



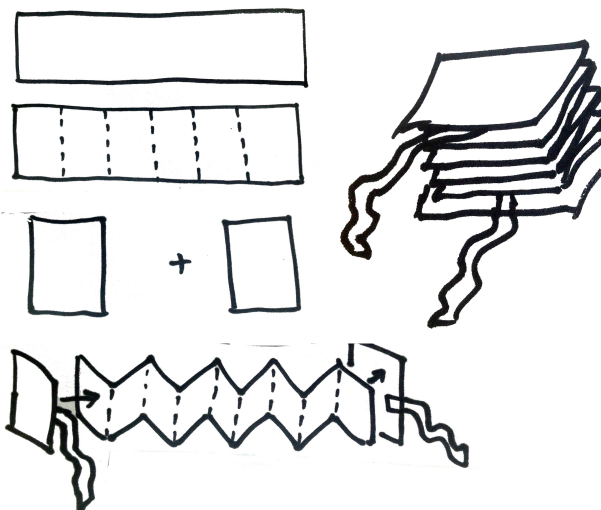
## Mini Accordion Books & Mandalas with Amanda Scott

### Art Therapy

Art Therapy uses creative processes as a tool for self reflection. Art Therapy focuses on the process of creativity, and the benefits of creating rather than the end product. It gives you a chance to work with letting go of perfectionism, so that you can reconnect with your innate creativity. In this workshop you will have the chance to make your own mini accordion book and try your hand at creating a mandala while learning about art therapy and how the creative art processes can increase your well-being. This is a taste of a longer course: creative journaling, which you learn to make a larger size hand bound book and each week explore different activities.

### Mini Accordion Books

Mini Accordion books can be displayed around your home either tied or fully open. They are easy to make out of paper or card, or materials you have lying around. They are great gifts, and can be used for many things once created- including short stories, gift cards, art therapy journals and anything else you can think of.



**Step 1** Cut / choose a strip of card. The width will be the height of your mini accordion book.

**Step 2** Fold in half long ways, and in half again, until you have the amount of pages you would like. Make sure the folds alternate back and forward like an accordion.

