



**BETTINA KLIMPEL M.A.**

# *Art and Therapy*

**Arte Terapia y Psicoterapia Dinámica**

**Individual Art Therapy**

**Psychotherapy**

**Workshops**

**Retreat**



# WHEN THERAPY CAN HELP ME?

## TIME FOR TIME-OUT

- Existencial or life crisis
- Breakup or loss
- Problems of contact or relationship
- Conflicts of any kind
- Psychosomatic discomfort
- Depressive mood
- Job problems (Mobbing)
- Job-related reorientation
- Disease
- Abuse and other traumatic experiences
- Burnout and rehabilitation
- Coping with stress through mindfulness and self-compassion...

**Maybe we just feel discontent or unsatisfied, and we're searching for a new life quality.  
Also in these cases therapy can be supportive.**



# PHILOSOPHY

## PSYCHOLOGY, PSYCHODYNAMIC PSYCHOTHERAPY AND ART THERAPY LANZAROTE

We humans are individuals, have our very own story...

A story we are shaped by... A story which controls our behaviour and our reactions in particular situations and regulates our relations to others...

A story that determines our personal satisfaction – our happiness...

As long as there isn't happening anything unexpected, we are generally able to arrange ourselves with this story. And even when things are not running so smoothly, our 'symptoms' help us to be diagnosed, classified – and with a bit of luck – make us suitable for everyday life again very quickly. What gets left behind, is our personal story that makes us unique.

We are reduced to a symptom, sharing this diagnosis with other 'carriers' – this turns us into interchangeable, robs us our individuality.





# PHILOSOPHY

## GET OUT OF THE DRAWER – FOCUS ON THE ROOT OF THE PROBLEM!

When we paint or create, we begin a journey into the unconscious. Every stroke of the brush, every form, every colour is the expression of our unique feelings, dreams and desires, is a chance to discover our inner conflicts, old wounds or injuries and buried memories and to transform them.

A combination of creative work and intensive consultation may help us to find out what is torturing our soul and what makes us sick.



# PHILOSOPHY

## UNCOVERING OR SOLUTION-ORIENTED!

On the other hand, creative work can also aim at resolving old and new conflicts, developing behavioural strategies or showing possible solutions in a crisis.

In my therapeutic work I make use of the complete range of these possibilities. It depends on the individual situation, if a therapy is more uncovering / psychoanalytic or more behaviour-therapy-oriented. Also a change from one form to the other may arise out of the course of therapy.



# PHILOSOPHY

## THE FOCUS OF THERAPY IS ON THE CLIENT.

His needs and his individual story determine both - therapy approach and course of therapy. There is no 'typical' therapy – every client experiences a personal process individually tailored to fit the situation, in the course of which he comes closer to himself.

Therapy has to develop with the client. It has to be living, it has to be able to adapt flexibly to current events, it has to keep the client going, it has to support him and to accompany him – and it has to let go at the right moment...

Therapy may not serve as a substitute for lived or living life!



# PHILOSOPHY

## THERAPY AS A TEMPORARY COMPANION.

It can accompany us for a while, it can help us to find the roots of our problems, to develop behavioural strategies and to show possible solutions – but at a certain point it's about time to leave the protected therapy setting again and to face real life on our own.

,Me being on an Island' supports both – the process of deep experience as well as the important and necessary act of letting go for all those who decide to go into intensive therapy during their holidays.





