

SURAT TUGAS
Nomor: 1215-R/UNTAR/PENELITIAN/I/2023

Rektor Universitas Tarumanagara, dengan ini menugaskan kepada saudara:

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Untuk melaksanakan kegiatan penelitian/publikasi ilmiah dengan data sebagai berikut:

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Demikian Surat Tugas ini dibuat, untuk dilaksanakan dengan sebaik-baiknya dan melaporkan hasil penugasan tersebut kepada Rektor Universitas Tarumanagara

27 Januari 2023

Rektor



Prof. Dr. Ir. AGUSTINUS PURNA IRAWAN

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KEMENTERIAN HUKUM DAN HAK ASASI MANUSIA

SURAT PENCATATAN CIPTAAN

Dalam rangka pelindungan ciptaan di bidang ilmu pengetahuan, seni dan sastra berdasarkan Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta, dengan ini menerangkan:

Nomor dan tanggal permohonan : EC00202307549, 25 Januari 2023

Pencipta

Nama : TB M. PRAWIRATIRTA
Alamat : Hijau Daun No 26, Cipinang Cempedak, Jatinegara , Jakarta, DKI JAKARTA, 13340
Kewarganegaraan : Indonesia

Pemegang Hak Cipta

Nama : TB M. PRAWIRATIRTA
Alamat : Hijau Daun No 26, Cipinang Cempedak, Jatinegara , Jakarta, DKI JAKARTA, 13340
Kewarganegaraan : Indonesia
Jenis Ciptaan : Karya Tulis Lainnya
Judul Ciptaan : ART THERAPY FOR 4 CASES

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Jangka waktu pelindungan

: Berlaku selama hidup Pencipta dan terus berlangsung selama 70 (tujuh puluh) tahun setelah Pencipta meninggal dunia, terhitung mulai tanggal 1 Januari tahun berikutnya.

Nomor pencatatan : 000440471

adalah benar berdasarkan keterangan yang diberikan oleh Pemohon.
Surat Pencatatan Hak Cipta atau produk Hak terkait ini sesuai dengan Pasal 72 Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta.



a.n Menteri Hukum dan Hak Asasi Manusia
Direktur Jenderal Kekayaan Intelektual
u.b.
Direktur Hak Cipta dan Desain Industri

Anggoro Dasananto
NIP.196412081991031002

Disclaimer:

Dalam hal pemohon memberikan keterangan tidak sesuai dengan surat pernyataan, Menteri berwenang untuk mencabut surat pencatatan permohonan.

Day 1



Art Therapy FOR 4 CASES



Art Therapy for Depression & Trauma



Depression

*Feel Helpless for never learn
to solve problems, feel
always fail, dependent to
others & tend to self-
sabotage*

*Self Empowerment is
important*

*Support system is important
Modeling is important*



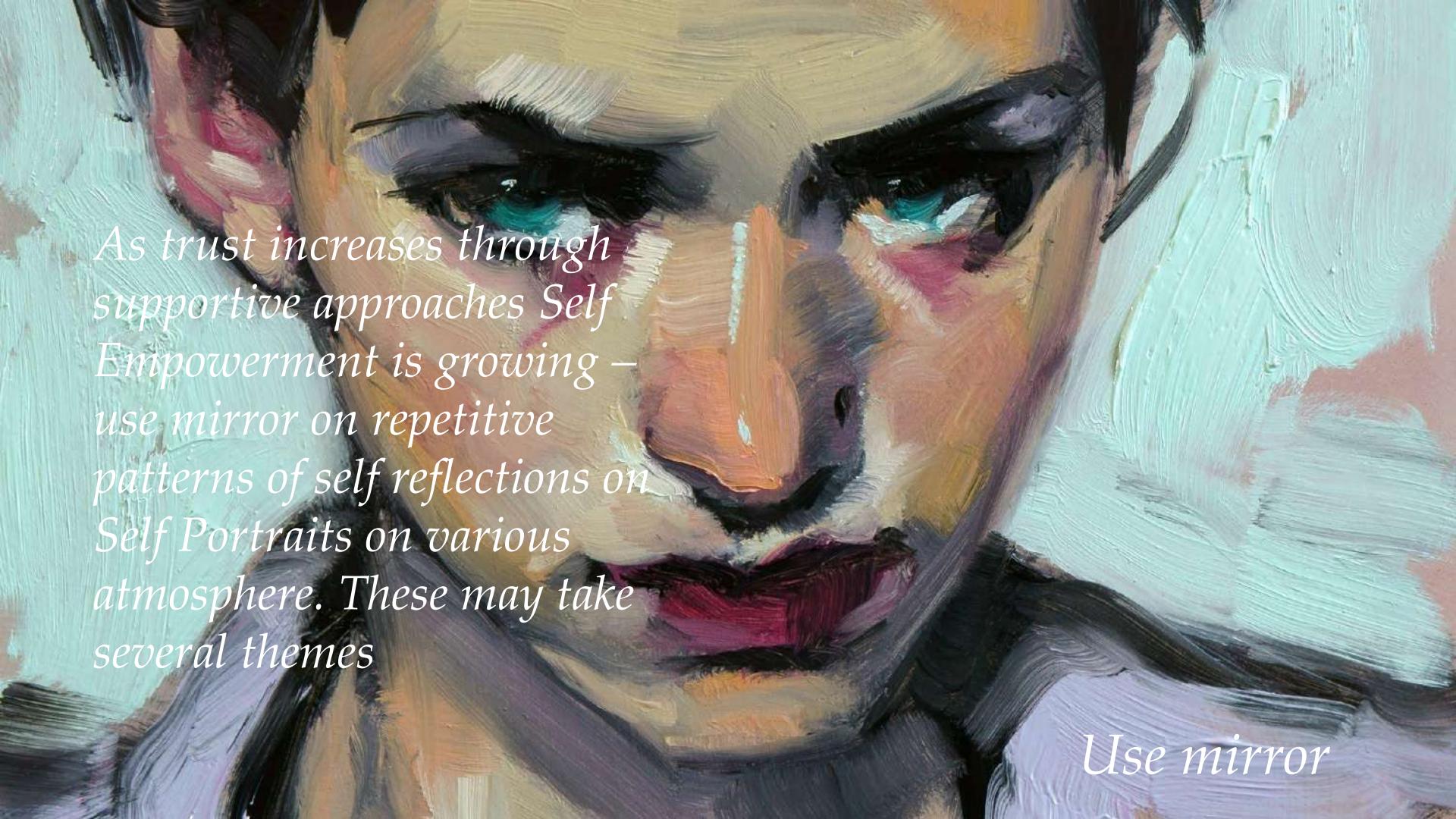
The background image is a colorful, textured landscape painting. It depicts a dense forest with trees having leaves in shades of yellow, orange, and red, suggesting autumn. The foreground shows a body of water with fallen leaves floating on its surface. The overall style is loose and expressive, with visible brushstrokes.

