

Sources of the Creative Arts Therapies, Music, Art, Dance and Drama in the Indigenous Healing Traditions of the World

While much of contemporary psychotherapy practice often focuses primarily on verbal exchange between therapists and clients, it is important to recognize that verbal expression is just one mode of expression, and not necessarily the deepest or most profound. Many clients in therapy may be more comfortable in expressing themselves in other ways through the modes of music, art, dance and psychodrama.

The sources of the arts in healing extend back for many thousands of years and their modern expression through the creative arts therapies are now widely utilized in the mainstream of modern psychotherapy. Traditional healing practices are still widely practiced in many indigenous cultures around the world today and an appreciation of these practices can deeply enrich our understanding of the essential role of the arts in human expression.

This presentation will consider the roots of the arts therapies and really all of psychotherapy, going as far back as pre-historic evidence, followed by an overview of living indigenous healing practices in such settings as Bushman culture in Namibia, Native American Indian culture, as well as in Kenya, Bali, Malaysia, Mongolia and more. The lecture will be supported by Microsoft Powerpoint, music and DVD examples.