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Abstracts

A Haredi Version of *The Snow Queen*: Using Culture-Adapted Bibliotherapy to Treat an Adolescent Survivor of Sexual Abuse

Yael Kedar-Roffman

Hans Christian Andersen's fairy tale *The Snow Queen* tells the story of Kai and Gerda, whose village freezes after a visit of the Snow Queen. A shard from her mirror pierces Kai's heart, distorting his perception of the world. Gerda embarks on a perilous journey to rescue him. Although the tale is a literary classic, it contains elements, such as sorcery and romantic love, that are incompatible with reading practices in communities such as Haredi (Ultra-Orthodox) society, which preserves its unique identity by limiting exposure to external influences. Haredi literature emerges from within the community, reflecting its worldview while affirming the Haredi way of life. Consequently, it avoids depiction of physical contact between men and women, fantasy figures, anthropomorphic animals, and domestic pets. The article presents a bibliotherapy case study in which an oral retelling of Hans Christian Andersen's "The Snow Queen" was used. Its unique contribution lies in adapting the tale for a Haredi client, a female survivor of sexual abuse, in accordance with the "healing story" work model. The article proposes a practical approach to culture sensitive therapy by adapting fairy tales to distinctive populations, thus introducing an important factor into the healing process. It demonstrates how *The Snow Queen* was adapted for the Haredi client and further illustrates this approach through *Hans My Hedgehog* by the Brothers Grimm and other stories.

The Symbolic Meaning of Empty Space in Sandplay Therapy

Irit Birger Sagiv, Roni Gonen- Simchoni

This article explores the symbolic meaning of empty space in Sandplay Therapy (SPT), conceptualizing the void as a multilayered phenomenon inherent in psychological, cultural, and artistic developmental processes. The symbolism of emptiness is examined through a multicultural lens: in Buddhist philosophy, where emptiness emphasizes the interdependence of existence and absence as complementary concepts; in Greek mythology, through the figure of the goddess Hecate, who is associated with the moon and symbolizes the capacity for depletion and renewal, as well as the transition from life to death; and in abstract art, which strips the artwork of representational imagery to enable internal rather than external observation.

Furthermore, the paper presents psychoanalytic perspectives on the concepts of void and emptiness, informed by central theories that regard them as a space of potential for integration, development, and healing. An analysis of two clinical case studies demonstrates how understanding empty space and its functions as a symbolic realm enables the projection of unconscious content, the processing of fear and absence, and the emergence of potential growth and psychic reconstruction.

Dance Movement Therapy in Older Adulthood: Emotional Aspects of Fall Prevention Programs

Einat Shuper Engelhard, Michal Pitluk Barash, Michal Elboim-Gavison

Falls are a common cause of morbidity in older adulthood and arise from a combination of physical and emotional factors. Yet most fall prevention interventions focus primarily on physical exercise, neglecting the emotional aspects associated with falls. This preliminary qualitative study compares the emotional content revealed during a fall prevention intervention based solely on physical exercise (the Otago Exercise Program; $n=5$), with that revealed during the same program combined with elements of Dance Movement Therapy (DMT; $n=6$). An Interpretative phenomenological analysis of observational data and the group instructors' reflective journals identified several themes that preoccupied the participants throughout the intervention: (1) self-image and self-worth; and (2) the individual in relation to others. The integration of DMT components gave rise to an additional theme, (3) past memories, as well as three subthemes: the surprise of self-discovery, the need for belonging, and the uniqueness of older age. Based on these findings, the discussion examines the potential of DMT to address issues unique to older adulthood and argues for the development of an integrated mind-body fall prevention intervention for older adults.

**If You Set Out, You Will Arrive:
A Creative and Emotional Journey
in Creating a Dance Work for People
with Parkinson's Disease**

Anat Bar

This article explores the creative process involved in the development and performance of a dance work created in 2019 by a group of eighteen people with Parkinson's disease. The work was part of the *Community in Motion* project of the Yasmeen Godder Company. Over the course of the project, the author had the unique opportunity to document the process in photographs and reflective writing. Drawing on these materials, the article offers a reflective examination of the group and their movement process, incorporating excerpts from an observation journal written by the author throughout the creative process.

The article traces the group's transition from a dance group to a performing dance ensemble. It follows the creative process that unfolded through sustained, focused artistic work intended for public performance. The discussion draws on relevant literature on dance and movement therapy, body–mind relations with the arts, and the creative dimensions of these fields.

Finally, the article identifies therapeutic and developmental processes that evolved through movement-based artistic creation. These processes have the potential to foster personal growth, strengthen self-integration and psychological well-being, and support the coping and adaptation of individuals living with Parkinson's disease. The findings suggest that participation in a collaborative dance creation project may prove to be a meaningful avenue for emotional expression, personal transformation, and enhanced well-being among people with Parkinson's disease.