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## Black and white horses can also be colorful - just look here

By Ms Hilde Widerberg

CreateSpace Independent Publishing Platform. Paperback.

Book Condition: New. This item is printed on demand.

Paperback. 82 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This

book is a tribute to two very unhappy kids once upon a time, my mother Else Margrethe Widerberg and her brother Frans (Frantz Gustav) Widerberg, who grew up with a father who was abusing them, physically, mentally and sexually. Now Else Margrethe has been dead some years, and Frans is a very old man. He is a famous Norwegian painter, but the self-therapist side of his art hasn't been seen or recognized. He seems to have been confusing the critics, probably because the story of child abuse and incest has been a very big shame for the family.

Definitions of art therapy vary due to its origins in two fields: art and psychotherapy. It can focus on the art-making process as therapeutic in and of itself (art as therapy) or it can be art in therapy (art psychotherapy). The psychoanalytic approach was the earliest form of art psychotherapy. This approach employs the transference process between the therapist and the client who makes art. The therapist interprets the client's symbolic self-expression as communicated in the art and elicits...



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