographic symbols : jealousy, aggressivity, despair.

**VII-**We cannot forget the fact that other high conceptual WORKS in other fields, as mathematics, digital licence and high levels in sciences could represent/equal the beauty in the ARTS:

Certainly, from ARCHIMEDE, PYTHAGORE, THALES, Leonardo da VINCI and all those who find solutions to equations could be found in this way: by H. POINCARÉ, as well as in K.F. GAUSS with regard to the law of induction and DESCARTES in the philosophical conceptualization. It's impossible to cite all the news genius and the most famous astronomers, who may describe so much magnificent constellations in the sky. Morely in literature or in different shapes of arts after a dream or, eventually suggested or derived indirectly from the pregnancy of a nightmare. The dream involves the pursuit of truth by thought and emotion.

**VIII-**In LITERATURE: It will need another study. But all is not simple, clear, logical and the emotion which over helms many writers, and among them, some who are psychoanalysts.

**IX-**The Strength of the Possession of an Artistic Master peace:

In consciously reliving the creator's state of mind is the basis of aesthetic pleasure. We have to take in consideration the pregnant power of Art, in its different expression, which sometimes borrow from memory of dreams, as well as from people, who had been painting without education in that field. It's even non utilitarian thefts for the purpose of appropriation, in particular of canvases. Even the famous psychoanalyst Jacques LACAN kept behind one of their doors of his study "The creation of the world "of Gustav COURBET.

In consciously reliving the creator's state of mind is the basis of aesthetic pleasure. The fascination with the image or a sensation, such that the object is deprived of its representation is at work negatively in NARCISSE underlines P. AULAGNIER. For A. SEGAL, artistic creation can also be assimilated to a psychic equivalent of procreation.

## Conclusion

This study tries to approach of the different etiopathogenic determinism of the creation of the artwork by mentally ill subjects in the frame of hospitals or by yourself, often living alone and the positive reaction proposed by them in their writing or their picture or sculpture when the new quality of their works will be discovered. But one of a deep reason, still no mention, of the creation is often the search for the double, for the self, as did Camille CLAUDEL in a paradigmatic way with her sculpture: "PERSEE and the GORGONE", while Paul CLAUDEL noted that the in deniable softening of the bill made it even more pathetic. The fascination with the image or the sensation, such that the object is deprived of its representations is at work negatively in NARCISSE underlines P. AULAGNIER. For A. SEGAL, artistic creation can also be assimilated to a psychic equivalent of procreation. Virtual lifetime and the game's world are contemporary pregnant and it sA. SEGALLL at a new manner or obtain pleasure's level becomes quite addictive. It also by other means that some people deny the reality, more outside but bad, by the use of alcohol or drugs, as nor amphetamine and even derealizing, searching new sensations and feelings by strange music or image and shows.

At contrary, some risk's takers keep a natural corporeality in acting, elsewhere are the limits in hard geographical or financial fields. Care is now provided outside of specialized hospitals and the creativity time appears as a necessity to get a full life. A number of people without mental disorders research such places as well as wellness during their hard conditions of life.

## Conflict of Interest

No conflict of interest.

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