

SUMMARY

Practicing art therapy over a period of three decades and constantly improving my own professional knowledge, I consider that this activity gives medicine, art and cultures the opportunity of interaction, and most of all, facilitates the identification the patient's often original creative potential that gives shape to imagery - this being a frequent method of symbolic expressions arisen from his/her Self The practice of art therapy is done with a well defined purpose: the reassembling of the contrasts from inner cognitive structure of the Self in a unitary whole, since the "artistic" process and its pathoplastic products act on the patient as a beneficent affective and ideational stimulus, reshaping as close to normality as possible, his/her relations with the social environment and reappraising his own self perception.

My preoccupations with art therapy began in Cluj, a city where I felt emanating the utmost erudition, accumulated through centuries of cultural tradition and where at the same time I benefited from a catalytic impulse leading to continuous training and creation.

Therefore my preoccupations continued and materialized in Sighetu Marmajiei where there is a large and old psychiatric unit.

The paper deals with the appearance and development of the concept of art therapy at local and global level in a historic evolutionary progress, reveals the psychopathology of the pathoplastic creation at the level of the psychiatric units of Municipal Hospital from Sighetu Marmajiei, within the fullness of the primary condition with rules, values, limits and free potentialities.

Interactive interferences took place, in time, between art therapy and art.

Art therapy developed at the same time with important artistic avangarde movements of the twentieth century, which also initiated the idea of an art perceived as a form of human activity, activity which studies thoroughly, often non-figuratively, the refined expression of ordinary life, without altering esthetically or spiritually the artistic creation.

Preoccupations of encouraging and studying the productions of psychopathologic art appeared. These began in 1924 with the launching of

the Surrealist Manifest of Andre Breton and the foundation of the Surrealistic Research Office, the interpretation of the pathoplastic being substantiated especially on the bases of the psychoanalytical theory.

Between 1945-1965 Jean Dubuffet was the artist who initiated the notion of Art Brut. He was at the same time creator, collector and theorist of Art Brut. He opposed the academic, official art, advocated for individual creative autonomy and did not accept differences between the artistic and the psychopathological productions. In the current acceptance, the art therapy is conducted under the surveillance, guidance and suggestion of an art therapist while Art Brut can be at most an autotherapy, having individual autonomy as Jean Dubuffet was foreseeing.

The new artistic orientations after 1960, based on information dissemination through modern technology, launched a democratic creative concept, in which attention is focused on acoustical-sensory, driving, visual experiences and not on the finished art product. Work is not in the spotlight, but the artist with his views and activities (54), such as: the Art, the Action, the Performance, Fluxus (having Joseph Beuys and Andy Warhol as important representatives). Joseph Beuys (Krefeld, 1921- Dusseldorf) introduced the concept of Plus Heilung - this meaning the therapeutic role of art in order to obtain a characterial normalization of the individual and implicitly of the social environment (48). Other similar artistic orientations were the Viennese Actionism, represented by Otto Muhl, Herman Nitsch and the American abstract expressionism, represented by Jackson Pollok, Willem de Kooning etc.

But the influences between art and art therapy were bilateral. At the beginning,

of the 20 century the pathoplastic art collector, psychiatrist Hans Prinzhorn was preoccupied with the artistic creation of psychopathology and its psychology, his activity having a strong impact from the point of view of the artists of that period.

They have been giving theoretical foundation to art therapy lately, but this therapy consists mainly of a set of procedures that are intended to stimulate the creative possibilities of the patient, the free expression, the development of self- control, of course with a minimal intervention from the part of the art therapist.

Studying the theoretical concept of art therapy, I realized that different art therapy experiments had been practically approached, concluding that the best method was the therapeutically efficient one. However"aslong as many different

