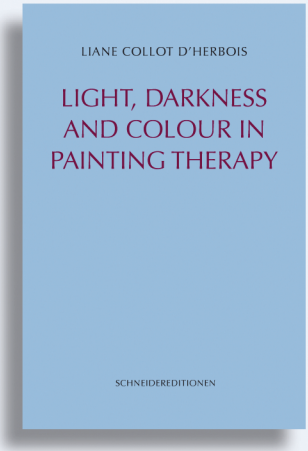

Liane Collot d'Herbois

Light, Darkness and Colour in Painting Therapy

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Through her work as an art teacher, Liane Collot d'Herbois discovered that an individual's constitution, temperament and illness were often revealed through their painting. Using Rudolf Steiner's remark as a starting point, together with her own observations, she went on to develop therapeutic painting. Art therapy helps bring about balance and health in the human being through working with an understanding of the relationship between the opposing tendencies of light and darkness in art and in the human constitution.