



## Returning to Freedom: Repetition and Rituals in the Polish Strategy of Creative Resocialization

Powroty ku wolności: Repetytory i rytuały w arteterapii resocjalizacyjnej. Polski model twórczej resocjalizacji w perspektywie europejskiej

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This poster presents the concept and practice of rehabilitative art therapy within correctional and educational settings, aligned with the theme of the ECArTE conference *Ithaca – Repetition and Return in the Arts Therapies*. It explores art-based interventions implemented in Polish prisons, youth educational centres, and preventive institutions, where art therapy becomes a medium of transformation, communication, and a symbolic *return* to the self and to the community. The core of the poster focuses on original art therapy projects and methods: Theatre Koda, Tattoos of Freedom – an art-based programme for incarcerated individuals, the amateur police theatre *Na posterunku* (On Duty) involving both officers and participants, and the Pedagogical Concept of Police Work Based on Creative Resocialization. Each of these models illustrates repetition of gesture, symbol, and ritual as a reparative and transformative act – a process in which participants reclaim agency, identity, and the capacity for meaning-making.

The theoretical foundation of these initiatives lies in the Polish Strategy of Creative Resocialization, an interdisciplinary framework combining psychology, pedagogy, art therapy, and neurolinguistics. Of particular importance are neurolinguistic processes (NLP), which support the restructuring of personal narratives, the transformation of trauma, and the development of new communicative patterns through symbolic language and creative expression. The project draws on contemporary international discourse in arts-based rehabilitation, reflecting universal mechanisms of transformation rooted in ritual, repetition, and relational creativity. It demonstrates that repetition may serve as an act of reintegration, while return becomes a pathway toward freedom, meaning, and connection. This poster aligns with ECArTE standards, presenting art therapy as a humanistic and interdisciplinary



field of social renewal, in which artistic creation serves as a bridge between expression, ethics, and rehabilitation.

## **Biography**

**Iwona Klonowska** is a psychologist and pedagogue, Doctor Habilitatus in the humanities, holding M.A. degrees in Psychology and Special Education. A certified specialist in counselling, psychotraumatology, and transportation psychology, as well as a Master of Neuro-Linguistic Programming (NLP) and trainer in Aggression Replacement Training (ART). Former Rector of the Police Academy in Szczytno, where she developed preventive education programmes based on creative resocialization. Founder of the amateur police theatre *Na posterunku (On Duty)* and author of the *Pedagogical Concept of Police Work Based on Creative Resocialization*. Member of the Institute of Art Therapy at WSB University in Dąbrowa Górnicza.

## **Recent Publications**

Klonowska, I. (2017). **The use of drama method in the prevention of risky behaviours among lower secondary school students**. Pedagogical Contexts [Konteksty pedagogiczne] Kraków.

Klonowska, I. (2018). **Making the impossible possible – Therapeutic work of a psychologist with a child with autism**. In *Multidimensionality of Speech Therapy*, Vol. 2, Toruń 2018.

Klonowska I. (2010). **Communication in resocialization – Creative methods. Speech therapy in resocialization as an alternative form of intervention**. Handbook for juvenile specialists (Part 1). *Police Quarterly*, 13(3)., Warszawa 2010.