Easy landscape paintings may unthreatening and builds sense of empowerment (I can)

Use easy tasks such as guided coloring patterns (therapists need to mastery some techniques)

Avoid too challenging tasks considering the person tends to feel helpless; support is important (such as “praises”)

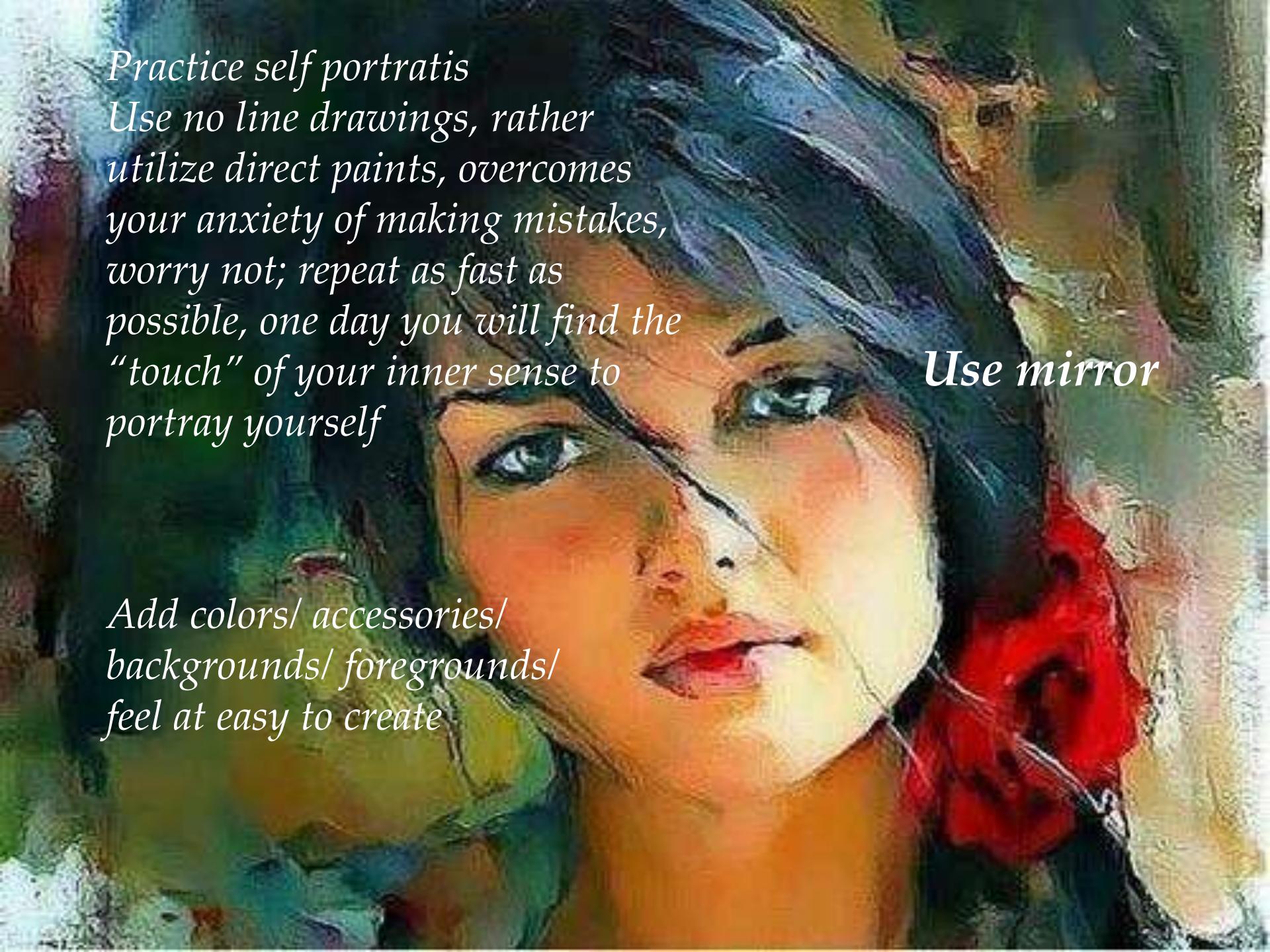
Avoid “single out” objects – use multiple objects to reflect groupings



As trust increases through supportive approaches Self Empowerment is growing – use mirror on repetitive patterns of self reflections on Self Portraits on various atmosphere. These may take several themes

Use mirror

Look at your self in the mirror, implement colors directly, worry not on any imperfection, let the process runs naturally no matter how imperfect it becomes – do it as fast as possible, keep practicing and enjoy the process



*Practice self portraitis
Use no line drawings, rather
utilize direct paints, overcomes
your anxiety of making mistakes,
worry not; repeat as fast as
possible, one day you will find the
“touch” of your inner sense to
portray yourself*

Use mirror

*Add colors/ accessories/
backgrounds/ foregrounds/
feel at easy to create*



*Create patterns
on mask
representing
ambience – this
needs guidance;
beware of “dark
impressions”*



*Draw/ Paint
portraits ; add
atmosphere
surround the
subject*

*Create & enjoy
the process*

Depression



- *Rapport building*
- *Easy landscape painting & support*
- *Self portraits*
- *Self portraits in various scenes*
- *Mask painting*
- *Create human figure painting*
- *Review*
- *Termination*

*Disrupted Neurodevelopment
Difficult controlling Anger
Hallucinations
Depression Panic Reactions
Anxiety
Multiple Somatic Problems
Sleep Problems
Impaired Memory Flashbacks
Dissociation
Drug addiction
Severe Obesity
Self Injury
Suicide attempts*

