

**Πυρουνάκη-Λιωνή, Μ., Παπαϊωάννου-Σπυρούλια, Α., Πανταλέων, Ε., Ανακοίνωση: «The use of Art forms, mainly film and cards, to enhance personal narrative in systemic group therapy».** Fourth Europe + Conference of *Narrative Therapy and Community Work* and the V Spanish meeting of Narrative Therapy, Barcelona, 6-9 July 2016.

**The use of Art forms, mainly film and cards, to enhance personal narratives in systemic group therapy**

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In this workshop, we intend to show how the group therapeutic process can be enriched and strengthened by the use of Art. More specifically, we suggest the connection of systemic group therapy with Art forms through experiential exercises. Art: a) is based on the power of metaphor, b) is a complex and dynamic stimulus which mobilizes simultaneously our cognitive-emotional potential, and c) has also the power to stimulate emotional arousal, as well as to inspire. In group therapy sessions, we have confirmed the use of art forms such as films, cards, sculpture, paintings, poems, as a valuable tool to enhance and formulate further, each member's personal narrative, in the context of the grouping process. Thus group dynamics are enhanced and the process which takes place with the "genuine" and the "authentic" narrative of each group member, is enriched and takes a new meaning for both each member's and the group's development. The participants will become familiar with the use of experiential exercises based on art forms, while at the same time will have the opportunity to reflect on the difference between the use of art in a therapeutic and in a psycho educational context.