



Curating Therapy and exhibition as journeying into the therapeutic journey at the conclusion of group art therapy for complex trauma at Tel Aviv Museum of Art. A group exploration to revisit the Cyclops and Athenas on the way to their own Ithaca

אוצרת תרפיה ובניית תערוכה כמסע אל תוך המסע הטיפולי, עם סיום טיפול קבוצתי.

טיפול קבוצתי באמנות למשתתפים עם טראומה מורכבת במרכז טיפול חדש וייחודי במוזיאון תל אביב לאמנות, כמסע לחזור אל ה"קיקלופים" וה"אתנות" הפרטיים שלנו, בדרך לאיתקה שלנו.

Presenter: Dr. Ofira Honig

Curating Therapy is a research-based model for a transformative therapeutic journey concluding with an exhibition in the process of ending group therapy. In this last step of therapy, the group therapist and individuals explore the individual and group therapeutic process. The journey revisits all the realistic and imaginary, pleasant and painful points encountered. From a strengths-based perspective, patients returning to themselves (their Ithaca) reencounter their own Pirates and Cyclops, Athenas and Zeuses and observe once again how they perceived them.

A unique part of visual art therapy is the 'fingerprint' that patients' feelings and beliefs leave on the materials they touch and the possibility of observing it sometime later. These fingerprints remain as works of art and constitute a type of visual map of other times, though that imprinted upon them may have changed and transformed.

Curating Therapy is a journey in time to a patient's Ithaca, which was also a source of pain as they lacked the strength to deal with the difficulties it posed. This final journey within the therapeutic process is like Odysseus' journey - it is not easy. The patient and the group must have a desire and be capable of making this observational journey, through visual



resonances of testimonies remaining from the process. The discourse and unique writing that accompany the journey relate to that seen, thought, understood and felt by the creator in the present when observing an embodiment of the original journey in the art produced and in actions taken with the materials, while squarely facing surprising contents. This journey concludes with a group exhibition of selected works, either internal, for the group alone or in a museum art gallery. In my lecture, I will present the model, the psychodynamic foundation of this journey and the opportunities provided by the process, the benefits and the ethical limitations of the process and the exhibition.

Biography

Dr. Ofira Honig, a tenured senior lecturer and a senior supervisor, holds degrees in Behavioural Sciences: Psychology, Anthropology, and Sociology, an MA in Art Therapy, and PhD.

Dr. Honig has been teaching art therapy since 1996. She developed a Masters in Art Therapy, a Masters in Art Psychotherapy and the Analytical Group Art-Psychotherapy curriculums at Beit Berl. She initiated the research laboratory Art & Mental Materials and has been a senior researcher and head of the laboratory since then.

She is the founding director of 'Not Alone' trauma-focused art therapy-based clinics and recently received public and philanthropic award and financial backing in the sum of half a million.

Her studies examine transformative teaching and the importance of the language of materials. Recent research is focused on the conceptualization of group intervention therapy in times of national crises with acute and complex trauma.

For eight years she served as conference chairperson and as scientific committee chairperson for the biannual YAHAT arts therapy conference in Israel. She also established the 'Echoes of the soul' conference for art therapy in Arab society.



Recent publications and presentations:

Boaz, S., Feldman, A., Rinat, S., & Honig, A. (2024). **The Displaced Salon. Art Therapy: Research and Practice in the Therapeutic Act**, 14(1), 1648–1656. (In Hebrew).

Honig, O., Rinat, S., Feldman, A. (2022). **Exploring art materials and materials of the psyche in an Art Therapy Studio**. *Tripod*,3. <https://tripod-journal.bezalel.ac.il>

Honig, O., Rinat, S., Feldman, A., Gindi, S. (2019). **A Chorus of Angels, The Ripple of Water, and The Weight of Stone: Art Therapy and Artwork Which Cradle Both Family Carers and Their Relative with Dementia**. In M. Wood, B., Jacobson & H. Criford (Eds.). *The International Handbook of Art Therapy in Palliative and Bereavement Care* (Pp. 161-180). Routledge.