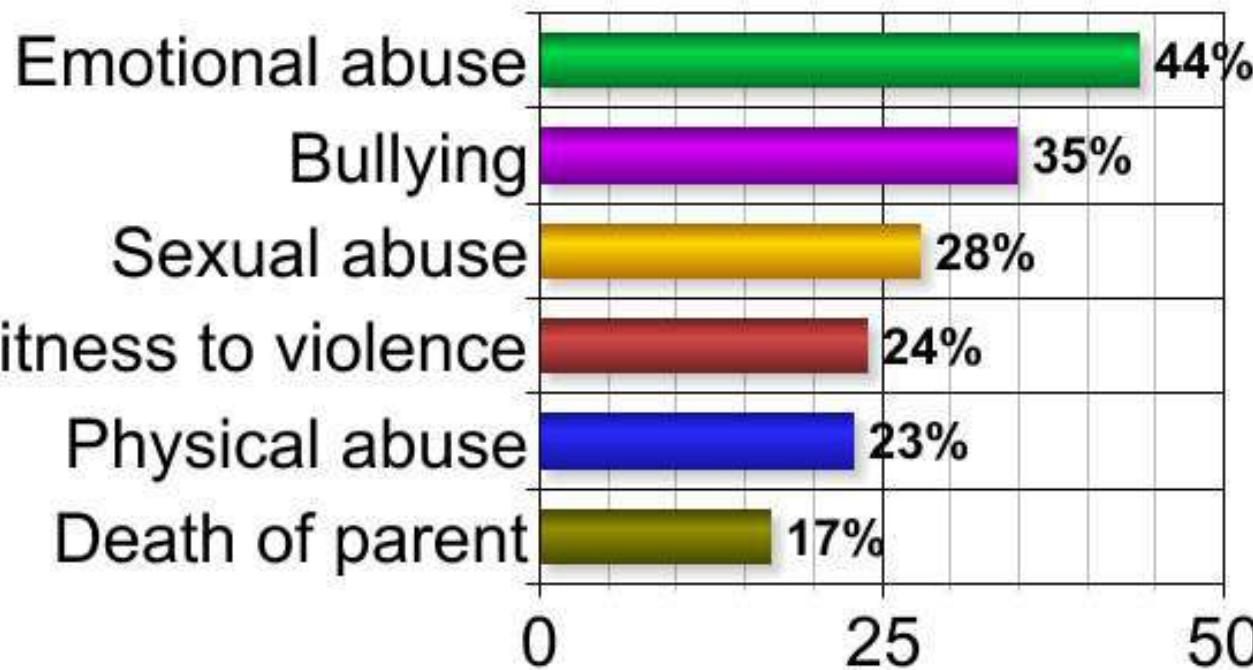


Trauma/ Abuse

Abuse Experiences resulting Traumas



DID YOU EXPERIENCE ANY
OF THE FOLLOWING
TRAUMAS AS A CHILD?

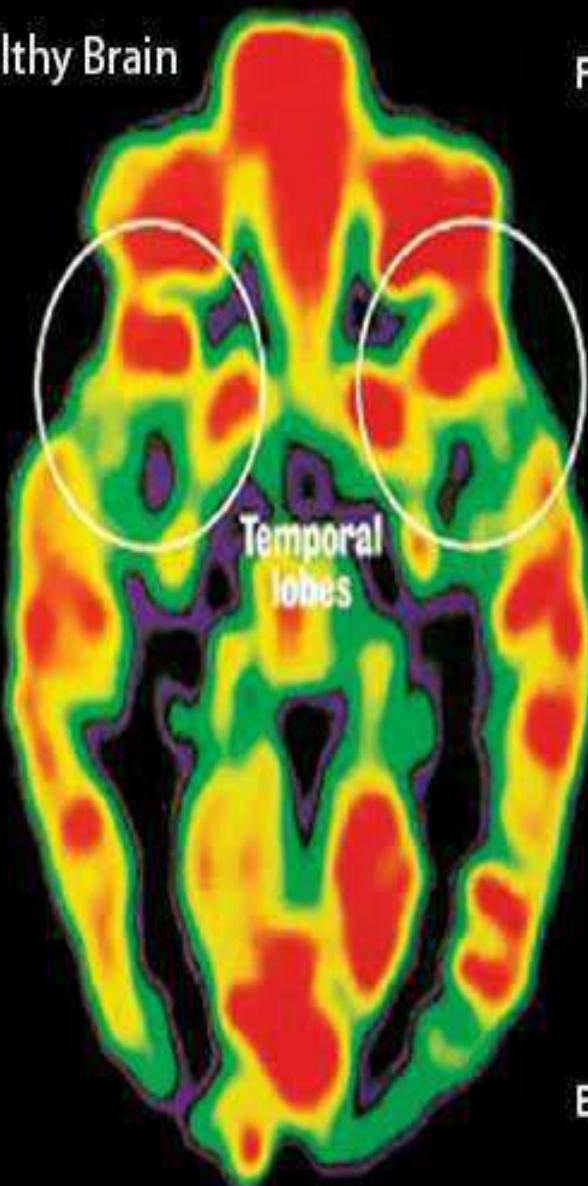


Beth Darnall, PhD
Stanford Univ
School of Medicine

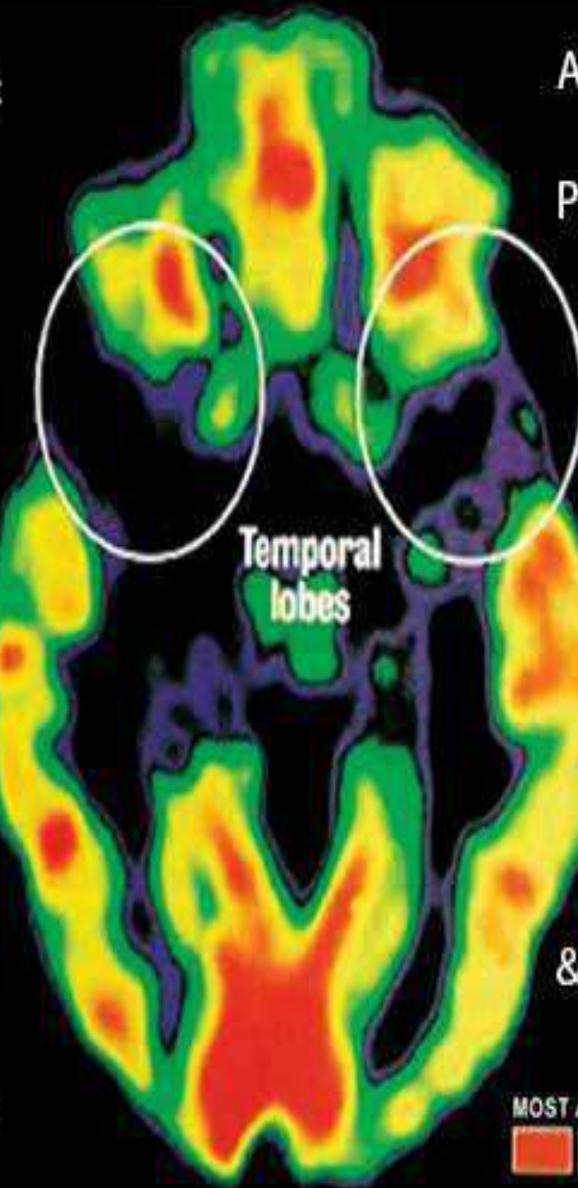
National Pain Report survey

US data – Sept 17, 2014

Healthy Brain



Front



Abused Brain

PET scan of a Romanian orphan institutionalized soon after birth.

