



The Ithaca of Bodiliness – From Anxiety to Significance. Arte-Psychoanalysis on a Journey towards the Subject

Ithaka cielesności – od trwogi ku znaczeniu. Arte-psychoanaliza w podróży ku podmiotowi

Klaudia Węc

This experiential and reflective workshop explores *bodiliness* as a space of return — an *Ithaca* where what has been forgotten, repressed, or transmitted through generations may be encountered and transformed through the creative act. Drawing upon Jacques Lacan's psychoanalytic concepts of the Real, the Symbolic, and the Imaginary, together with the notions of desire, lack, trauma, symptom, and corporeality, the workshop situates art-making as a journey from anxiety to significance — from the Real that provokes dread to the Symbolic that allows meaning and hope to emerge. In this perspective, *bodiliness* is not simply the physical body, but the living experience of embodiment — a dynamic space where traces of the unspeakable are inscribed through gesture, rhythm, and repetition. Within the framework of arte-psychoanalysis, creative expression becomes a form of *repetition (repetitio corporis)* that opens a symbolic space for what resists language.

This approach embraces Lacan's idea of *lalangue* and *mamalangue* — the pre-symbolic strata of language where affect and sound precede meaning. Participants will work with specially designed non-verbal art-therapy cards functioning as projective-reflective tools. Free from words and interpretation, these cards serve as material anchors for exploring what returns in fragments, silence, or affective resonance. The workshop encourages participants to 'speak less and express more', returning to the body and to the act as the origin of speech.

Following the Ithacan metaphor, the workshop proposes a journey through trauma, memory, and transgenerational echoes towards symbolic transformation. It explores the tension between anxiety and significance, between the unspeakable and the meaningful, where the act of creation becomes an encounter with the Other. Ultimately, this journey of *bodiliness*



suggests that in the rhythmic movement of artistic repetition, the Real may leave its trace, and the subject may emerge — fragile, embodied, and symbolically alive.

Biography

Klaudia Węc

Polish arts therapist, psychoanalyst, pedagogue, and clinical psychologist. Professor at WSB University in Dąbrowa Górnicza. Director of the Arts Therapy Institute. Coordinator of the master's degree programme in Art Therapy and postgraduate programme in Dramatherapy. Chair of the Local Organizing Committee of the 14th International ECARTE Conference in Kraków. Professional experience: École Européenne de Psychanalyse, Paris (now NLS), Neuropsychiatric Hospital, Department of Psychiatry, Collegium Medicum, Jagiellonian University. Artistic experience: dancer (The Social Ballet School, The Song and Dance Ensemble) and vocalist (Second-Degree Music School, Vocal Department). Honorary member of the Association of Polish Arts Therapists "KAJROS." Specialisation: multimodal psychoanalytic arts therapy.

Recent Publications

Węc K., (2025). **The topoontological dimension of Lacanian psychoanalysis in the perspective of art therapy praxis.** *Review of Pedagogical Research*, Toruń 2025.

Węc K., (2021). **Art Therapy and Creative Social Rehabilitation** / ed. of thematic iss., Vol. 24, Nr 4, Kraków 2021.

Węc K., (2023). **Masks and mirrors of subject identity. Between the petrification of language and the mimeticization of the gaze.** *Studiów z Teorii Wychowania*, Warszawa 2023.