RELAX WITH OLD BOOKS



ALTERNATIVELY: Fun with discards



IF YOU FIND THAT YOU HAVE A BOOK THAT IS OUT OF DATE...THINK RELAXING CRAFTING TIME. CLICK THROUGH AT YOUR OWN PACE TO CREATE YOUR OWN ARTWORK.

Hanging Book Mobile

Easier than it looks!



Gather your tools

>Book ➤Cutting board ➤Craft knife ➢ Bobby pins or binder clips ➢Glue gun ➢Glue sticks ➢ Picture wire



Section off pages

Use bobby pins or binder clips to hold out three to five middle sections.

with his capacity for intimacy. His family have him go for detoxification. Kima but also started to see other men

Practicing Omnipotence as a Defense against Mind Com-

This case report illustrates how the severe borderline antidependent defense retreats from the vulnerable rapport self's need for a holding object to practicing omnipotes. the transference object and terized by obliviousness t orivating the antidepende flight. The major anxiety piect is the fear that the from internalization of the

STEERS AND

Start cutting out end sections

Cut out sections of pages to the first bobby pin or binder clip on the front and the back.



This step should make the book look like this

- Notice the marked off sections of pages with bobby pins
- Notice the sections where pages have been removed
- Save the removed pages for loops and other crafts



Create the first row of loops

Run a line of hot glue down the front edge of the grouping of pages

Turn the group of pages into a loop and press the edges into the book



Shape the first section on one side into a curved loop



Shape and glue the first section on the other side for another loop



Glue down the next two sections on each side



Glue and tuck in the last section



Make filler loops

➤Use single pages for small loops ➢Glue two pages together for larger loops ➤Use single pages to extend loops



Run a line of hot glue on the edge and bend it gently into a loop

Glue them at random distances so you have several sizes of loops



Make lots of loops

Make several different sizes for visual interest



Start gluing loops between loops

Tuck some loops in close
 Slip pages in between and glue several loops to a page



Keep adding loops until you are satisfied

 When you have enough loops, run picture wire through the spine
 Tie the wire to form the hanger



Hanging Time

Choose a spot that needs a little drama!



You will have plenty of loose pages left. Now you can start some smaller artworks.



The ornament that follows can be personalized in so many ways.

WesternU Ornament

This WesternU ornament makes a great gift for all those who helped you get here.



Source for Official Logo

The official approved logo is Black on White

https://westernu.photoshelter.co m/galleries/C000038SIOvRaNcc/G0 000iEWSiA6sGGQ/I0000b.jyvzPl2DM /WesternU-Seal-Black-png



Gather your tools



➢Pages from old book Photocopies of WesternU logo on cardstock ➢ Paper cutter ➤Cutting board ➢Paper clips ➢Glue gun ➢Glue sticks ≻Stapler ►Twine >Chopstick

Cut one-inch strips



Cut a lot of one-inchwide strips the length of the pages. Cut 10 or 20 or more, depending on how full you want your flower shape to be.

Glue or staple each strip into a loop



Glue or staple the ends of each strip to create small loops. Begin gluing several loops together to make small groupings.

Add the hanging loop



Use a drop of hot glue to position a loop of twine for a hanger.

Add the next loop



Glue a loop over the twine. Press in place with a chopstick. The glue is hot, you know!

Hot glue loops into flower shape



Prepare WesternU logos



Photocopy WesternU logos onto cardstock. Cut out two for each ornament that you are making.

Swirl hot glue onto center of flower and press one logo onto glue.





Turn the ornament over and repeat the glue and press for second logo.



Front and back of Your WesternU Ornament



More...

Ahh, you still have pages left over? Click on for another idea...



Continuing with the extra pages...Make flowers.



Make flowers for vases
Make flowers for presents
Make flowers for you
Make flowers for family
Make flowers for friends

Gather your tools



➢Pages **Pattern** Pencil ➢ Scissors ➢Hot glue gun ➢Glue sticks >Chopsticks ➢ Paper clips ≻Small vase

Draw a pattern

Therapeutic Intervention

Might 1 perhaps have kept the girl under my treatment if 1 myself had acted a part, if 1 had exaggerated the importance to me of her staying on, and had shown a warm personal interest in her—a course which, even after allowing for my position as her physician, would have been tantamount to providing her with a substitute affection she longed for. I do not know. [p. 132]

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Freud states that he has always avoided acting out a part and instead practiced the humbler art of psychology, believing that there must be limits to the use of psychological influence and to the patient's will and understanding.

This statement by Freud is a reasonable, uncontestable line of argument, especially his comments on practicing the humbler arts of psychology and respecting the limits of the patient's own will. Looked at closely, however, it may suggest a bit of rationalization. The question I am raising is whether Freud would have been merely acting a part or exaggerating the importance to him of her staying on in treatment had he shown a warm personal interest in her. The case material indicates that Freud was impressed by Dora's keen intelligence and astute powers of observation, and that he also clearly understood that the real objects in her life victimized her. Could Freud have repressed his personal interest in Dora and therefore expressed less empathy than her reality situation warranted? It is quite possible that Dora stirred up in Freud affectionate and erotic feelings similar to those Herr K. experienced toward her. This would account for his overidentification with Herr K. At the same time, if Freud had shown more empathy toward Dora and she had experienced the sense that he had a positive image of her, it is quite likely that she would have seen him more directly as the exciting object and directed her rejection more directly at him. Freud went into this situation knowing explicitly of her rejection of doctors. Could Freud have been protecting himself from the rejection of empathy and from assuming the transferential position of the rejected object? His avoidance in directly dealing with the transference early on speaks to this view.