The temporal lobes (which regulate emotions and receive sensory input) are severely underdeveloped.

Such children typically suffer severe emotional & cognitive problems.

MOST ACTIVE LEAST ACTIVE
Red Yellow Green Purple Blue



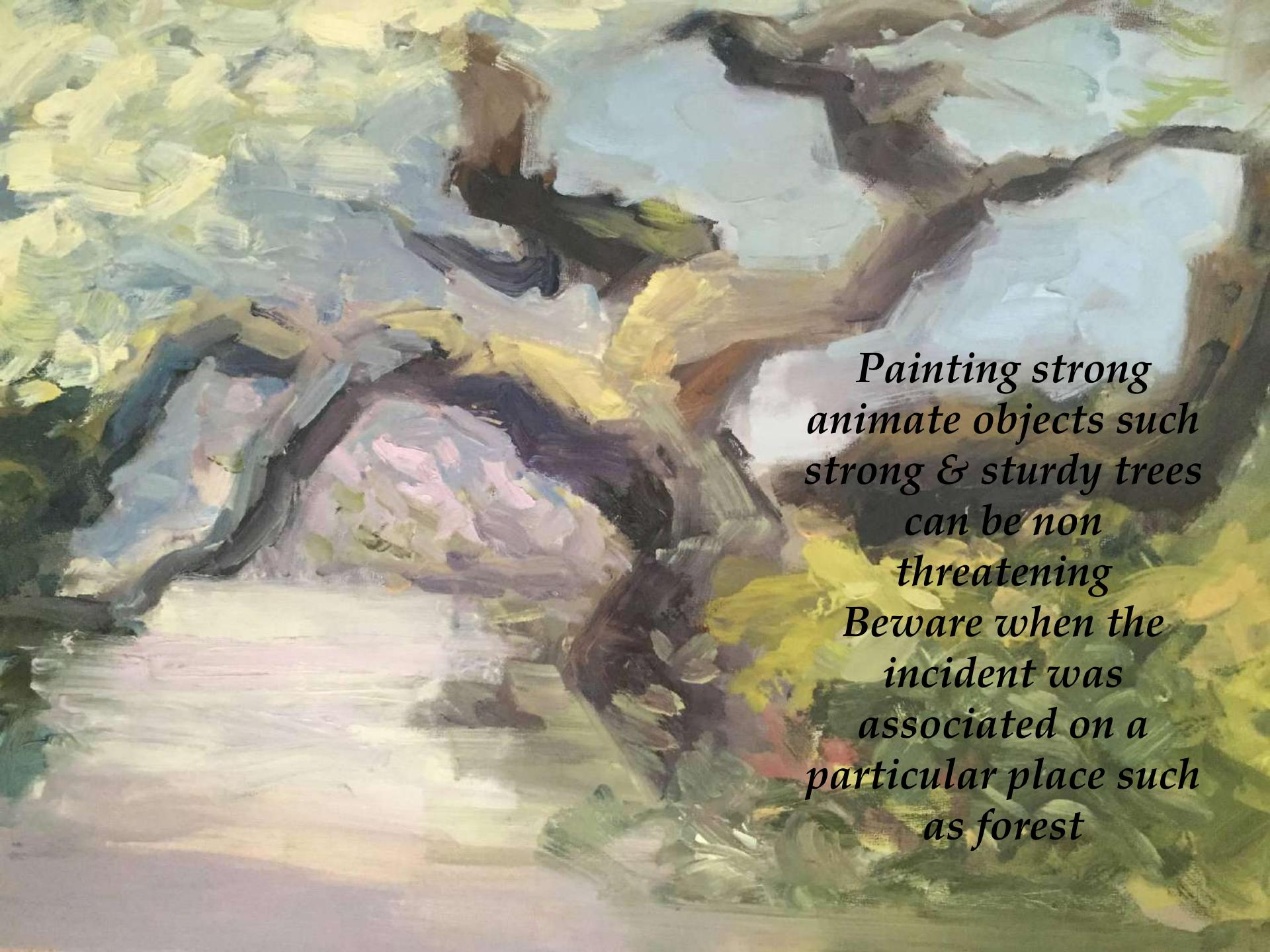
Pain & Fear Themes are central to Abuse Victims

Express your experiences & feelings into symbolic/ narrative images to encourage reality acceptance instead of denying life experiences

Find out images reflecting/ symbolizing your experiences, cut & paste them and integrate them into one single artistic theme

*Recollect your memories on
When, How, Who,
What happened exactly*

montage

The background of the image is an impressionistic painting of a forest. It features a large, dark tree trunk on the left, with its branches spreading across the frame. The foliage is rendered in various shades of green, yellow, and brown, with visible brushstrokes. In the foreground, there's a lighter area that suggests a path or a clearing. The overall style is loose and expressive.

*Painting strong
animate objects such
strong & sturdy trees
can be non
threatening*

*Beware when the
incident was
associated on a
particular place such
as forest*

A painting by Claude Monet titled "The Sower" (Le Semeur). It depicts a man in a dark coat and hat, silhouetted against a bright sky, sowing seeds into a field of tall, yellowish-green grass. In the background, two industrial smokestacks emit plumes of smoke into a hazy sky.

*Ideally,
Combative & Courageous themes
are important to eliminate fear &
feeling discourage – yet guidance
is necessary for their level of skill
& difficulties*

Create motivational paintings/ montage on fighting themes (not flight themes) to also gradually influence our amygdala functions to courageously confront challenging atmosphere



- *Rapport*
- *Narrative drawings/ paintings*
- *Montages on memory recall*
- *Painting sturdy / strong objects*
- *Strengthen metaphores*
- *Motivational montages/ paintings*
- *Review*
- *Termination*



Trauma/ Abuse

Day 2



Art Therapy

FOR 4 CASES





*Art Therapy for
Anxiety &
Anger mgmt.*

Anxiety



Feel insecure for bad-things may happen

Things need to be secured entirely, otherwise threats may come

A photograph of a young boy with dark hair, wearing a blue long-sleeved shirt, sitting on a large, weathered wooden structure. He is holding a paintbrush and a white paint container, focused on his work. The background shows a rustic setting with more wooden beams and some foliage.

