

Psychology-Art

1st International Symposium of Art Therapies “Life and Art as one”

5h Biennale, State Museum of Contemporary Art, Thessaloniki, 2016

5 performance

Curator: Elena Tonikidi

*Konstanantina Madaraki, psychologist, under training art therapist
Despina Vasiliadou, Helen Vasiliadou, Thodoris Iovis, Marianna Mourizaki*

*Leaders: Georgia Nikolaou, visual artist, under training art therapist Peter Gonzen, visual
artist, under training art therapist - Music: Panagiotis Karababas, musician -
photography Makridou Kiki*

The performance “5” addresses the incident in life that through art is stripped of the characteristics specific to each cultural, social, political context, which in our days often constitutes a source of restriction and disorientation. The experience as release, communication, therapeutic relationship, as an encounter of the en-esh body which is characterized by nothing, but the body itself and the expression of itself and its senses in the “here and now”, which in the “after” remains as an imprint, as an experience, as knowledge. The person experiencing, feeling, living and expressing using its shell, without limitations and “musts” when using its senses, with color as the material and the body as the brush. While the spiral, symbol of birth, union, adjustment and progression of life, will be there as the canvas, “here and now”, safe frame, friend and healer. At the height of arts, music as a source of stimuli, experimentation and expression will evolve and help the evolution of the procedure itself. The performance represents the path in life, from birth to death, from the beginning of the artistic creation to its completion, from the first therapeutic encounter to the last. It will begin with the first beat of life and will be completed with the last, something crucial to the end and the new beginning. The members moving freely in space, using their movement and color will convey their experience to the members of the spiral and the continuation of it, while the musical instruments will create the conditions necessary to the continued transaction with the Ego and the environment.