



ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Application of Fractal Drawing in Vocational Rehabilitation		
Objectives/Obiettivi	To present some successful cases of application of Fractal Drawing Method in Vocational Rehabilitation with individuals diagnosed with severe mental disturbances. I'd like to present few cases.		

Contents-text/Contenuto-testo:
Max. 400 parole/words

Fractal Drawing Method is a unique Art Therapy tool founded by the Russian clinical psychologist, family therapist and educator Tanzilija Polujahtova. The method is in use since 1991 and is in a state of ongoing development and innovation. The method, through stimulation of diverse brain areas and activation and rewiring of neural pathways initiates an emotional self-regulatory and corrective processes and enhances more of our full potential. This non-verbal technique opens many new opportunities, possibilities and enhances positive changes in individuals and groups. Method is simple but very effective. It presents objective view in individual's inner state and offers information for correction and self-correction and better realization of our potential.

I've been using this method for almost a year now with individuals diagnosed with severe psychotic disturbances (mostly diagnosed with schizophrenia). The individuals that are regularly drawing progress significantly. As a psychologist I've been always interested in a non-verbal methods when working with individuals that have diminished insight in their psyche (challenges, traumas..) and are less likely to have insight in their potential for growth. My own interest in reaching individual's subconscious mind led me early on to apply different drawing techniques, but none proved to be as successful and efficient as Fractal Drawing Method.

In individuals that were prepared to try out this technique I was able to observe significant progress in different aspects and areas of their lives. Most were able to discover and reach more of their true potential, got the significant insight in their inner life, some opened up to deeper creativity and artistic levels, some opened up for new opportunities in life (mostly getting better job opportunities), diminishing symptoms (fears, self-doubts, insecurities etc.), learned and identified their limitations or were able to cut strong symbiotic relationships with significant others etc. Some were more likely to receive smaller medical drug dosage or even agreed with their psychiatrists to cancel the medication all together.