

# The Uniqueness of Group Work and Art

An emphasis on visual art (working with materials)

## **The Benefits of Group Work:**

The group allows for a lot of social learning and provides a connection to the activity. and allows for the participants to play new roles in a “lab setting”. They gain confidence from the facilitators and the group members in their new roles.

The members of the group can learn a lot from the feedback they receive from each other in the supportive group atmosphere. The group allows for the individual to look inside himself and better understand his own feelings and improve his skills. The group allows for change to happen quickly for the participants on a personal and social level.

Group work works best with a population that is like-minded and has similar needs and goals and allows for the improvement of the individual.

## **The Uniqueness of the Arts in Group Work:**

In a verbal group, only one person at a time can talk and express themselves. In a group that is using art, everyone can express themselves at the same time through their art; each in their own way.

In Art activities- the “active” element is very important. In Art everyone may join whenever they want and at any level

Using art in a group setting can provide a new and different form of communication for especially when (for a variety of different reason) the group cannot communicate verbally.

In many cases, the arts can serve as a gateway to verbal expression that may have been impossible before.

The arts allow for broad indirect group conversations that focus on the creations rather than the individual- this allows for a nonthreatening setting that allows the group members to open up to each other.

Working with art allows for the individual to think creatively and “outside the box”; it allows him to challenge his own point of you and thought processes. This is very beneficial to a group setting.

The arts help to expand the imagination and allow for a deeper connection with one’s unconscious self.

In art there are always two levels; a conscious level and a hidden unconscious level.

The hidden level sometimes remains permanently hidden to the individual, the group and the facilitator.

Through art, one can expand the conscious level through the participant sharing with the group or the group sharing with the participant (see the Jouhari Window). The sharing can be done indirectly through the arts.

There will however, always be a hidden level in art- an unconsciousness that is unknown and unexplainable.

Despite this, a lot of intense work can still be done on this level without words; this is one of the main characteristics of the arts- that just by working with them allows for healing, for improving an individual and for the processing of nonverbal content.

### **The arts have healing powers!**

Visual Art (drawing, sculpture, photography and working with materials) is an art form that exists in space.

The artwork is tactile and serves as a physical reminder even after we have completed the artistic process.

This allows us to go back and reexamine it from different perspectives at a later time and see the entire process that the individual/group went through.

The arts can be very enjoyable for the individual and for the group. In the group setting it is important for each participant to play an active role in uniting it and maintaining its well being.

## 艺术小组工作 视觉艺术（艺术材料运用）

### 优势：

小组环境和氛围促进互动，社会学习，并提供活动的连接。参与者在“模拟环境中”扮演新的角色。在尝试过程中获得主持人和小组成员的肯定从而增强信心。

在尝试的过程中，成员可以从支持性的团体气氛，反馈学到很多东西。如在安全的空间发现自己，更好地了解自己的感受，提高自己的技能。该组允许改变迅速发生的对个人和社会层面的参与者。

如果小组成员具有类似的需求和目标，并允许对个人的发展有期望，这样的话，小组的效果会更好。

### 独特性：

在一般的小组，通常只有一个人在同一时间可以说话，表达自己。而在艺术小组，每个人都可以通过自己的艺术，同时表达自己并各以自己的方式。

在艺术活动中 - “主动” 的元素是非常重要的。艺术表达励大家无边界，自由的加入，在团队中使用艺术可以，特别是当小组成员不能或不擅於用言语交流沟通。

艺术允许谈话的重点放在创作上，而不是个人，在一个没有威胁的环境中，允许组成员更自由的探索和互相认识。

艺术工作允许个人创造性和“突破局限” ;过程可以让组员去挑战自己的观点和思维过程。这是非常难得的经验。

艺术有助于展开想象的翅膀，并允许与一个人与自我的无意识作更深的联系。有意识和隐藏的无意识都属自我真实的内在层次。

通过艺术活动，我们可以与参与者共享彼此的意识感受，也可以通过艺术表达来扩张意识层面。人的无意识可以永远是隐藏的，未知的和无法解释的。尽管如此，仍然可以透过艺术活动，在互动和非言语的交流中获得理解和疗愈。

### 艺术的治愈合能力：

视觉艺术（绘画，雕塑，摄影和材料运用的活动）是一种空间存在的经验形式。藉着作品的质感和创作过程，我们不自觉的存留了有感动的回忆。这使我们能够回去和在以后的时间用不同的角度重新审视它，延续一个更整全的疗愈过程。

艺术活动可以是非常愉快的经验，对个人和群组而言，尽情投入，彼此专重和结连是保证积极正面的经验的重要元素。