Goals of Therapy

*Use brush & paint on a
large scale*

*Avoid restrictive materials
Allow free expression*

Avoid a “must” concept

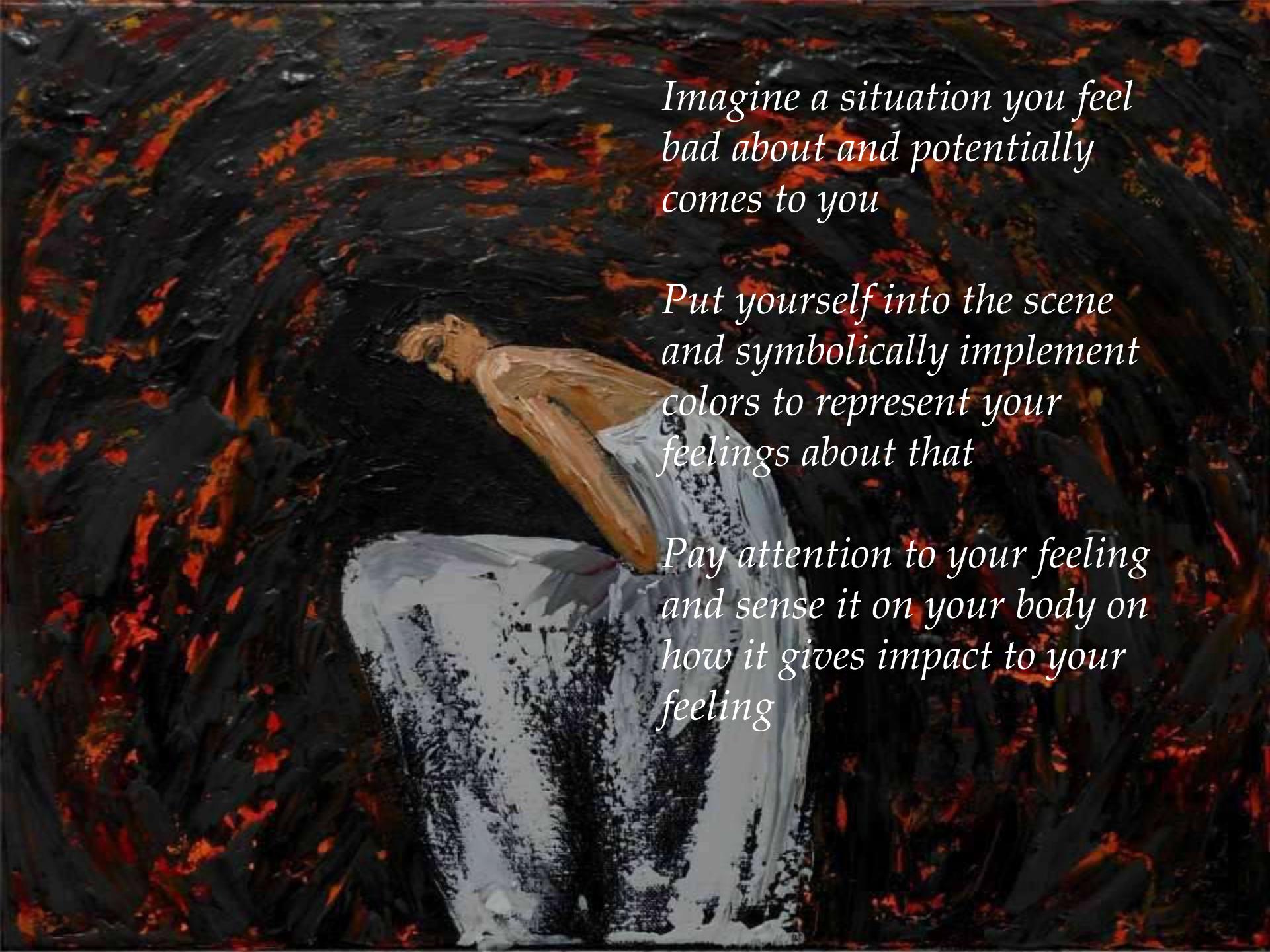
*Alleviate Insecure Feelings
Encouraging self expression
Providing secure & non-
judgemental environment*

A painting depicting a figure sitting on a bench in a park at night. The figure is shown from the back, wearing a dark jacket. The background features a city skyline with illuminated buildings reflected in the water. The overall mood is somber and contemplative.

*Imagine a worst scene you
may experience; how it gives
impact on you*

*Apply colors to represent the
scene in accordance to your
perception*

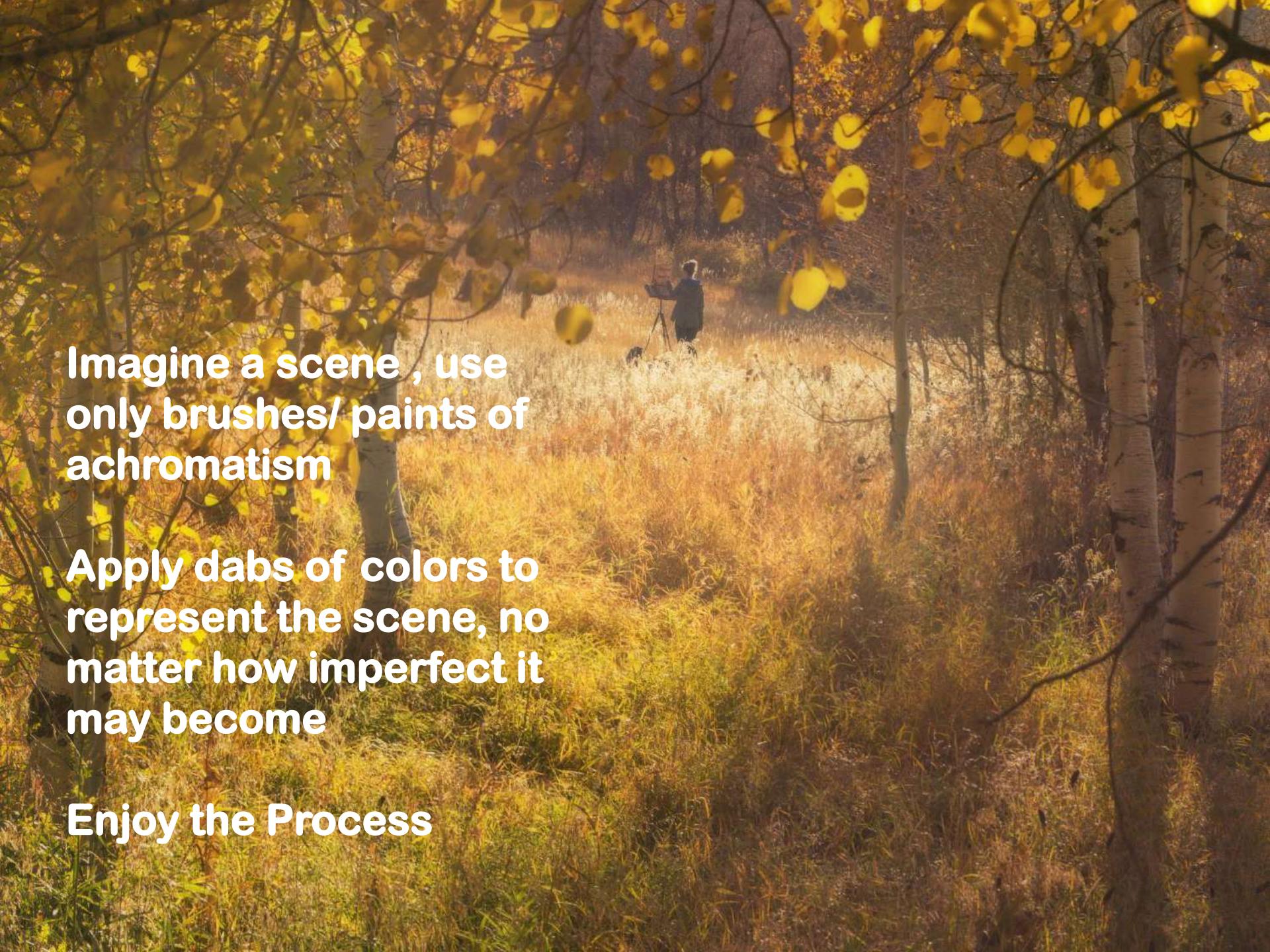
*Be aware of your concept,
pay attention to the colors
you implement*



