

Ofira Honig & Oihika Chakrabarti (workshop) Devika Mehta Kadam & Neta Ram-Vlasov (presentation)

Memories of world lockdown: A trauma-informed cross-cultural perspective for Art-therapy during the covid-19 pandemic lockdown in Israel and India

The workshop and presentation are based on a cross-cultural art therapy perspective (McNiff & Barlow, 2009).

The presentation will introduce the collaboration between Beit Berl College, Israel and St. Xavier's college, Mumbai, India. The research included guided art, structured by art therapists and based on theories of coping and resiliency in times of crisis (Leykin et al., 2012). It was approved by the academic institute's ethics committees. Participants were 26 Expressive and Art Therapy students (13 from each country). The research included stages of semi-structured art guidelines and questions that the researchers sent to the participants.

The workshop, 'Memories of world lockdown through collage', will include creating artwork individually as well as participating in a group discussion. It aspires to explore aspects of coping from the interpersonal to the intrapersonal, and to the social level. The visual phenomena will be discussed within cross-cultural and trauma-informed art therapy perspective (Malchiodi, 2020), presenting creative processes that reflect perceptions of self, understanding of roles and world views during lockdown.

Bibliography

Leykin, D., Krkeljic, L., Rogel, R., Lev, Y., Niv, S., Spanglet, J. & Tal-Margalit, M. (2012). *The BASIC Ph model of coping and resiliency: Theory, research and cross-cultural application*. Jessica Kingsley Publishers.

Malchiodi, C.A. (2020). *Trauma and expressive arts therapy: Brain, body, and imagination in the healing process*. Guilford Press.

McNiff, S. & Barlow, G.C. (2009). Cross-cultural psychotherapy and art. *Art Therapy*, 26(3), 100-106.

The research collaboration was in English (data was originally analyzed in English).