

Creativity within interhuman relationships: art or therapy?

Marcella Fagioli

Abstract

Human creativity is a particularly complex topic to discuss about. The act of creating pertains to human beings who, unlike animals, interact with the external material world, with the intent sometimes to modify it.

However, if on the one hand, speaking of artworks, one can suppose that their creation depends on the artist's profound requirements, on the other, speaking of psychotherapy, things stand differently. For instance, the process leading to the creation of a work of art, regardless of it being a material object or a piece of writing, such as a poem, does not bear the intention to transform another human being.

Such transformative intentions can only move from acknowledging a disease or disorder in another human being, and are, therefore, associated with a therapeutic process.

Given these assumptions, our research is aimed at defining the main instrument of the psychotherapeutic process, represented by the therapist's language and words. We will make reference to two fundamental books, namely, *Course in General Linguistics* by F. de Saussure, which will help us ponder on the concept of *sound images* in particular; and M. Fagioli's *Death instinct and knowledge*, which will help us expound the dynamic defined as *disappearance fantasy towards one's own internal relational situations*, lying behind the verbalization process.