Imagine a situation you feel bad about and potentially comes to you

Put yourself into the scene and symbolically implement colors to represent your feelings about that

Pay attention to your feeling and sense it on your body on how it gives impact to your feeling

A landscape photograph featuring a dense forest of birch trees with white bark and yellow autumn leaves. In the middle ground, a person wearing a dark coat and hat is standing in a field of tall, golden grass, holding a paintbrush and a palette, seemingly painting the scene. The overall atmosphere is peaceful and artistic.

**Imagine a scene , use
only brushes/ paints of
achromatism**

**Apply dabs of colors to
represent the scene, no
matter how imperfect it
may become**

Enjoy the Process

The background of the image is an abstract painting featuring a palette knife or impasto technique. It consists of large, expressive brushstrokes in various colors, primarily shades of blue, red, orange, and yellow. The colors are applied in thick layers, creating a textured and dynamic surface. The composition is non-representational, focusing on color, form, and texture rather than a specific scene.

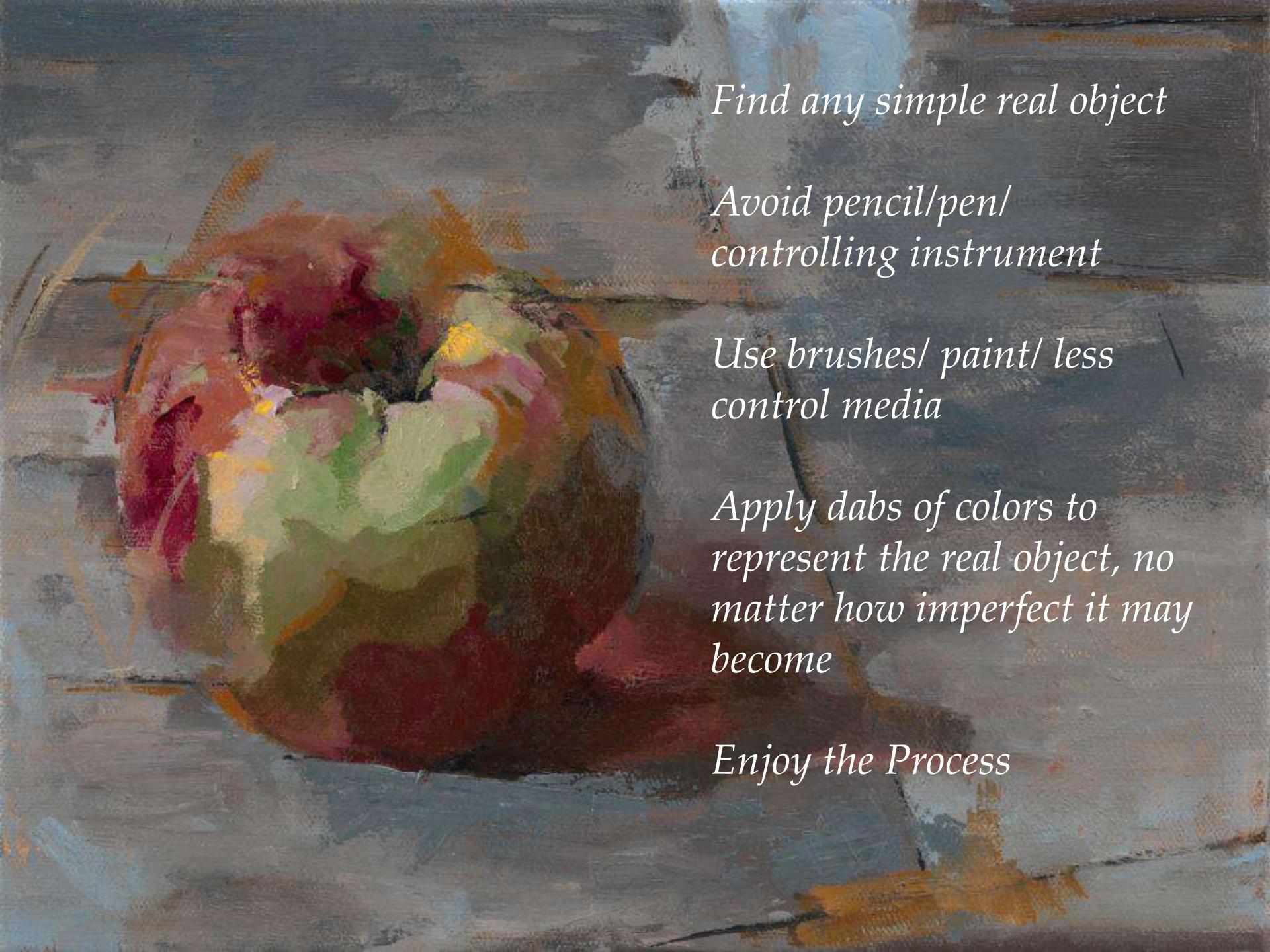
*Imagine a scene , use only
brushes/ paints of colors*

*Apply dabs of colors to
represent the scene, no
matter how imperfect it
may become*

Loosen up

Enjoy the Process

KEM



Find any simple real object

*Avoid pencil/pen/
controlling instrument*

*Use brushes/ paint/ less
control media*

*Apply dabs of colors to
represent the real object, no
matter how imperfect it may
become*

