



Roadmaps for Reflection, Repetition, and Return: Enhancing Self-reflexivity on the Personal and Professional Significance of Sexual Phenomena.

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Journeying through time, discover a personal sexual Ithaca amidst exploring cycles of experience and gained wisdom. Through artmaking and discourse, an arts therapist's comfort and effectiveness in engaging in sexuality dialogues may increase by understanding their lived perceptions and sexual phenomena. This workshop engages artmaking as repetition and return, allowing participants to create roadmaps for enhancing self-reflexivity to examine beliefs, judgments, and therapeutic practices pertaining to the personal and professional significance of phenomena.

Even when sex is a comfortable topic, recognizing the origins of sexual messaging, whether celebratory or adverse, is essential. Participants will explore their cycles of experience within cultural influences, systems of oppression – interpersonal, institutional, and internalized, as well as systems of affirmation and celebration.

Artistically, participants will examine how the repetitions of internal and metaphorical Laestrygonians and Cyclops return to impede their sexual selves, potentially leading to a transformed viewpoint. To foster sex positivity, increase safety, and develop a deeper understanding of difference, the artmaking will be guided through an intersectional and social justice lens (Galinsky, 2023; Kirby, 2023). A sex positive approach affirms aspects of sexual health, such as pleasure, diversity, values, and as a fundamental human right (Blausey, 2023).

Overall, the workshop will provide participants with the opportunity for artmaking, written reflection, and discussion on the significance of sexuality in therapeutic practice, identify influences that impact comfort level with sexuality discussions in session, and recognize professional relationships that guide their initiation and engagement in sexuality dialogues as part of treatment and supervision.



References

Blausey, D. (2023). **Creative arts therapists' engagement in sexuality dialogues with clients: Pilot Study.** *Art Therapy*, 40(4), 179-187

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Galinsky, T.J. (2023). **Diorama as a tool for exploring the sexual self.** *Art Therapy*, 40(4), 197-204. <https://doi.org/10.1080/07421656.2023.2206355>

Kirby, M. (2023). **Integrating a sex-positive approach in art therapy.** *Art Therapy*, 40(4), 171- 178. <https://doi.org/10.1080/07421656.2023.2193599>

Biography

Daniel Blausey, PhD, MA, ATR-BC, ATCS, LCAT, based in Lisbon, Portugal, Daniel is an art therapist, researcher, author, educator, and artist with over 30 years of experience. He holds a graduate degree in art therapy from New York University and a doctorate in expressive therapies from Lesley University. Daniel's research interests include arts therapists' comfort and willingness to integrate sexual dialogues in treatment. His clinical interests and presentations center on supervision, sex-positivity, childhood sexual trauma, and family of origin dynamics. Among his publications is the co-authored book *Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors*, published by Routledge.

Recent Publications

Blausey, D. (2025). **Art Therapists' Perspectives on Exploring Sexuality in Treatment Sessions.** *Expressive Therapies Dissertations*. 3.

Blausey, D. (2023). **Creative Arts Therapists' Engagement in Sexuality Dialogues with Clients: Pilot Study.** *Art Therapy*, 40(4). 179-187.

Awais, Y.J., & Blausey, D. (2021). **Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors.** *Routledge*.