**Step 3** Cut two book ends out of the card, these need to be slightly bigger than the pages.

**Step 4** Cover/decorate your book ends using any art materials, or collage.

**Step 5** Choose your ribbon/string for the book tie

**Step 6** Glue the covers on each end of the book, and glue part of the string/ribbon in between the page and the cover

**Step 7** Tie the string into a bow. Your book is now ready to be used!

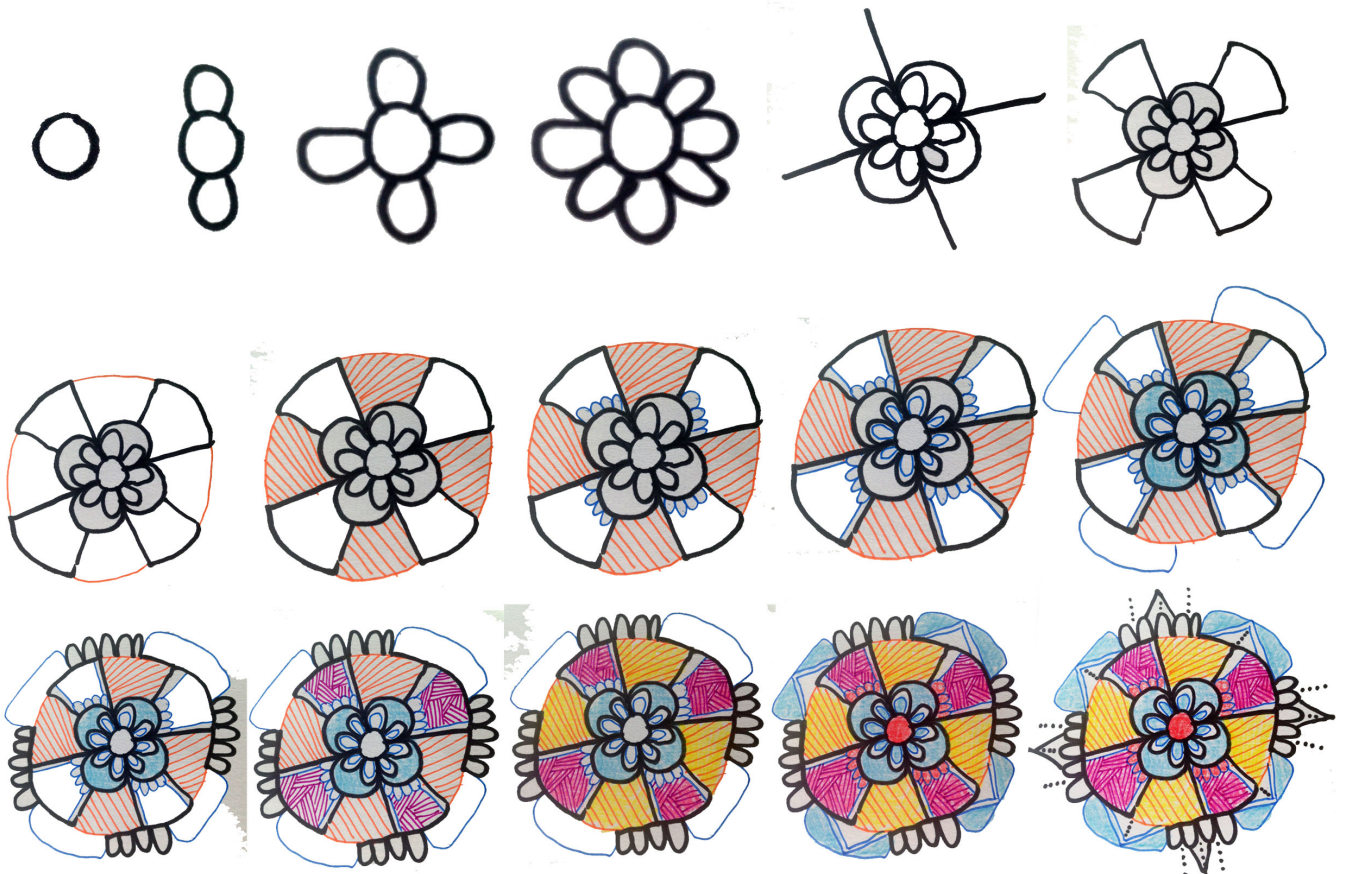
### Mandalas

The Mandala (Sanskrit for “circle” or “completion”) has a long history in many cultures for its spiritual symbolism. Buddhists, Tibetans, and Hindus have all derived meaning from the mandala. Mandalas are in essence a circle. These can be seen not only in man-made art, mathematics and sculpture but also within nature itself. In art therapy, mandalas can be used as a holding circle, to explore emotions and experiences or can be used as a relaxing activity for self care, similar to zen-doodling.



Psychoanalyst Carl Jung has called it “a representation of the unconscious self.” When using a mandala as an art therapy process, the first thing is to set an intention. What do you want this mandala to help you with? Is it to relax? To express something you are confused about or struggling with? Is it to feel more peaceful, loving? Is it to explore who you are in the world?

Setting an intention can help to steer what you create. It is an intuitive process. There is no right or wrong way to create a mandala. Some mandalas are symmetrical and patterned. Some are chaotic and asymmetrical. With each step of creating the mandala, choose a shape or colour that you are drawn to. Try not to analyse it, just go with what you like. If you make a “mistake” allow it to be a part of the process. Don’t throw it away, work with it. See what you can make out of the supposed “mistake”. Art Therapy is a process, and in that process, any resistance and judgement you hold will come up. Be gentle with yourself, and allow yourself to explore. With mandalas you can start first with a shape as the centre and then grow from there, using different shapes and lines and patterns. You can also start with a larger circle, and work your way into the centre point. It’s up to you!



### Further resources

If you are inspired by mandalas, you can have a look at the following links to find out more!

<http://www.pinterest.com/arttherapyco/art-mandala/>

<http://www.mandalaproject.org/Index.html>

<http://www.arttherapyblog.com/art-therapy-ideas/healing-with-mandala-art-a-multi-cultural-idea-worth-exploring>