

LOCAL CONTENT OF ART EXPRESSION IN TRANSPERSONAL PSYCHOTHERAPY

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Transpersonal Psychotherapy uses a various kind of meditation as a therapeutic technique. Through meditation, the client can observe the contents of his mental feeling of thoughts and negative emotions. This paper is a case study on a foreign client (Pilipino) who live in Yogyakarta, Indonesia (RH).

Previously, RH counseled in Italy and reported as a victim of sexual abuse in childhood. She had major symptoms such as emotional abandonment and long term menstrual bleeding. After counseling in Indonesia, she found a several sub-personalities, and applied a several kind of meditation (music therapy, guided imagery and music, letting go, and mindfulness). During therapy, as she prefer to music therapy, she could observe some symbolic and metaphoric of her traumas. Afterwards, she painted her mental contents into two stages. First, she prefers painted butterflies flying to describe as a release of the problems she suppressed. Second, she painted a metaphoric of her body and mind healing. At this stage, many local contents coloring themes of his paintings, such as: events in the month of Ramadan and jamu, traditional herbal medicine.