Enjoy the Process

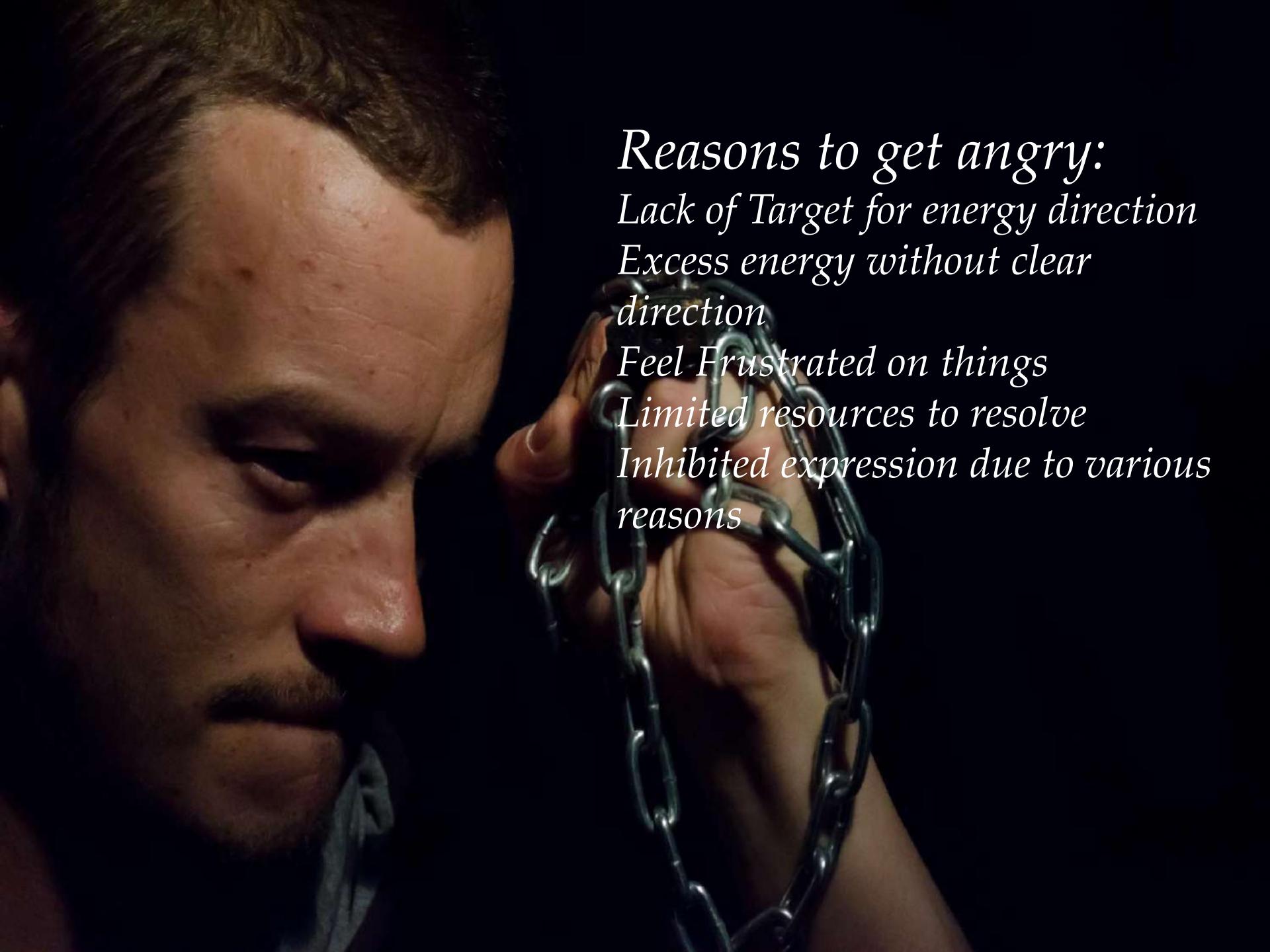


Anger Mgmt.

*Inability to control
self:*

*Emotional outburst/
Emotionally reserved*

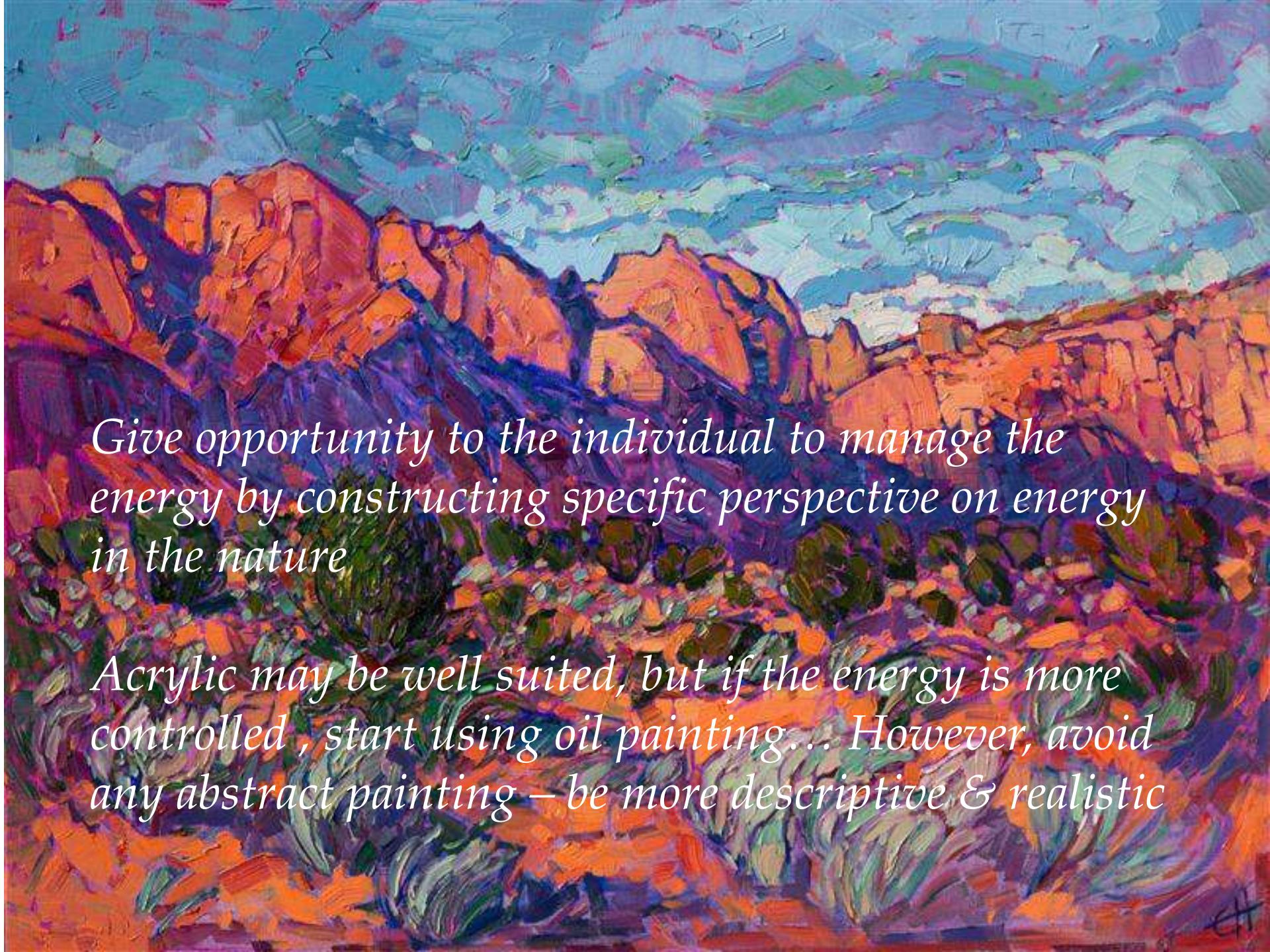
*Need managing energy
for productive rather
than destructive*



