



The Art of Rich Pictures - Audio

The Art of Rich Pictures in Health

Hephzibah Kaplan:

This image is the tunnel. It's the tunnel that a lot of people experience when they feel trapped. There's the tunnel of the divorce, where people might take that symbolic two years to process divorce and get to that other side. If they feel that they can get there. And the start of the tunnel is a very frightening place.

Professor Simon Bell:

If I look at a picture drawn by somebody whose life I don't share and I see in their picture things that they didn't intend, but I see that gives me richness, that gives me depth. That gives me more than the 3 dimensions of the image. It gives me the fourth dimension which if you like is the emotive capacity to understand somebody else's condition.

Hephzibah Kaplan:

We use images to by-pass language, but in fact we get to the core. So the image is a starting point for quite interesting discussions

Professor Ken Eason:

Most of the ways we communicate have this linearity to them and it can take us quite a long time to work through it that way

Hephzibah Kaplan:

Making images is not a linear process. Our memory isn't always linear, so actually the art-making reflects a kind of internal, emotional experience that can go in all different directions at the same time. And then there's that sense of being in dialogue with the image. 'I painted my father before I painted my mother'. 'Why doesn't my brother's feet touch the ground?' 'Oh that's interesting, I'm wearing the same colour top as my sister'. More information gets revealed through the process and through a gentle enquiry. Some of these images are quite frightening and they're quite disturbing. Some of the feelings that come up, they speak for themselves

Professor Ken Eason:

And even if you're pretty poor at drawing you can tell whether this is a good relationship or a negative one very easily

Hephzibah Kaplan:

The creative process really has got a healing potential

Tessa Berg:

You can wipe away all people's worries with saying what they want to say because if they're drawing it the idea is that people genuinely quite like to show rather than explain

Hephzibah Kaplan:

I also think it's really good for the people who are verbally very eloquent because when has(sic) very good at language, one can hide behind words, one can filter. We're accessing images of our inner world, not the external world. And when it's down on paper it's more powerful than a mirror, but it is a type of mirror. The image reflects something of their inner world that they can't yet put into words