

Student #1

Professor Zeisler

ART 355.01: Survey of Art Therapy

5 December 2021

Mandala Visual Research Report

Creative Process

1. Preparation: I would choose materials based on my current mental state, choosing more structured materials if I felt overwhelmed so there would be no flooding. If I felt like I just needed to destress, I was able to choose more unstructured materials and experiment with ones I wasn't very familiar with.
2. Incubation: Depending on my mood and intent, I either jumped right into the image-making process, or had to think about what I was going to create beforehand. If I was not familiar with the material, I usually had to think about how to create my image first as opposed to when I was familiar with it.
3. Illumination: I entered a state of flow in some cases but more often I was aware of my surroundings, such as the silence in the room and the other people around me.
4. Verification: Many of my mandalas contained symbols, but some did not have any clear symbols and just had different elemental designs.

From the AACU rubric on Creative Thinking, pick one area of competency and specifically describe your behavior as it relates to your experience: Acquiring Competency

I tried to experiment with using different mediums/materials to acquire competency with them. I want to be able to grasp and teach different methods of art-making rather than being limited to just one.

3 Examples of 2D Design Elements

1. Line: I used a variety of many lines in all of my mandalas, ranging from geometric to organic lines, usually in patterns.
2. Color: I used many colors in all of my mandalas except for one, there were usually color palettes rather than every color.
3. Space: I sometimes added simple color to the background and other elements in the foreground of the mandala.

What was your image making experience like at the beginning of the semester?

At the beginning of the semester, I was a little intimidated by the thought of image-making in a group setting and often looked to others to see if I was doing alright or on the same track as them.

Did it change throughout the semester? If so, how? If not, why not?

My experience with image making improved over the semester as I became more familiar and comfortable with the group setting and stopped trying to compare myself to others. I could also achieve a state of flow given the right atmosphere and mindset.

Did you try new materials? Why or why not?

I always tried different materials to acquire some competency in those certain areas. Oil pastels were something new to me. Using materials on different ends of the material spectrum allowed me to differentiate between structured and unstructured art-making, as well as realizing the significance of structure for either containment or unlocking the unconscious.

Are there any similar images or themes that emerged throughout the semester? (i.e., personal archetypes or universal archetypes)

A lot of floral imagery emerged in some of my mandalas, with different variations of flower shapes appearing either in the center of the mandala or around it. I feel as though I varied from geometric lines to natural lines and shapes.

What was it like to create imagery in a group setting vs. creating alone?

I got more comfortable with the group setting as I got to know the people around me. It felt comforting to know that other people were doing the same thing as I was and that if any flooding happened, they would not hesitate to help me.