



Therapeutic Lessons of Persephone:

**Goddess of Spring
Queen of the Underworld**



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Elements of the Persephone Myth that provide archetypal context for clients healing from trauma:

1. Innocence –

- a. blind trust
- b. denial
- c. naïve
- d. unconscious

2. Abduction –

- a. trauma
- b. shattering
- c. assault/rape

3. Captive in the Underworld –

- a. dissociation/out of body experience
- b. depression
- c. ungrounded
- d. continued denial

4. Rescue –

- a. recovery of self by remembering self
- b. recovery by others
- c. resources come in

5. Seeds of the Pomegranate –

- a. post traumatic growth- see below

6. Wise Woman of Darkness and Light

- a. Not afraid of the darkness
- b. confident in cycles of renewal
- c. never able to be in denial again
- d. awake and aware

Post-traumatic growth – Gifts from the Underworld

1. Greater sense of possibility
2. Closer, more intimate relationships
3. Authenticity
4. Finding true voice
5. Gratitude
6. Compassion – open to suffering of others
7. Heart based spirituality rather than head based religion
8. Increased strength and resiliency
9. Presence – awake and aware

Art Therapy Directives to support the journey:

1. Innocence -

Who was I before this trauma?

The way I used to see myself and the world

Before I knew...

2. Abduction/Betrayal -

What this has done to me...

Who am I now?

What I feel in body, mind, and spirit

3. Captivity -

Me and my body

What must I express to be behind my eyes again?

Where am I in relationship to my body?

4. Rescue -

My resources

Where am I waking up?

What are my strengths?

Who is there for me?

Embracing myself in compassion

5. Seeds of the Pomegranate -

What I know now...

My authentic self

Who am I now?

Compassion for self and others-perspective drawings

6. Wise wisdom of Darkness and Light

My cycles of renewal

My journey to wisdom

What I now know about life

My reclaimed parts

Me and My Shadow

What is my offering to the world?

What is my purpose?

For more information:

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