

Art therapy: managing emotions with music and painting workshops for parents and children

LOCALIZACIÓN: Espartinas (Seville)

DURATION: 1'34"

SUMMARY: Boys and girls between 1 ½ and 3 years old learn to express and channel their emotions through music and plastic arts. It is art therapy, the innovative initiative started by Nuria Carmona, a child psychologist, in Espartinas, in the province of Seville. In this workshop, children develop their emotional intelligence and parents get involve in the activities to reinforce the bond they have with their children.

VTR:

AMBIENCE: "Are you sad now, or are you happy?"

In this workshop, boys and girls between 1 ½ and 3 years old paint... Dance... Listen to stories...

AMBIENCE: -"He is sad!" -"He is sad!"

And while doing this, they learn to express and channel their emotions. This is art therapy.

NURIA CARMONA
Child psychologist

"They can have a space where they can express themselves emotionally. They learn to manage their anger, sadness, happiness, fear..."

The children arrive in this world, of course, without a manual. As time goes by, the youngsters start to experiment with all of those emotions that they cannot control. While fathers and mothers try to educate them without the necessary tools. Visual arts can serve to help them and others. And for this reason, Nuria, a child psychologist, implements these innovative workshops of art therapy.

NURIA CARMONA
Child psychologist

"It is like supplying the parents with tools so that later, at home, they can help the child to channel emotional expression."

MARÍA JOSÉ SOMET
Mother

"They return happy. Where do we go? Painting. And they learn things every day."

NURIA CARMONA
Child psychologist

"We are going to work through sadness."

A happy face. This child is sad. Emotions that occur in real life. The parents here work on their expression with their children and learn much more...

NURIA CARMONA
Child psychologist

"That the mothers feel more comfortable in the role of Mother and the fathers in the roll of Father..."

MANUEL ESCOBAR
Father

"We have arrived with some worries and have left with new things that we are learning."

In the meantime, they feel that they are simply playing.

AMBIENCE: Very good!