and future. They have paved the way to their self-awareness of their own potential, but also limitations, doubts and fears. They have shown how important skills are, including those of an academic teacher, in order to draw on the standard solutions. They have demonstrated the importance of forming relations based upon kindness, respect, trust, care and authenticity. The factor of community and significance of bonds between humans, among whom we express ourselves through art, discover, purify and free ourselves of our difficulties, has been noticed. Their perception of themselves as art therapists has also changed. Their own workshop work has given the students insight into their traits and interpersonal skills, which can translate into their advantages and disadvantages when conducting classes on their own, and can determine success or failure of an activity. They have discovered the truth about themselves, and by learning about themselves, they have become more mature and prepared to meet others in a dialogue, artistic creation and shared activity. They have become attentive to group processes. The increase in their individual and professional competences has not deprived them of their reflectiveness and further desire to broaden their horizons and their need to develop, seek new things and enjoy assisting others in their self-expression.

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