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### *Dreams Experiential*

**I. Time Allotted:** 55 minutes

**II. Materials:**

- Watercolor paper
- Watercolor paint
- Oil pastels
- Chalk pastels
- Brushes
- Water jars
- Paper towels

**III. Rationale for Materials:**

I am staying on the unstructured side of the spectrum to allow for spontaneity and flow, but still providing options so participants are not limited to only one medium. Watercolor may provide release, while pastels offer more control. These materials can be used separately or together.

**IV. Placement of Materials:**

Materials will be placed on each table for clients to self-retrieve.

**V. Material Placement Rationale:**

Having direct access to materials will reduce distractions/ interruptions to flow. Clients will be able to fully emerge into their dream experiences/ creative process without having to move around.

**VI. Directive:**

**10:50-11:00 (10 minutes) Introduction**

“Today we will be exploring our own dream imagery” (take out dream journals)

“Looking at your dream journals, choose part of one dream, or a common theme/ symbol that shows up in your dreams.” (this can be a person, place, thing, situation, feeling)

- Example: I often dream about being back in high school
- Avoid using anything heavy/ triggering

“If you have difficulty remembering your dreams, focus on whatever thoughts or feelings come up around that.”

“Freud acknowledged that our dreams have a disregard for time and space. It can be difficult to depict exactly what we see and experience in our dreams.”

“For this reason, and for the sake of time, try to focus more on representing these images and experiences through the use of line, shape, and color, rather than realistically.” (Think Abstract Expressionism/ nonrepresentational)

- Example: I may focus on a certain symbol or feeling I associate with high school rather than drawing my high school

“You will have 15 minutes to create a visual representation of your chosen dream symbol or feeling.”

**11:00- 11:15 (15 minutes) Art making**

I will be participating, to an extent, to feel more connected to the clients/ a part of the process. I do not want to be viewed as an “overseer” but as a fellow artist/ dreamer.

Give a 5 minute warning.

**VII. Clean-Up Plan:**

**11:15-11:20 (5 minutes)**

- put all pastels back in their boxes

- clean off brushes
- close the watercolors
- move materials to center of each table
- wipe off any water on the table

**VIII. Rationale for Clean-Up:**

For the sake of time, I will be putting the materials back in the cabinets/ pouring out the water jars after peer feedback.

**IX. Discussion or Witnessing:**

**11:20-11:40 (20 minutes)**

Gather at one table. Share if you feel comfortable.

- What was this experience like for you?
- If you were able to recall your dream imagery, what was it like putting it on paper?
- If not, what was it like to make a visual representation of a thought or feeling?
- Is there anything else you would like to share about your image or the process?

Thank you for participating :)

**X. Peer Feedback:**

**11:40- 11:45 (5 minutes)**