Reasons to get angry:
Lack of Target for energy direction
Excess energy without clear
direction
Feel Frustrated on things
Limited resources to resolve
Inhibited expression due to various
reasons



Allow the individual to express energy, using paints and brush; let the energy be ventilated out as much as possible to reduce internal congestion. Use large dimension of canvases, use preferably acrylic paints (easy dry).

The background of the slide is a vibrant, impressionistic painting of a landscape. It features rugged, reddish-orange mountains in the foreground and middle ground, with a sky filled with soft, swirling clouds in shades of blue, green, and white. The overall texture is rough and expressive.

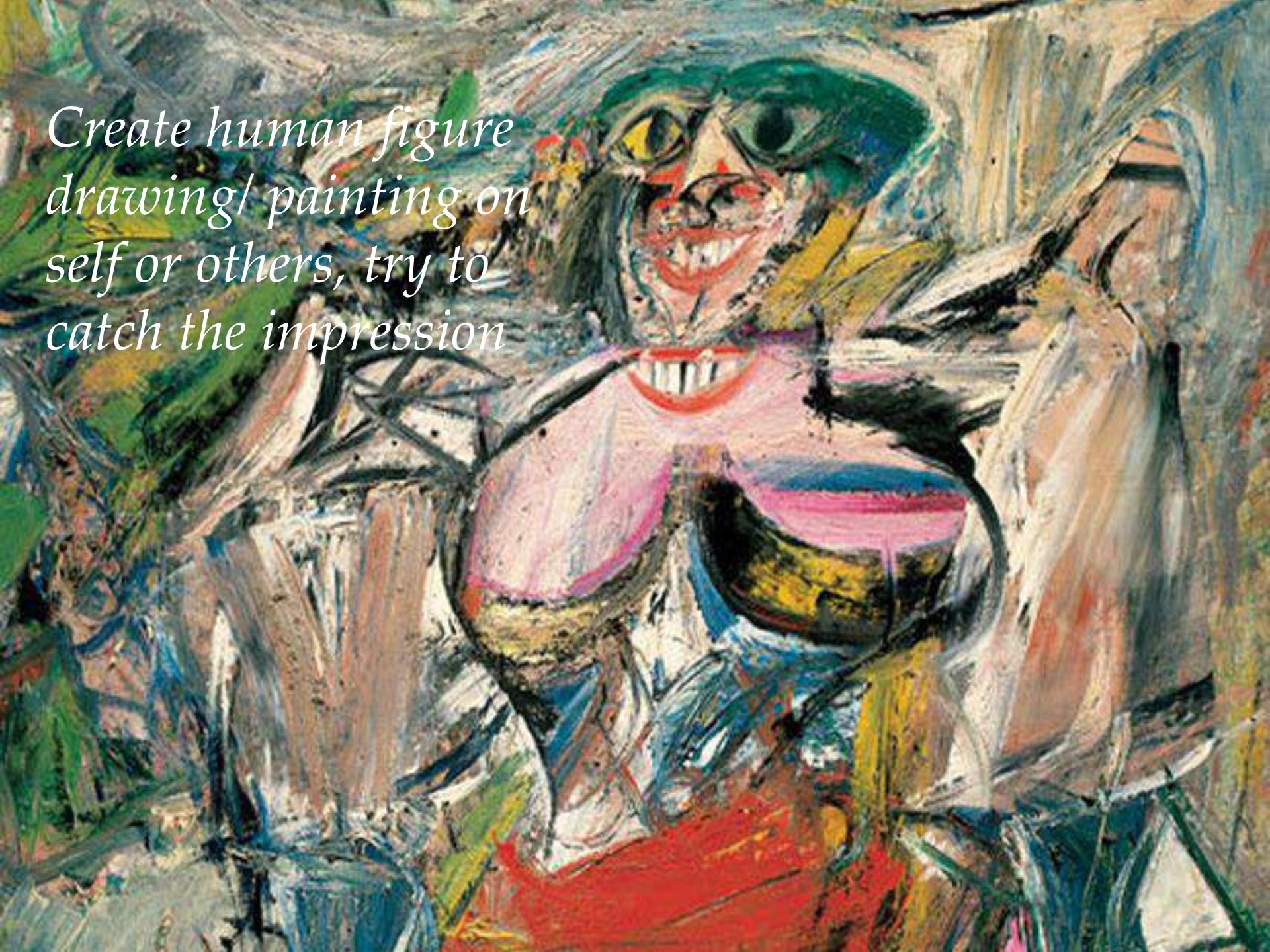
Give opportunity to the individual to manage the energy by constructing specific perspective on energy in the nature

Acrylic may be well suited, but if the energy is more controlled , start using oil painting... However, avoid any abstract painting – be more descriptive & realistic



Use thematic realistic objects; you may start from inanimate and move to animate objects; acrylic is faster, oil is slower to dry and allow to learn to develop patience

*Create human figure
drawing/ painting on
self or others, try to
catch the impression*





*Learn to catch expression
of people, others or self –
sense the feeling*



*Learn values of colors by
acrylic and oil*





Anger Mgmt.

- *Rapport*
- *Expressive drawing/ paintings/ scribbling & form invention*
- *Planned expressive painting*
- *Figurative animate expressive painting*
- *Human figure expressive painting*
- *Portrait expressive painting*
 - *Review*
 - *Termination*