

INSPIRING CONVERSATION WITH YIANNIS KAMINIS GREEK ARTIST AND PSYCHOANALYST

"Art enables, liberates and unites all elements of existence to be manifested in creative and non-destructive ways".

Science and art: These two disciplines are often believed to be very distinct from each other. You have demonstrated that they are very much connected through your psychoanalytic and arts practice. What advice would you give to others wanting to combine science and art?

From my experience, science and art have been combined for decades through structured and well organized Art Therapy university degrees offered at graduate and postgraduate levels around the world. For example: art, theater, music, dance therapy are disciplines of psychotherapy embracing the uniqueness of self-expression as a means to unravel and elevate the soul in our constant quest to safeguard the health of individuals and society. For anyone who wishes to investigate further, I would suggest art therapy sessions to gain personal insight and experience.

My personal journey and training in psychoanalysis, guided imagery with music, energy healing, and more practices around the world, are such that have enabled me to investigate and delve into the realm of signs and their value as both signifiers and signifieds as an integral part of the unified field. Every element of conscious and unconscious life which is important to be expressed follows the path of manifestation through our choices of personal and subsequently collective expression in all aspects of life, including art and/or therapy. This means that our ability to express our ways of being even in difficult and extreme occasions, ultimately shapes our attitudes, beliefs, and way of life.

Rollo May's book The Courage to Create explains the theme: "Human freedom involves our capacity to pause between the stimulus and response and, in that pause, to choose the one response toward which we wish to throw our weight. The capacity to create ourselves, based upon this freedom, is inseparable from consciousness or self-awareness" (p.100, 1994).

In considering your two disciplines, how does the power of the arts (music, painting, dance, writing) aim to inspire, heal, and transform society?

Expression through the Arts is the highest path of manifestation in an elevating, peaceful, creative, and unobtrusive way, even when the darkest themes and situations are exposed.

Equally, psychoanalysis and psychotherapy allow self-expression at the deepest level with acceptance and clear insight of all aspects of the soul, removing any prejudice and judgement that hinders self-growth. This release of energy is liberating and therapeutic, it:

- opens the path to self-awareness, self-discovery, and self-expression in self-validating ways through the process.
- allows people to be who they are and embrace their symptoms, pathologies, experiences as a means of expressing their essence creatively and not destructively to themselves and/or society.
- changes the psychology and hence the biology of people who open up to their newly found healthy choices and solutions; they also discover their own meaning through the art process.
- paves the way to help inspire and motivate oneself and others through communicating the person's journey in social and public settings with public events such as art exhibitions, conferences, and more.

What makes you donate your work for different causes?

"Why not? If not now, when?" These are some of the questions that drive me to donate my art for good causes, especially those helping children. I deeply believe that we are all capable of helping one another and we also have a responsibility towards the children of the world.

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