

ABSTRACT

The language behaviour of the clients' reflection on art psychotherapy is observed in the final stage of the session. This session is referred to as 'Reflect Interview'. Through art psychotherapy clients' utterances in the reflect interview, Cognitive Linguistics is implied to explore that certain English words in sentences may not be related to their intended references when analysed based on formal or traditional theories. This observation is drawn from the audio image recording of art psychotherapy collected from projects conducted by the National Healthcare Service and the British Association of Art Therapists between 2015 and 2021. The construction of language by art psychotherapy clients presents clients' ideas and gives rise to mental space constructed by linguistic unit referred to as 'space builder,' which in turn contain element that bridge mental space. Data from the utterances of art psychotherapy audio-image recordings were automatically transcribed, resulting in a total of 1,445 sentences. These sentences were further investigated using qualitative methodology. This research posits the following findings: 1) Clients' reflection on art psychotherapy give rise to mental space categories, including REFLECTION SPACE, REALITY SPACE, DEPICTION SPACE, DESIRE SPACE and POSSIBILITY SPACE; 2) space builder such as prepositional phrases, adverbs, connectives, and Subject-Verb combinations trigger the emergence of including REFLECTION SPACE, REALITY SPACE, DEPICTION SPACE, DESIRE SPACE and POSSIBILITY SPACE in the clients' reflections on art psychotherapy; and 3) clients' reflection on art psychotherapy incorporate element of definite interpretation, indefinite interpretation, and combination of both categories.

Keywords: *Mental space, space builder, element, Cognitive Linguistics.*

INTISARI

Perilaku berbahasa refleksi klien psikoterapi seni diamati dalam tahap terakhir sesi psikoterapi. Sesi ini disebut sebagai 'Interviu Reflektif'. Melalui ucapan klien psikoterapi seni dalam Interviu Reflektif, pendekatan Linguistik Kognitif diberlakukan untuk mengeksplorasi bahwa kata-kata tertentu berbahasa Inggris dalam kalimat-kalimat mungkin saja tidak berhubungan dengan referensi yang dimaksud jika dianalisis menggunakan teori formal atau tradisional. Pengamatan ini dilaksanakan terhadap rekaman audio visual yang dilakukan proyek-proyek National Healthcare Service dan the British Association of Art Therapists pada tahun 2015 sampai 2021. Kontruksi bahasa klien-klien psikoterapi seni menunjukkan pikiran klien dan memunculkan ruang mental yang dibentuk oleh unit linguistik bernama 'pembangun ruang', dan karenanya memuat unsur yang menjembatani ruang mental. Data ucapan klien psikoterapi seni dalam rekaman audio visual ditranskripsikan secara otomatis dan menghasilkan 1.445 kalimat. Kalimat-kalimat tersebut lalu diteliti menggunakan metode kualitatif. Penelitian ini menghasilkan penemuan: 1) Refleksi klien psikoterapi seni memunculkan kategori-kategori ruang mental seperti RUANG REFLEKSI, RUANG REALITA, RUANG GAMBARAN, RUANG HARAPAN, dan RUANG KEMUNGKINAN; 2) pembangun ruang seperti frase preposisi, kata keterangan, kata penghubung, dan kombinasi Subyek-Verba; dan 3) refleksi klien psikoterapi seni memadukan elemen interpretasi definit, interpretasi indefinit, dan kombinasi antarkedua kategori.

Kata Kunci: Ruang mental, pembangun ruang, unsur, Linguistik Kognitif.