

ABSTRACT (English)

“Videoarttherapy. The act of recording, editing and evolving the production through the gaze. Applications of its use in workshops and supervised art therapy sessions.”

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This research delves into the use of the audiovisual language as a creation tool in art therapy sessions, studying video creation, art therapy and the relationship between both disciplines, also attending the universe of perception and gaze, exploring how the gaze can become protagonist of the art therapy sessions, making possible to experiment changes leading to the development and integration of the creation process experienced by the patient.

One of the main objectives has been to study the appearance of video in art therapy practice and its current situation at the international level, in order to deepen the knowledge of video as a creation tool in its use in sessions, and to demonstrate the importance of the point of view in the act of recording, editing and analyzing the production, according to the evolution of the way of perceiving and the change that the gaze experiments during the process of creation in the videoarttherapy sessions. Another main objective has been to describe and analyze, using an experimental methodology, our practice with people of different groups from the point of view of the patient, the videoarttherapist and the gaze that both turn to the production.

Methodology combines the collection, study and theoretical analysis with experimental work through supervised academic and professional practices. Therefore, the present study implicates different disciplines of knowledge like art, art therapy, psychology, psychotherapy, philosophy and visual studies, providing us with a solid foundation of knowledge and providing to this research of an interdisciplinary nature.

The results have shown, through the theoretical study, the analysis of other professionals practice and ours, the importance of the presence of video as a creation tool in art therapy sessions, appreciating how each of the steps of the videographic process (record, visualize, edit and analyze) plays a relevant role in the evolution of the production and, therefore, in the patient evolution.

Based on the analysis of the different psychological currents and its techniques applied to the work in sessions we have detected the elements to take into account for the sessions approach, based on reality reconstruction, symbolic universe construction and the identification of the video creation process with the four main points in each human being: body, emotion, intellect and transcendence.

It has been proved the importance of the gaze as the process organizer, appreciating that the openness to new points of view experienced by the patient during the sessions, after integrating what has happened, will enable changes in his way to understand himself and look at the world.

Keywords: video art, art therapy, videoarttherapy, perception, gaze.