

The Tamalpa Life/Art Process

The Tamalpa Institute was founded in 1978 by Anna Halprin and her daughter Daria Halprin.

Anna Halprin a postmodern dancer, started in the 1960s, with her daughter Daria, to explore dance as a tool for social justice and healing and they became pioneers for the Expressive Arts and Dance Therapy.

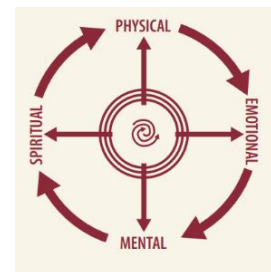
In the Life/ Art Process the cycle of movement, drawing and writing brings to light the connections between our physical, emotional, mental and spiritual self. Our life's stories are expressed through Art and Art making broadens our perspective and brings healing and change to our life.



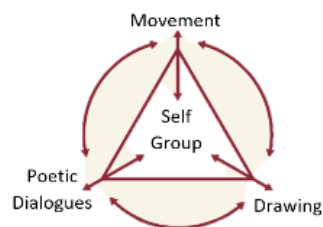
Anna Halprin



Daria Halprin-Kalighi



The Tools of the Life/Art Process



The Psychokinetic Imagery Process

Moving between the modalities movement, drawing and dialogue or poetic writing is at the core of the Life/Art Process and it evolved out of cooperation with visual artist. Today this intermodal arts model is central to most Expressive Arts approaches.

The three levels of awareness and response

To develop an inner awareness the facilitator will encourage the participant to notice what happens in the body, what emotions are felt and which thoughts, stories and images arise. When observing and giving feedback we use "I see..." "I feel..." "I imagine..." . Using I messages prevents the entanglement of observer and observed.

The Five-Part Process

The Five-Part Process is a model to witness, guide and map the Life/Art Process. We identify 5 Phases in this model: **Identification, Confrontation, Release, Change and Growth**. The 5 part process can help to stabilise the learning and to track how the internal experience is expressed in the exterior world

The Life/Art Process is equally valuable in the area of Expressive Arts/ Dance Therapy as well as for artists who want to explore their life themes to generate material for their work as dancers, choreographers, actors, performers, writers or visual artists.