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Workshop title:
„ART AND CONNECTION”

Duration: 2x 1h 30min with a break

Goal of the workshop:

Introduction of certain art therapy tools that can open up new perspectives to be used in supervision. Gaining a first-hand group experience about the non-verbal expression of art therapy which helps us to have a deeper connection with ourselves and others.

Concept:

The non-verbal expression of art therapy opens new perspectives and result in a deeper connection with ourselves and others. This session will be a complex art therapy workshop aiming to provide the participants with a first-hand experience of using different art materials. The participants will create artworks as individuals, and also in smaller groups (without words). Relaxation, music, and literature relating to the topic of the workshop will be used as inspiration to art creation. Verbal reflections of individual perceptions (e.g.: expressing associations or giving titles to the artworks) will provide the possibility of gaining new perspectives and realizations.

Learning outcome

- Self-expression through creating art.
- Self-exploration that results in better understanding and acceptance of ourselves and others.
- Getting a deeper connection with ourselves as individuals.
- Learning about ourselves as supervisors.
- Experiencing our group as an intercultural and international community.

Profile

Emese Karolina Németh has always worked in an international corporate environment since the beginning of her professional carrier in 1995. Due to the nature of her work, her interest in people and in different cultures, she has travelled extensively and cooperated with people from different cultural backgrounds. Under such circumstances Emese realised the importance of people being able to see themselves and each other beyond languages. First, she gained a Supervisor (2016) then a Supervisor-Coach (2017) degree at Károli Gáspár University. Later she graduated as a Complex Art Therapist (2021) at John Wesley College, and she also completed a European Intercultural Mediation training organized by In-Medias (2022). Working in her own business she offers such services to individuals, groups, and teams where she can combine her expertise. Currently, she is also a pro-bono supervisor at UNICEF, supporting teachers and professionals in child protection and welfare.