

# Aurélie Beer: On Art, Birth, and Becoming

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DOMAIN: [AURELIEBEER.ART](http://AURELIEBEER.ART)

**B**orn in Brussels and based in Paris, Aurélie Beer is a multidisciplinary artist and expressive arts therapist whose creative life is inseparable from her personal evolution. Exposed from childhood to betrayal, jealousy, and family secrets, she quickly found refuge in art—first through collage and fashion, then through painting, sculpture, writing, and eventually therapeutic practice. Her studies took her from the Kent Institute of Art and Design and Middlesex University in London to expressive arts therapy programs in Peru, Malta, and Switzerland, including a Master's at the European Graduate School.

Before dedicating herself fully to healing through art, she worked in fashion, renovated homes across continents, and explored monumental painting under the guidance of Peruvian artist Gabriel Alaysa. Her body of work spans deeply personal series like *Skins* and *Migration*, as well as poetic writings and performances centered around memory, repetition, and the female condition. In 2024, she wrote and performed a theatre piece titled **Entre deux mon cœur** as part of her expressive arts practice, which is now being published by Éditions Baudelaire. Currently, Aurélie is completing a PhD dissertation on art and trauma and preparing to

launch *Le Moulin à Vent*, a Qualiopi-certified art therapy training programme based on a benchmark developed by the French government.

Today, Aurélie guides others through transformation using a unique blend of movement, breathwork, and visual expression. In this conversation, she reflects on the courage it takes to be true to yourself, the difference between acceptance and resignation, and the joy of living in alignment with who you are.

**You have doula training and often describe birth as a metaphor in your work. What fascinates you about that moment?**

There's something sacred in the moment of birth. It's when everything is passed down. The ancestors are there, patterns are given, it's a powerful moment of transmission. I see many parallels between supporting someone during birth and guiding someone in therapy. In both, you're helping them give birth to themselves. We often go back to childhood, to those formative moments. That's where my fascination comes from, the vulnerability and openness that can be either protected or lost, and then reclaimed.

**You mention how important it is to protect the soul from the beginning. What happens when that doesn't occur?**

When life or family couldn't hold space for your soul, something in you disconnects. But I truly believe the arts can help reconnect you. They allow us to return in a very subtle and sensitive way to that original self, to the reason we're here. And when that reconnection happens, when someone starts to live from their soul, it's incredible to witness. They find their path. They serve their purpose.

**Rage and frustration were powerful forces in your early life. How did they evolve into creative expression?**

I had a lot of rage growing up: deep questions, deep frustration...and no one wanted to answer me. I was always told to be quiet. Through therapy, I came to understand that my rage was meaningful. It wasn't something to suppress, it was telling

me something important. That became central in my art. People sometimes criticize me for being too personal, but I don't know how else to be. I speak from my truth. The only things I can talk about are the ones that come from within myself.

**And you're not afraid to speak about personal things publicly...**

No. I'm an artist. That's what I am before anything else. Art has always been a way for me to survive and understand the world. Every time I tried to escape that truth or play by someone else's rules, it didn't work. The art kept pulling me back. It's not just about me. It's something I have to do—and the more personal it is, the more universal it is.

**In your art therapy sessions, you use breathwork, movement, painting... How do you decide what each person needs?**

It comes from time, experience, and the art itself. I had great teachers, and Markus Scott-Alexander, who has been my mentor for many years now, played an important role. But ultimately, the trust really comes from the process itself. In my own work, I started seeing the same themes returning again and again. That repetition became a signpost. When you stay with it long enough, you start to trust. It's never about giving up. It's about continuing. That's what guides me with others too. The art always answers.

**What about people who are very "in their heads" and struggle to let go?**

That's actually the most common situation. Most people are in their minds because they're afraid. They hold on to what they know because it feels safe. But true transformation

takes time. It happens moment by moment. And it begins when they're ready to let their body and heart speak—a language we've never really been taught. Art helps people find that language. But you can't force it. You can only offer a safe space and let it happen when they're ready.

**Do you ever interpret someone's artwork?**

No. That's not my job. I can feel something, of course, but I never tell someone what their work means. That would be imposing. The person is the only one who can say what their art is saying. My job is to create a space where they can hear themselves. I respond with my heart, not with judgment or analysis. I come from my humanness, not my ideas.

**You're also a mother. Did your children ever ask you to interpret their drawings?**

*(Laughs)* My children are both artists, albeit in a very different way. My son disappears into his room



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with his paints and creates what he needs to. My daughter likes to have me nearby while she draws and we talk. But no, I don't interpret. I learned to hold back and let them have their own process. I'm just there for them if they ask, guiding gently, without pressure. It's a dance.

**You've spoken about freedom as a key value. What helped you claim that for yourself?**

Travel shaped me. Seeing that, under all the differences, we are all the same. Becoming a mother also changed me. And so did the tough moments, the times when life was really hard. That's when I had to choose not to be destroyed. That's when I became strong. Acceptance has been my biggest teacher—not passive acceptance, but conscious, active acceptance. It's about honoring where you come from and still choosing your own path. That's what freedom means to me now.

**What qualities are essential for someone considering becoming an art therapist?**

You have to love people. You need to be curious about others: who they are, what moves them. You also need to love the arts, not for the product, but for the process. And you need to love movement, inner and outer. Therapy is not a static thing. It's a dance. And it's not just about the other. It's also about yourself. You have to be willing to keep growing and learning. If you want to stay the same, don't do art therapy.

**Is there something you feel is missing or underexplored in the current academic discourse around art therapy—whether in terms of practice, philosophy, or how it's taught?**

The body in general is not explored enough in therapies. The body is holding everything, and we're not talking enough about the connection with the heart and the soul. We have all the information inside us. It's just about finding a way to access it, heal it, and transform. We're not seeing the present enough as a gift. Everyday life holds something we can create with—beauty in every step. I see day by day as something that can become a meditation.

**Finally, what makes art therapy magical for you?**

It allows people to re-narrate their stories. The past doesn't change, but your relationship to it can. That shift is powerful. I've seen someone paint something abstract and call it horrible. But over time, they begin to see beauty. Art creates the space for that transformation. It brings everything together: the body, the story, the emotion, the present moment. It helps you see the invisible, and through that, remember who you are. •

ON MY SHELF



**The Just Right Next: Meditations on the Art of Mindfulness**

by Markus Scott-Alexander

Aurélie Beer recommends this reflective and quietly grounding book by her mentor, expressive arts educator Markus Scott-Alexander. Drawing on her deep connection to the text—she translated it into French a few years ago—Beer highlights its meditations on mindfulness, presence, and creative awareness. *The Just Right Next* offers small, considered steps that gently guide the reader through inner shifts and moments of clarity.



Interview by .ART Editorial Staff