Cut spirals out of the pages

The score of her parent. Others, she felt as if she save the s the score models count-character and score sc

and a dasking a cloud, see our source and the first full clouds of the set of

Stack a few pages. Lightly draw a spiral on the top page. Cut around and around along your line.
Start winding from the point

wition during Resolution of Symbiosis

taking care of her parrot. Often, she felt as if she were the good, symbiotic mother comforting her infantile needy self. However, Kim's relationship to her parrot as a substitute trans ference object points to another aspect of the symbiosis that has important implications for the treatment of such patients. Kim was the symbiotic breast object. She was in complete control. She could place the object in a cage or allow it to fly free. The bird needed her; she did not need the bird. The bird was volnerable; Kim was omnipotent. Having omnipotent control over the bird enabled her to need me less. Therefore, the symbiotic relation that Kim had established was unconsciously one in which she had the good maternal breast trapped completely inside of her (inside the cage), and she was identified as the good breast. This state of internalized object relations implied that she was establishing a narcissistic adaptation. Kim's functioning improved considerably. She stopped taking

Solution of the started to take classics and subject taking any employment. She started to take classics. She continued her started the trips full time job and year of the started to take classics. She continued her strong the started to take classics. She continued her strong the started to take classics. She continued her strong the strong the strong transmission remained evident in her relationship with him in that she demanded that he place her above all other interests and activities and devote himself exclusively to her. Through the symbiotic transference to the therapist, she had consolidated nough of a pathological grandious self to enable her to function or a utonomously. In her unconscious fantasy, the good breast pist mother was trapped in her body as a bird is trapped in a She developed a pathological self-sufficiency in which show the strong but expected everyone around her to work and the strong

Starting from the point on the outside, wind the paper into a cone keeping the inside tighter.

A paper clip can help keep it from springing open.

Keep base tight

If she were the gov ration needy self. as a substitu that has aspect orients hiotic breast object. She was in combed her; she did not need the bird. The bird we bird to a some the bird we bird to a some the bird we bird to be bird we bird we be bird we bi nabled her to need me less. Therefore, the symbiotic r that Kim had established was unconsciously one in white the good materna breast trapped completely inside of h the good matching breast trapped completely inside or n.j. the cage), and she was identified as the good breast. This internalized, object relations involved that she was estable the cage), and she was identified as the good breast. This internalized object relations implied that she was establing Kim's functioning improved considerably. She stopped drugs and abusing alcohol. She found her first full-time strengther employment. She started to take placeter she employment. drugs and autising alcohol. She found her first full-time stated to take classes. She conting a steady employment. She started to take classes, she conting a state and a she from the start for the s narcissistic adaptation. steady employment. She started to take easses. She contin relationship with her boyfriend only after he went for h relationship with her boytriend only after ne went for its with his drug problem and became drug free. However, her protects his drug problem and became drug free. However, her protects symbiotic adaptation remained evident in her relatio/mercess him in that she demanded that he place her above all e trough the encoded activities and devote himself exclusively to be consolidated Mis drug problem and became drug tree. However, her is symbiotic adaptation remained evident in her relation symbiotic adaptation temperature to the place because at the place b him in that she demanded that he place her above all e trough the and activities and devote himself exclusively to had consolidated historic transference to the therapist should be to function and activities and devote himself exclusively to hid consolidated symbiotic transference to the therapist, shall her to function symbiotic a pathological grandiose self to the appendix to the appendix to the self to the second transference to the second transferen symbioric transference to the therapist, slipple her to function nough of a pathological grandiose self stantasy, the good breast nough of a pathological granding stantasy is trapped in a ore autonomously. In her one of a fantasy, the good breast apped in a bird is trapped in a bird is trapped in a apist mother was trapped in her body as a bird is trapped in a She developed a nathological self-sufficiency in which sh apist mother was trapped in her body as a bird is trapped in a She developed a pathological self-sufficiency in which she developed a pathological self-sufficiency in the self-sufficiency is self-sufficiency in the self-suffi She developed a pathological self-sufficiency in which need anyone but expected everyone around her to work nough of a pathological grandiose are autonomously. In her operations , her.

As you round the curves, you will see the cone shape developing.

Keep winding



And winding



Till you get to the tab





When you have several buds completed...



With paper clips in the base of each flower, go plug in the glue gun.

Drip hot glue onto the top inch of the "stem".



Gently push the chopstick into the base of the flower



You want to push the chopstick/stem far enough to be stable, but not sticking out the top of the flower.

The tab becomes the Calyx



Wrap the tab to secure the flower to the chopstick and it becomes the base or calyx of the flower.

More hot glue



Apply hot glue to the tab. Wrap around the stick and secure.

Press in place



Press for a moment to secure the glued parts.

Allow to cool



It only takes a few minutes to cool.

Arrange your roses

Change your arrangement every day if you wish. Or never. There is no water to spill.



Crafting is Meditation

Now that you have created something charming, your mind is cleaned and freshened up for the studying that you have been putting off. **Enjoy!**

