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## Patterns of Experiencing: The Art of Integration as cycles of recalibration, not one destination...

**Kim Swan**

*“We are always returning to ourselves—each time slightly altered by what we have met along the way... Every return carries the memory of what has been and the possibility of becoming otherwise.”*

In this experiential workshop, participants are invited into a creative exploration of *integration as recalibration*—a process of becoming-with, rather than arriving-at. Grounded in Kim Swan’s doctoral research *The Art of Int[e]ra-becoming* (2024), the session situates integration within a field of Loving Presence, where differentiation and connection coexist. Through arts-based, multimodal co-inquiry, participants attend to the rhythmic pulse of repetition and return as it manifests in experiencing, image, gesture, sound, and relational resonance and responding. The session positions integration as an embodied recalibration that unfolds through iterative cycles of creativity, reflection and relational attunement.

Working through short creative cycles of making, mapping and shared reflection, participants will experience how artfully exploring familiar patterns of emotional experiencing can generate renewed coherence and connection. The facilitation embodies an ethos of int[e]ra-becoming—a relational philosophy where transformation unfolds through attuned encounter with self, other and the material/more than material world. Integrating theoretical perspectives from Siegel, Barad, Kurtz and Gergen, the workshop illuminates how experiential arts processes can foster both personal and collective recalibration from patterned rigidity or chaos toward harmony.

The workshop offers an accessible framework for practitioners and educators seeking to integrate embodied awareness of how repeated cycles of experiencing can point to where integration is needed within interdisciplinary/therapeutic arts practice. They will explore integration as a living, ongoing process: not a fixed state of wholeness, but a continual movement of returning, linking, and re-linking differentiated parts—within self, relationship and community.



## Biography

**Kim Swan**, PhD, is an academic, researcher and practitioner in Therapeutic Arts Practice at The MIECAT Institute, Melbourne, Australia. Her work explores the intersections of arts, therapy and interpersonal neurobiology, with a focus on how multimodal arts-based inquiry supports integration when working with dissonant patterns of experience. A lecturer and coordinator in MIECAT's postgraduate programs for over fourteen years, Kim facilitates experiential, multimodal learning grounded in relational and reflective practice. Her doctoral research, *The Art of Int[e]ra-becoming* (2024), continues to inform teaching, supervision and community practice across the arts therapies and creative education sectors.

## Recent Publications

Swan, K. (2024). **The Art of Int[e]ra-becoming. From “hole” to “towards whole”:** **Integration as a recalibration, not the destination.** Doctoral exegesis and artefact #3. *The MIECAT Institute*, Melbourne.

Swan, K. (2024). **On Becoming Super: the back story.** Doctoral Artefact #2. *The MIECAT Institute*, Melbourne.

Lett, W., Swan (nee Fox), K. & Von Der Borch, D. (2014). **Process as value in collaborative arts-based inquiry.** *Journal of Applied Arts and Health*. Vol 5/2. Pages 209-217