



Creativity and the Inner Other, a Workshop

Presented by Wilna van der Walt

8 – 10 March 2019

Creative work can be an indispensable tool in the process of individuation.

The aim of this workshop is to provide a safe space in which to explore our creativity and our relationship to that aspect of the inner Other. The workshop will provide many opportunities for practical work as well as discussions of key aspects of this symbolical creative process. Stories will be used to demonstrate properties of the creative space as a sacred space, of the unfolding of the image in the space and our developing relationship to it. Participants will be guided on an exploratory journey to facilitate better access to deeper levels of creativity, accessible to all of us, that have often been suppressed. Practical experiential aspects of the process will be interwoven throughout the discussions. No previous artistic experience or other ways of expressing creativity are required for this workshop.

Jung, in *The aims of psychotherapy*: “A patient needs only to have seen once or twice how much he is freed from a wretched state of mind by working at a symbolical picture, and he will always turn to this means of release whenever things go badly with him.” (Chodorow, 1997, p. 93)

Jung, in the Tavistock Lectures: “But [the therapist] should leave the originals with the patients, because they want to look at them and they become enchanted. The suggestive influence of the picture reacts on the psychological system of the patient and induces the same effect which he puts into the picture. That is the reason for the use of idols, for the magic use of sacred images, of icons. They cast their magic into our system and put us right, provided we put ourselves into them.” (Chodorow, 1997, p.152)

Bookings

Costs: R1800 per person. (Only 6 places available.)

Art materials as well as tea, coffee and Saturday lunch will be supplied.

Venue: CG Jung Centre (SAAJA), 87 Main rd, Rosebank, Cape Town.

(GPS co-ordinates: lat -33.95656701453104 / long 18.471413254737858)

Bookings: Wilna at asdopas@gmail.com or 0636580306

Biography

In the early 1990's Wilna van der Walt started experimenting with creative materials as a means of exploration and support and found it to be of immense value in her own process. With many years of experience in this field, she would like to share this world with others. She is available as creative facilitator for groups, and also as facilitator on an individual basis. She is a registered medical practitioner with a lifelong interest in depth psychology, from a Jungian perspective, and the author of *The old woman and the moon, an inner journey in oil*.

PROGRAM

Friday 18.30 – 20.00

The king who was afraid to flower

After a short introduction to some of Jung's views on creative play and fantasy, we encounter our natural fear of the other side in a Croatian tale.

First practical session

Saturday 9.00 – 17.00

Second practical session

Colour and shape, outlay and meaning

Tea break

Artistic materials, a marriage

In this discussion we look at various artistic materials with regard to creative inner work. Do personality types play a role in the chemistry of the right medium?

The creative space as temenos

We explore the creative space and the process of the unfolding message from the deep by way of a Native American legend.

Lunch

Third practical session

Tea break

Creativity and nourishment

With the help of an ancient Chinese story we explore the potential role of symbolical creative work in restoring inner equilibrium.

Learning from the work of David Blum

Sunday 9.00 – 13.00

Fourth practical session

Tea break

The ceremonial mask, objectivity and relating

Amplification and meaning

By amplifying symbolical content from Ovid's *Pygmalion* we explore the potential benefits of this approach in our search for a more meaningful perception of the content.

Closure, optional sharing and feedback