



# DECEMBER IEATA OPEN FORUM

## **Bilateral Body Mapping with Guided Drawing for Healing Trauma**



★ Presenter: Cornelia  
★ Elbrecht BA. MA. (Art  
★ Ed), AThR, SEP

*Save the Date!*

★ Thursday, December 15, 2022  
★ 9:30 pm EST USA

In recent years, "sensorimotor" has emerged as a term to describe body-focused psychotherapies that use a bottom-up approach. Instead of a cognitive top-down strategy, Sensorimotor Art Therapy encourages the awareness of implicit motor impulses in the muscles and viscera. The perception of these patterns of flow and relaxation or of contraction, tension, and collapse in the body are then made visible through drawing these involuntary motor impulses onto large sheets of paper with both hands and closed eyes. This drawing process is not image oriented; rather, it focuses on how the muscles, the gut, or the breath move on the inside. Such rhythmic, scribbled repetition makes felt body sensations visible. Increasingly, the associated emotions emerge, as well. This seemingly simple process of sensory perception and rhythmic expression of motor impulses facilitates communication with the autonomic nervous system. Upon feeling safe and present, clients are being encouraged to rekindle the flow of life energy that contracted and froze in the past due to trauma.

This 90 - minute online workshop will involve an introductory lecture followed by a short experiential session of Guided Drawing. Participants will have the opportunity for questions and answers with the speaker at the conclusion.

#### Materials:

- Several large sheets of paper A2 - 50 x 70 cm or 25 x 35 inches
- Crayons
- Masking tape

Cornelia Elbrecht BA. MA. (Art Ed), AThR, SEP, has more than 40 years of experience as an art therapist. She is also a Somatic Experiencing trauma therapist (SEP). She has studied at the School for Initiatic Art Therapy in Germany, also Jungian and Gestalt therapy, Bioenergetics and bodywork. She is founder and director of the Institute for Sensorimotor Art Therapy, School for Initiatic Art Therapy. She worked as founder, co-worker and trainer in 'Neuenzell', a centre for self-awareness and meditation in the Black Forest. She is also the founder and director of 'Claerwen Retreat' in Apollo Bay, Victoria. She has lectured in Art Therapy at RMIT, Melbourne. Cornelia is a registered professional member of ANZACATA, the Australian, New Zealand and Asia Art Therapy Association and IEATA, the International Expressive Arts Therapies Association. She is an accredited art therapy supervisor. Cornelia gives courses and individual sessions internationally, throughout Australia and in private practice in Apollo Bay.

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At the designated time, join in the conversation by clicking the link below or call in using the information above

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**Cornelia Elbrecht Publications:**

- 2022 Elbrecht, Cornelia; Bilateral Body Mapping with Guided Drawing. In: Malchiodi, Cathy Ed., Handbook of Expressive Arts Therapy. Guilford Press, Pennsylvania.
- 2021 Elbrecht, Cornelia; Healing Traumatized Children with Clay Field Therapy; sensorimotor embodiment of developmental milestones. North Atlantic Books, Berkley, California
- 2020 Elbrecht, Cornelia; Healing Artist' Block. Online training: [www.isat.thinkific.com](http://www.isat.thinkific.com)
- 2019 Elbrecht, Cornelia; Prof Heinz Deuser; Work at the Clay Field. Three Masterclasses 2009, 2010, 2019. Online training: [www.isat.thinkific.com](http://www.isat.thinkific.com)
- 2019 Elbrecht, Cornelia; Healing Trauma with Guided Drawing. Online training: [www.isat.thinkific.com](http://www.isat.thinkific.com)
- 2018 Elbrecht, Cornelia; Healing Trauma with Guided Drawing; a sensorimotor approach to bilateral body mapping. North Atlantic Books, Berkley, California.
- 2015 Elbrecht, Cornelia, Antcliff Liz; Being in touch: Healing developmental and attachment trauma at the Clay Field. Australian Childhood Foundation Journal. Cambridge University Press, Cambridge.
- 2015 Elbrecht, Cornelia. The Clay Field and Developmental Trauma. In: Malchiodi, Cathy Ed., Creative Interventions with Traumatized Children. Guilford Press, Pennsylvania.
- 2014 Elbrecht, Cornelia, Antcliff Liz; Being Touched through touch: Trauma treatment through haptic perception at the Clay Field: A sensorimotor art therapy. INScape, International Journal of Art Therapy, 2014  
<http://dx.doi.org/10.1080/1745482.2014.880932> Routledge.
- 2013 ANZJAT, the Australian New Zealand Journal of Arts Therapy Vol 8, No. 1, 2013, p.67 review of: Trauma Healing at the Clay Field by Maggie Wilson.
- 2012 Elbrecht, Cornelia. Trauma Healing at the Clay Field, a sensorimotor approach to art therapy; Jessica Kingsley Publishers, London/Philadelphia.
- 2011 Elbrecht, Cornelia; Deuser, Heinz: Work at the Clay Field. Set of 7 DVDs.
- 2011 Elbrecht, Cornelia. Die Wandlungsreise. Der Prozess des Geführten Zeichnens, eine initiatische Kunsttherapie. Rütte: Johanna Nordländer Verlag.
- 2006 Elbrecht, Cornelia. The Transformation Journey. The Process of Guided Drawing – An Initiatic Art Therapy. Rütte: Johanna Nordländer Verlag.
- 1999 Guided Drawing, Drawing as Meditation, in Golden Age Issue 41, March – May 1999
- 1995 Guided Drawing, in Australian National Art Therapy Association Newsletter Vol VII Winter 1995
- 1990 Das Geführte Zeichnen auf dem Hintergrund der Initiatischen Therapie, in: Die neuen Kreativitätstherapien, Handbuch für Kunsttherapie, Hrsg: Hilarion Petzold, Ilse Orth Guided Drawing on the background of Initiatic Therapie, in The new Creative Therapies, Handbook for Art Therapy, editor: Hilarion Petzold, Ilse Orth
- 1988 Das Geführte Zeichnen in: Integrative Therapie, Zeitschrift für Verfahren Humanistischer Psychologie und Pädagogik Guided Drawing, in: Integrative Therapy, Journal for Humanistic Psychology and Education

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