## QUALIFICATION

## STUDIES

2001 | MAGISTRA ARTIUM | HAGEN (D)  
SOCIAL SCIENCES | PSYCHOLOGY | EDUCATION SCIENCES

2013 | POSTGRADUATE STUDIES | MASTER | MADRID (E)  
PSICOLOGÍA CLÍNICA | PSICOTERAPIA | PSICOPATOLOGÍA

## THERAPY TRAINING

2005 | ART THERAPY | ESCHWEILER (D)  
IHP | INSTITUTE FOR HUMANISTIC PSYCHOLOGY

2006 | NON-MEDICAL PRACTITIONER (PSYCHOTHERAPY) | COLOGNE (D)  
PUBLIC HEALTH DEPARTMENT COLOGNE

2014 | TRAUMA-INFORMED ART THERAPY | USA  
TRAUMA-INFORMED PRACTICES AND EXPRESSIVE ARTS THERAPY INSTITUTE



# EXCERPTS FROM MY THERAPY AND WORKSHOP OFFER

## 1. THERAPY

- | Individual Art Therapy, Psychotherapy
- | Weekly Program
- | Intensive Therapy Holidays / Retreat

## 2. WORKSHOPS

- | Creativity
- | Therapy and Self-Experience
- | Women
- | Transition
- | Seminars

## 3. ONLINE

- | Biography
- | Coaching, Supervision
- | Continuation of Intensive Therapy after Holidays

## 4. HOLIDAYS

- | Creative Holidays
- | Group Offers
- | Job Orientation
- | Lanzarote with Kids' Eyes



# 1.1. ART THERAPY - INDIVIDUAL

## | FOCAL POINTS:

- | Burnout
- | Disease
- | Pain
- | Depression
- | Trauma
- | Life crisis
- | Turning points

## | TECHNIQUES:

- | Painting  
Acrylic, Watercolour, Charcoal, Crayon - Pastel & Oil, Cochenille
- | Clay
- | Stone Sculpturing
- | Sandplay
- | Printing, Collage, Graffiti
- | Masque, Fairy-tales
- | Creative Writing
- | Biography
- | Rituals of Transition



## 1.2. ART THERAPY – WEEKLY PROGRAM

### | WEEKLY PROGRAM – REGULAR OFFERS ON LANZAROTE

<b>Mo</b>	17-20 h	<b>Monday Muses</b> – Creativity, Mindfulness, Self-Compassion
<b>Tue</b>	10-12 h	<b>Biography</b> – Group Therapy
	19-21 h	<b>Biography</b> – Group Therapy
<b>Wed</b>	9-13 h	<b>MeditARTE</b> – Yoga, Meditation, Art Therapy
	19-21 h	<b>Burnout</b> – Prevention, Counselling, Therapy
<b>Thurs</b>	19-21 h	<b>Painting against the Pain</b> – Pain Management
<b>Fr</b>	19-21 h	<b>Mindfulness</b> – Self-Experience
<b>Sat</b>	10-12 h	<b>Open Studio</b>

>>you can join the courses by arrangement at any time



## 1.3. ART THERAPY RETREAT

### RETREAT – INTENSIVE THERAPY HOLIDAYS

Individual wishes and subjects – **Examples:**

#### | BURNOUT

Prevention, Counselling, Therapy. Coping with Stress.

#### | MINDFULNESS

Living in the Here and Now. Appreciation of the Moment.

#### | PAIN

Pain Management. Keep the pain from controlling your life.

#### | BREAKUP / LOSS / LIFE CRISIS

Mourning and Letting Go. Finding a new purpose for your life.

#### | TRAUMA

Gentle Trauma-Integration.

Intergenerational Trauma-Transfer – War Children / Grandchildren



## 2.1. WORKSHOPS – CREATIVITY

### | CREATIVE ERUPTION – PAINTING WITH YOUR MUSE

...LISTENING, PERCEIVING, TOUCHING, NOURISHING, BIRTHING

#### >> Workshop...

Intuitive Painting | Meeting the Primordial Creativity

### | ANDALUSIAN MUSES – CREATIVE JOURNEY TO ANDALUSIA

...Muses, Moors & Almond Trees

#### >> Workshop...

Creativity | Mindfulness | Self-Compassion

### | STAIRS

*In all beginnings dwells a magic force...  
Now then, oh heart, take leave and heal!*

(Hesse, 1941)

#### >> Workshop – not only at year's end...

Reflection | Consciousness | Letting Go



## 2.2. WORKSHOPS – THERAPY & SELF-EXPERIENCE



### LIMITS

**How to draw lines?** Am I capable to do so or do I tend to let myself be manipulated and feel bad about it? **How to get into contact?** How much nearness do I need, am I able to endure?



