

# CREATIVITY

## The Therapeutic process underlying the Therapeutic Model

**Dott. Richard Wolf Nathan**

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A training Course for organizers of therapeutic and rehabilitative context Psychiatrists,  
Clinical Psychologists, Psychotherapists, Animatori

### **An integrated vision**

There exists the need to not perceive oneself as fragmented; the multiplicity of therapeutic models only serves to accentuate the splitting, the parcellizing, the fragmenting. There must emerge an integrated vision which delineates those spaces in which the elements which are the foundation of therapy find their matrix: metaphoric narration, the Myth, the somatic dimension, the modes of creativity.

### **The actual working experience**

In the psychiatric and related services personnel of diverse training backgrounds find themselves working side by side; it is not always easy to harmonize the dynamics and organize settings which have real therapeutic value. The proposed training course offers an alternative to that sense of bewilderment and frustration which specific therapeutic interventions can tend to provoke in the therapist and in so doing posits the fundamentals for a personal therapeutic style, beyond academically acquire theoretical models, in which a true helping relationship with the patient can form.

### **Constructing a therapeutic setting: a delicate task**

The doubt as to what truly signifies being therapeutic pervades all of the models. The objective here is to individuate a maximum common denominator that permits each therapist, beyond the psychotherapeutic model being followed, to focus upon those indispensable elements without which the true therapeutic relationship is impossible.

### **Method of work**

This experience unfolds during four full day meetings. The theoretical contribution will alternate organically with moments of discussion and direct experimentation of therapeutic settings (organismic psychotherapy, systemic therapy and music therapy).

### **Participants**

Each course is directed to personnel of the psychiatric and related services (infantile neuropsychiatry, social rehabilitation and education centers) for a total of fifteen students.

### **Cost**

The training course is being proposed to both public and private sector organization. The price is to define. The two teachers work contemporaneously during the four days of the course, which translates to a total of sixty hours.

## **Location**

A large and comfortable sound-proof space is required, supplied with mattresses, pillows and covers as well as a good quality hi-fi music system. In the eventuality that such a location is not available to the sponsoring organization it will be possible, with a re-dimensioning of the cost, to utilize the studio of Clinical Psychology of the Villa Candida in Cassano Valcuvia, province of Varese, Italy, which has already in the past hosted groups organized by Italian government psychiatric service (Aziende Sanitarie, U.S.S.L.) and conducted by dott. Richard Wolf Nathan.

## **Trainers**

### ***Dott. Richard Wolf Nathan:***

Born April 3, 1947, Larchmont, New York, U.S.A.

Psychologist, Cultural Historian, engaged in clinical and research activity, with particular interest in the connections between Embryology, intrauterine life and body-psyche development.

Engaged in teaching and training in Europe.

Has conducted training workshops for personnel of the Italian Psychiatric Service. Consultant in Organismic Psychology.

Numerous publications in Italian and English concerning the organismic approach. Member and trainer for the Italian Society of Organismic Psychotherapy.

Member of the European Association of Body Psychotherapy. Former teaching assistant, History Department, University of Maryland, U.S.A.

### ***Dott. Riccardo Bianco***

Born July 25, 1958, Rome, Italy.

Psychiatrist, Therapist, specialized in Psychology. Engaged in clinical activity in the Italian Psychiatric Service.

Engaged in research concerning Mind from a systemic prospective in the tradition of Gregory Bateson and H. Maturana.

Has collaborated with the organization and Well Being Group directed by Prof. Grieco of the work clinic of the University of Milan conducting studies on the relationship between structural organization of Work and psychic disease.

Conducts Systemic Psychotherapeutic settings. Engaged as well in music therapy and art therapy.

Director of the Experimental Center for Creativity, Villa Grandi, Orino, Northern Italy, Local Psychiatric Service. One of the organizers of the Italian-Swiss Art Festival "In disprezzo alle stelle ed agli occhi degli uomini (Shakespeare)" including seminars, art and movie exhibitions produced in collaboration between patients and therapists.

Currently Director of the residential Therapy and Rehabilitation Center of Luino (province of Varese), Local Government Psychiatric Service.

**Since 1992 Dott. Richard Wolf Nathan and Dott. Riccardo Bianco collaborate clinically and theoretically.**