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Ingrid Riedel / Christa Henzler

Painting Therapy

Based on the Analytical Psychology of C.G. Jung

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with numerous 4-color illustrations

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- THE standard work on deep psychological painting therapy
- with 112 color illustrations

Painting from the unconscious is about something other than producing »beautiful« pictures. The goal of Jungian painting therapy is to enable the soul to express itself, and to initiate the process of healing oneself through painting and creating.

Based on ten impressive series of pictures, Ingrid Riedel and Christa Henzler argue that the colors and shapes of a painting have a diagnostic function, and can clarify psychological problems. Painting from the unconscious is primarily a therapeutic process, however, that engages with a personality's creative self-formation and maturation.

About the authors

Ingrid Riedel, honorary professor of the psychology of religion and privately practicing psychotherapist in Constance, Germany, is a lecturer and teaching analyst at the C.G. Jung Institutes in Zurich, Switzerland, and Stuttgart, Germany. She has published numerous books with Patmos.



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