



## Drawing Lines and Shaping Forms: Journeys of Returning and Repetition in Art Therapy

ציור קווים ועיצוב צורות: מסעות של חזרה וחזרתיות בטיפול באמנות

### Katherine Frankel

This workshop explores the act of returning and repeating in art therapy through rhythmic art processes using line, form, and materials. These processes open space for exploration and reflection on the journey of becoming, where meaning emerges through repetitive and returning movements embodied by art materials.

Following Cavaliero (2016), repetition is understood as a creative transformation, where repetitive hand gestures open possibilities for change in inner psychic realities, resonating between the compulsive and the creative. The circle functions as a form forever returning to the beginning in the journey of becoming. Meaning emerges through recurring hand movements and returning patterns that may stir trauma and compulsive behaviors. These gestures may ignite memories, physical places, and past patterns to re-emerge, opening the possibility to explore unfamiliar and renewed ways of meaning and interpretation. In Freud's (1919) view, the uncanny arises when what was once familiar is felt as strange and newly perceived.

Each participant will create an installation from the artworks produced, followed by a group reflective process allowing collective resonance and meaning to emerge. Grounded in Heidegger's (1962) conception of Dasein as being in the world, the workshop reflects on how rhythmic returning and repetition can become movements that shape one's presence in the immediacy of existence. This process is an art therapy technique for building self-resilience and coping mechanisms in contexts of transnational migration, displacement, and trauma.

The aim of this experiential workshop is to raise self-awareness through the artistic processes. It seeks to bring participants into the realm of being and presence in the here and



now, whilst embodying past, present, and perhaps future in the final installation, creating journeys of no destination.

### **Biography- Katharine Frankel**

Katharine Frankel is an art therapist and senior supervisor with thirty-seven years of experience in Special Education within Israel's Ministry of Education. She served as a supervisor for expressive therapists in several regions across the country. Since 1996, she has been a lecturer at the Arab Academic Institute for Education, Beit Berl College.

Born in England and residing in Israel, she is a graduate of Tel Aviv University, holds an M.A. from Lesley College, and completed a three-year Psychoanalytic Psychotherapy program. As an artist, she focuses on photography and sculpture and was awarded Visual Art Distinction, Rishon LeZion, Israel (2017).

### **Recent Publications and Conference Presentations**

Frankel, K. (2023). **Green screens and constructions on Zoom: digital art therapy with an adolescent with ASD and sensory overload during the COVID-19 pandemic.** Inner Reality Meets Exterior Reality Conference, Yahat- The Creative & Expressive Arts Therapies Association in Israel.

Frankel, K. (2019). **Speaking Babylonian- creating transitional spaces in migration.** The International Conference on Migration: Educational, Political and Cultural Aspects in Migration, Beit Berl College.

Frankel, K. (2019). **Topographical spaces: studies and footnotes.** In A. Or, O. Glass, S. Goffer, & A. Sabag (Eds.). *The depth of the field: Photography, therapy and phototherapy* (322–356), Musrara Publishers.