



Journeys of Repetition and Return: Transforming Parent-Child Relationships through Art

מסע של שחזור ושיבה: טרנספורמציה בקשר הורה-ילד באמצעות אמנות
ומודל המשקפיים הוורודות

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Parent-Child Art Therapy (PCAT/Dyadic Psychotherapy) can be viewed as a journey of repetition and return, where recurring relational patterns are encountered, re-imagined, and transformed through creative processes. Parent-Child Art Therapy integrates the principles of dyadic psychotherapy with creative processes to address relational difficulties between parents and children, to foster communication and transformation within the parent-child relationship through artmaking.

The 'rose-colored glasses' approach introduced by Harel (2022) underpins this work, where the therapist's positive, mentalized-based stance toward parents is aimed at strengthening their representation of themselves as a 'good object' for their child. Drawing on dyadic psychotherapy and the unique advantages of artmaking, PCAT addresses the cyclical nature of experience within parent-child relationships, particularly where negative self-perceptions and critical internal representations repeatedly shape the parents' stance and reactions toward their child. The therapist's positive stance not only establishes epistemic trust and promotes reflective functioning but also enables parents to return to their caregiving role with a renewed sense of possibility and transformation.

This presentation will describe the 'rose-colored glasses' model through a detailed clinical vignette of an adoptive dyad, showing how artmaking provided a tangible medium in which guilt, frustration, and disrupted cycles of connection could be re-rendered and transformed. The creative process provided repetition in images, gestures, and symbols that contained and reshaped the relationship, allowing both parent and child to encounter each other anew. In this way, PCAT embodies the paradox of repetition and return, where revisiting old patterns becomes the basis for growth, resilience, and relational repair.



Biography

Tami Gavron, PhD, is an art therapist, psychotherapist, supervisor and researcher. She is the Head of the Graduate Art Therapy program at Tel-Hai College, Israel. She has a private practice in northern Israel. Her research and clinical specializations include parent-child art psychotherapy, art-based supervision and community-based art therapy during traumatic situations. She supervises doctoral and MA students and is a board member at the Israeli Parent-Child Psychotherapy association.

Google Scholar profile: <https://scholar-google-com.ezproxy.haifa.ac.il/citations?hl=iw&user=1PITKWsAAAAJ>

Judith Harel, Prof. Emerita, staff member at Haifa University, School of Psychological Sciences and former Head of "Zramim"- Postgraduate Program in Psychoanalytic Psychotherapy, Haifa, Israel 31905. She is a Supervising Clinical and Developmental Psychologist and a founding member of the Parent-Child Psychoanalytic Psychotherapy Association. At present she is teaching and supervising at the School of Parent-child Psychoanalytic Therapy in Tel Aviv Israel. Published papers and co-edited several books on Mother-child and Father-Child Psychotherapy (Dyadic Psychotherapy).

Recent Publications

Gavron, T. & Harel, J. (Accepted). Parent-Child Art Therapy: **Strengthening Parents' Representations of the 'Good Object' through the 'Rose-Colored Glasses' Approach.** *The Arts in Psychotherapy*, 102248. (7 pages of referred journals).

Gavron, T., Bat Or, M., & Lakh, E. (2025). **Art Therapists' Perceptions of Emergency Open Studios in a Shared Traumatic Reality.** *Journal of Loss and Trauma*, 1-31 (1-25).

Kalmanowitz, D., Bat Or, M. & Gavron, T. (2025). **Community-based art therapy in Israel.** Academic Journal: *Creative Arts Therapies*. (in Hebrew).



Conference Presentations

(Aug. 2025). The European Association of Art Therapy, London, UK. **The Role of Art Therapy in collective trauma-** Presentation

(Oct 2024) The American Art Therapy Association. Annual Conference, Pittsburg, USA. **The Open-therapeutic art studio after October war.** Initiator and panel presentation.

(September 2024) ECArTE: European Consortium of Arts Therapies Education, Gent, Belgium. **Experienced Art Therapists' Perceptions of the EDPP Supervision Model and its impact on their Professional Identity.** Poster presentation

(Sept 2022) ECArTE: European Consortium of Arts Therapies Education, Vilnius, Lithuania- **based supervision; remembering and transforming.** Lecture and workshop.