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Arts Ecology as Psychotherapeutic Pathways to Creativity: Perspectives and Modalities

Abstract:

This presentation represents an exploration at the forefront of scientific innovation on how the creative energies of the arts can serve as a source in therapeutic approaches, highlighting different viewpoints and methods related to neuroecological dynamics. It utterly innovatively explores the focal role of creative force and why it matters for constitutional self by delving into interrelations between psyche and soma and analyzing the physiological basis for instinctual energy from the perspective of neuroscience. The present paper thus analyzes the transformative power of the arts by considering the connectedness to nature, as well as its philosophical component, within the psychoanalytical framework and embedded in the neuropsychological realm, with a scope to shed light on diverse perspectives and modalities that uplift the mind and spirit. It emphasizes the significant role of arts ecology in fostering mental well-being, exploring how various artistic forms – such as visual arts, music, dance, and drama – can serve as tools for healing. The presentation invites a deep examination of the diverse eco-psychotherapeutic techniques rooted in the arts, showcasing how they can unlock emotional expression, promote self-discovery, and nurture a sense of community and belonging. As the sense of self depends on neural connections in the brain and body, that is on the flexibility of brain circuits, a mindfulness-based approach to creative arts in ecological light further influencing mental capacities offers various opportunities for prevention strategies connected to mental health issues, diagnostic tools, and post-traumatic recovery, as well as those provided by wellness programs underpinned in this paper

Biography

Visnja Bandalo obtained a B.A. in Italian and French at the University of Zagreb. She obtained an M.A. in philology, and she received a Ph.D. in reflexive writing at the Zagreb University, where she obtained a qualification of Research Associate in 2013. She authored more than 100 publications. She does research in eco-art therapy and comparative literature. She is the author of monographs "The Book About Oneself" (Ceres, 2011); "Discursive Features of Diaries in Modern Italian Literature" (LAP, 2018); "Convergences and Comparisons: Alvaro, C. Campo, Betocchi" (LAP, 2019). She presented 39 papers at 37 International Scientific Conferences in USA, Canada, UK, France, Italy, Austria, Switzerland, Netherlands, Croatia, Slovenia, Poland, Bulgaria. She is the Editor-in-Chief of the Journal of Neurology & Neurophysiology (ISSN 2155-9562; International Online Medical Council – IOMC World). She is a Peer reviewer, Editor and Member of the Scientific Boards in many international Book Series, Learned Societies, Scientific Projects as well as Academic Journals and Scholarly Platforms. Her Postdoctoral specialisations include, among other, Cornell University (SCT, 2018).