

## Sensory Integration and Art Therapy

By: Hagit Schaal-Shpilka

### Abstract

This article deals with the role of the unique sensory aspects in the processes of art therapy within a new model.

The article has two parts: The first presents the main theoretical features of sensory experiences identified in art therapy. In the second part a new model is proposed - a tool which creates a way to process sensory experiences within the art therapy procedure. The feel of a variety of materials in the art therapy process and the feelings experienced by the client when using them offers an opportunity for remembrance at a pre-symbolic level with an emphasis on human relationships. The position and inscription of feelings and experiences on the sensory layer as well as and its early characteristics in mental organization are present throughout life. This understanding opens a unique opportunity for the art therapist intervention – choosing materials which awaken specific feelings that were originally experienced early on in life. Therapeutic processes within the treatment could thereby create a sense of meaning and transformation, allowing healing to take place.

The model creates an interpersonal process between the patient and the therapist, which is referred to as the "sensory dialogue". This dialogue alongside interactions in the therapeutic relationship ameliorates access to early sensory, pre-symbolic experiences.

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**Corresponding author:** Hagit Shaa-Shpilka [malca414@gmail.com](mailto:malca414@gmail.com)