

Curriculum Solution-Focused Art Therapy LOM® Training

Introduction to Solution-Focused Art Therapy LOM® - Online

Solution-Focused Art Therapy LOM® places great emphasis on painting images of distressing situations exactly as the person saw them. When internal processes—such as feelings, sensations, thoughts, or symptoms—have no clear visual representation, they are painted in the form of metaphors: independent images containing familiar objects and forms but without a direct connection to the original concern.

This approach enables symptoms or trauma to be processed while retaining the memory of the event but removing the distressing emotions typically associated with it.

This training provides a comprehensive introduction and education to the methods and applications of Solution-Focused Art Therapy LOM®. It is an essential foundation for handling strong emotions that may arise during a therapy session. Participation is a prerequisite for all further LOM® training.

Open to Therapist, Mental Health & Education Professionals. Required for full education and certification.

Scope: 9 contact hours

Module 1 | Working with Metaphors | Online

Dr. Bettina Egger and M.Sc. Jörg Merz developed Solution-Focused Art Therapy LOM® through their deep curiosity and research interest. LOM® is an art therapy method aimed at replacing distressing memory images with non-disturbing ones. Images are selected based on the specific concern and are painted either as originally seen or in their simplest form to create a new, neutral internal impression.

Many burdens—strong emotions, symptoms, sensory impressions—are not directly connected to clear images. For these, an image independent of the problem must be created. Egger and Merz therefore developed a technique based on metaphors.

Metaphors are self-contained images that resonate with an event but have no recognizable connection to the concern and are always embedded in a meaningful background. To identify a metaphor motif, clients are asked category-based questions, for example: *“If your fear of flying were a container, what kind of container would it be?”*

This module teaches how to apply this method to various issues and how to reduce subjective emotional distress.

Scope: 12 contact hours

Module 2 | Distressing Images | Online

As neurobiologist Gerald Hüther notes, the brain is an image-producing organ. Internal images—whether from dreams or real experiences—can burden us for years. Often, we do not realize how these images influence our daily lives.

LOM® works directly with these distressing inner images by replacing them with new ones that help resolve underlying issues. The images are painted exactly as the affected person originally saw them.

This module focuses on how to therapeutically accompany this process and how to “bring the images into order,” a central LOM® concept.

Scope: 14.5 contact hours

Module 3 | Relationships | Online

Relationships are essential to human life, yet difficulties, losses, or dysfunctional patterns can create significant emotional strain.

In Solution-Focused Art Therapy LOM®, strained relationships are explored through the creation of a portrait. Painted slowly, gently, and with loving attention, the process fosters a renewed internal connection with the depicted person.

Working on the image level also allows old wounds and burdensome patterns to be processed, opening new perspectives on relationship experiences.

Scope: 14.5 contact hours

Module 4 | Working with Trauma | In-Person, Barcelona

According to neuroscientist Joseph LeDoux, recalling or narrating a trauma makes the memory temporarily unstable. During this window of neurological instability, a calming image can replace the fear-inducing one. Through painting, the new image is consolidated. The trauma memory remains, but without stress or distress.

This module teaches participants to guide and accompany trauma-related images from the perspective of the affected person. The sequence of events is placed in proper order and made accessible to conscious awareness. The final image—showing that the trauma is over—is the one the brain will later associate with the traumatic event.

The result: remembered images, bodily reactions, and intense emotions dissolve, and the trauma loses its burden.

Scope: 32 contact hours

Module 5 | Working with Systems | Online

Families of origin—and the generations before them—often exert more influence on our thinking, feeling, and behavior than we realize. Some themes repeat across generations; others, such as family position, become reinforced through group dynamics.

In this module, we paint the atmosphere of our family of origin and the atmosphere of the system we have created ourselves. We return what does not belong to us—responsibilities, roles, or attributions—and strengthen what is our own.

Participants learn to create a genogram and identify influencing factors relevant to their current lives. Desired changes are processed using LOM® in a system image.

Scope: 14.5 contact hours

Objectives and Content

Solution-Focused Art Therapy LOM®

is an art-therapeutic intervention that works directly with the concerns of the painter. These concerns may relate to unwanted symptoms and memories, inappropriate behavior, trauma, fear, relationship conflicts, disturbing cognitions, dreams, wishes, challenges, and more.

LOM® primarily affects the brain and leads to lasting improvements in quality of life. The therapeutic work is based on standardized assessments, and the success of the intervention is evaluated on a scale from 0 to 10 at the beginning and end of the process. LOM® is supported by RTC-based studies.

The approach used by LOM® therapists is based on three core interventions, which are taught and practiced during this training. To support participants at the beginning of the seminar, several case examples will be presented. The training is conducted online.

The insights into the LOM® method are intended to encourage participants to explore new perspectives in art therapy and to integrate the method into their professional practice.

LOM® Supervision

To complete the advanced training *Solution-Focused Art Therapy LOM®* with a LOM® certificate, 24 hours of supervision are required. LOM® instructors offer LOM®-related supervision at an hourly rate of €100. Supervision hours can be booked individually or in groups.

A group size of four participants for 2-hour sessions is recommended; in this case, the cost is €50 per person. If you have already completed LOM®-related supervision hours, these may be credited.

Key Information

Costs:

Introduction and Modules 1-5 when booked together (excl. travelling and hotel in Barcelona / Supervision / Certification Cost): **3590 Euro**.

Modules can be booked individually (total costs: **3900 Euro**)

Introduction: 9 hours (ONLINE)

Scope: 9 contact hours / 440 Euro

Module 1: **Working with Metaphors (ONLINE)**

Scope: 12 contact hours / 480 Euro

Module 2: **Distressing Images (ONLINE)**

Scope: 14 contact hours / 560 Euro

Module 3: **Relationships (ONLINE)**

Scope: 14 contact hours / 560 Euro

Module 4: **Trauma – Intensive Week in Barcelona (In-Person)**

Scope: 32 contact hours / 1300

Module 5: **Working with Systems (ONLINE)**

Scope: 14 contact hours / 560 Euro

Certification through lom-international.org

Certification Cost: 90 Euro

Scope: total of 95 contact hours + 190 hours of self-study (equivalent to 11.5 ECTS)

Target Group

The LOM® program is designed for practicing professionals in Mental Health, Education, and Social Care. Participants should have a completed professional qualification or degree and be actively working with clients, students, or patients in their day-to-day practice.

Training Instructors

Cora Egger

Ceramic artist, art therapist, LOM® instructor and supervisor.

Works in her own studio in Barcelona, art therapy for children and adults.

Rahel Brügger

Licensed art therapist, LOM® instructor and supervisor.

Works in her own studio in Copenhagen and Online, art therapy for children and adults.

Requirements for the Certificate:

1. Introductory Course Online (3×3 hours)
2. Participation in Modules 1-5 (4 online modules + 1 in-person week, Barcelona)
3. 24 hours of group supervision
4. 2 written case reports