### MASQUE

Masks are images of our soul.  
Introduction  
Mask building  
Appearance of the mask being  
Masque



### SANDPLAY

My place of refuge  
My roots  
My enemies  
My „spectres“  
My wishes and dreams



A close-up photograph of a woman's hands and arms. She is wearing a vibrant red sari with a gold border. Her hands are adorned with intricate henna designs. She is wearing multiple gold bangles on her right wrist and a gold ring on her left hand. The background is softly blurred, showing more of her attire and jewelry.

## 2.3. WORKSHOPS – WOMEN

### | MIRROR, MIRROR ON THE WALL....

No more Snow White! Personality & Self-Esteem

### | SHE-WOLF – THE RISING OF THE WILD WOMAN

*„Within every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity and ageless knowing. Her name is Wild Woman, but she is an endangered species. Though the gifts of the wildish nature come to us at birth, society’s attempt to ,civilize’ us into rigid roles has plundered this treasure, and muffled the deep, life-giving messages of our own souls. Without Wild Woman we become over-domesticated, fearful, uncreative, trapped.’*

(Dr. Clarissa Pinkola Estés, Cheyenne, Wyoming)

### | FEELING BLUE – THE MENOPAUSE-BLUES

...LONGING FOR ETERNAL SPRING

Preparation, Supervision and Assistance during the Period of Menopause



## 2.4. WORKSHOPS – TRANSITION

### | SOUL-CLEANING AT YEAR'S END

Rites of Passage

Reflecting and Letting Go

### | LUCKY CARRIERS AND MOANING GHOSTS

Who doesn't know them – best New Year's resolutions which are hard to be realized... Allow yourself to take time-out from daily routines and find time and peace of mind to reflect these resolutions critically once again. What do you really want to change? Any ideas yet or still in search of new targets?



## 2.5. WORKSHOPS – SEMINARS

### | **SEARCHING FOR MY INNER TREASURE**

Retreat Isla La Graciosa

Outdoor-Workshop within intensive and natural backdrop

Experience of Nature – Contemplation – Sandplay

### | **SPIRITUAL PATH LANZAROTE**

Intensive self-experience at spiritual places of the island

forward: Path of Sorrow

return: Path of Joy



### 3. ONLINE-THERAPY

#### | BIOGRAPHY

Learning from our individual biography: Biography work can help us to identify incidents or changes which shaped or are still shaping our lives.

#### | COACHING / SUPERVISION

Individual coaching in difficult life situations or as a supportive assistance in daily life.

#### | CONTINUATION OF INTENSIVE THERAPY AFTER HOLIDAYS

Assistance in everyday transfer.

Development and pursuit of further therapy steps.





## 4. HOLIDAY-OFFERS

### | CREATIVE HOLIDAYS

Discover your own creativity... **Make your daily life colourful!**

Individual offers (e.g. 5x3h or to be agreed, individual or in a small group)

### | GROUP-OFFERS

Developing targets and changing one's view of things

Teamwork, Outdoor-Experience and Art

### | JOB-RELATED ORIENTATION

Special offer for adolescents and ambitious / latent career changers

### | LANZAROTE WITH KID'S EYES

Creative holiday offer for children



# CONTACT

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WEB: [WWW.ART-AND-THERAPY.COM](http://WWW.ART-AND-THERAPY.COM)

**| TELEPHONE-CONSULTATION:**

Noncommittal counselling interview  
Monday 9:00 – 16:00 h  
Mobile: 0034 664 419 262  
Phone: 0034 928 840 713

Tax Number: X-9992207-H

## THERAPY LANGUAGES



GERMAN

ENGLISH

SPANISH

*Art and Therapy*