

# ART THERAPY RESOURCES



## SENSORY PROCESSING

This art intervention is based on the content in the book:

### **Title: Art Therapy with Children on the Autistic Spectrum**

Author: Kathy Evans & Janek Dubowski

Amazon purchase link: <https://amzn.to/37aPgWd>

### **Based on chapter 5: The Basis for Intervention. From theory to practice**

It's important to understand that children on the autistic spectrum experience the development of sensory processing uniquely. This can be explored in the use of specific art materials that possess identifying features such as wetness, texture, and form.

As art therapist we can help the client explore the various sensory aspects of art materials to develop a vocabulary with the child. Exploring these new sensory aspects can also help the therapeutic relationship between therapist and client through the shared experience of exploration and new discoveries.

## ART EXERCISE SUGGESTION:

A helpful art therapy exercise to undertake with your client is to introduce new art materials. Identify and explore the differences in the sensory aspects of each art material.

Alternatively you can guide your client to choose art materials based on suggested terms of wet, dry, sharp, smooth, bumpy, rough, etc. Let your client express their interpretation of these terms based on the art material chosen and how the art material is used.

The art therapy exercise should be undertaken based on the child's age and stage of physical and intellectual development.

You can read more about the book pictured to the right on our blog post:

Book Review: Art Therapy with Children on the Autistic Spectrum

<https://arttherapyresources.com.au/autistic-spectrum>

