

- ◆ **Priftis D., Pirounaki-Lioni M., Stolaki E., Liakou M., Papazoglou P. & Vassara V., (2023). Workshop: The work of art as a means of exploring, expanding and enriching our psyche as therapists: Bridging self-reference with the role of the systemic therapy-trainee “Systemic Resonances and Interferences.”** 11th Conference of the European Family Therapy Association., 7<sup>th</sup> – 10<sup>st</sup> September 2023

Under the supervision of our trainers Maria Pirounaki and Elena Stolaki, we experienced at the Museum of Modern Art, the use of a self-selected work of art first in self-reflection as trainees, deepening both our role- and self-awareness, second in a shared common abstracted sequence of all self-reflections, enhancing our bonding. In this workshop we focus on the process of enabling the emergence of each one’s non-conscious emotional state in a simultaneous dialogue with his/her conscious convictions regarding the self and the role ‘trainee’. We emphasize the importance of the recognition and the acceptance for the therapist-to-be, of personal emotions and experiences in distinction to those of the client through means of a work of art. Participants will have the chance of becoming familiar with the use of experiential exercises based on portable art forms and also to tell the difference among the use of art in training, psychoeducation and therapy.

*Key- words:* use of art, systemic training, self-reflection