

HEALING TRAUMA WITH GUIDED DRAWING; A SENSORIMOTOR APPROACH TO BODY-MAPPING

Sensorimotor describes psychotherapies that use a bottom-up approach. Instead of an image-based art therapy, or a cognitive top-down strategy, Guided Drawing encourages the implicit awareness of innate motor impulses in the muscles, viscera and the emotions held within these. The expression of these motor impulses through rhythmic bilateral drawing provokes sensory feedback.

While clients initially approach the setting with learnt behaviours, motor impulses that might be inhibited, fearful or driven by hyperactive acting out, they quickly discover ways that "feel better", and are more satisfying. Through the sensorimotor feedback loop clients discover their own potential in an embodied way that shows lasting results. We can compare such sensorimotor achievements with learning how to swim. We do not forget implicitly learnt ways of being. Such sensory perception allows the development of new neurological pathways that can deal with traumatic memories; and can restore a more authentic sense of self.



17th October 2023
11:00 to 13:00



Erth, Abu Dhabi

Presented by
Clare Jerdan



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