

# MARIÁN LÓPEZ FERNÁNDEZ

Marián López Fernández is a tenured university professor. She has a Ph.D. in Fine Arts. She has carried out research and teaching stays for more than three months in Germany (Munich and Berlin), United Kingdom (London), USA (New York) and Mexico (Veracruz). She completed her training with a Master's Degree in Psychotherapeutic Intervention as well as with different courses of Sociology and Politics. She has also received training in the field of Gender Studies.

She is currently the vice-president of the European Consortium of Arts Therapies Education (ECARTE), a consortium of 34 European universities where Arts Therapies are taught. As an art therapist, her intervention areas—always research related—have focused on social inclusion of immigrants, refugees, people at risk of social exclusion, deprived of liberty or suffering gender-based violence.

## The healing power of arts

For more than sixty years, expressive therapies that use visual arts, art therapy, dance, theatre and music and work alternatively with both cerebral hemispheres—shifting between the symbolic expression and the interiorization of the results through language and writing—facilitate the task of narrative, corporal and emotional reconstruction. These technics have therefore presented themselves as efficient instruments to improve the situation of individuals and groups who need other means, beyond words, to express the unspeakable. In this lecture we will see how the creative process and Art Therapy can be a work path to accompany and facilitate psychotherapeutic processes and to promote biopsychosocial wellbeing. During the talk we shall see different examples and practices of this function of the arts and of the creative processes.