

Walk in the Shadows: A Jungian approach to art imagery

Andrea Atherton

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Abstract

An analysis of a graduate art therapy student's personal art work from a Jungian perspective and theoretical base. Each art piece is archetypal meanings and the context of the images. Through art assessment, the student was able to discover underdeveloped and forgotten aspects of her personality, which under normal circumstances she would be unable to access. To show the efficacy of this process, dream work *is* included. These are interpreted indicating the power of artistic process in psychic growth. Growth of this nature is desirable in the everyday realm and is especially valuable in working as a therapist.