

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: ANGER

Julio had been attending art therapy sessions as a process of recovering through his divorce and other life changes he was experiencing. Julio had instigated his divorce. Occasionally he would feel a great deal of anger at his wife. Julio understood that anger was part of the process of healing, however, he often could become angry which would affect the rest of his day. Julio felt this period would pass but he wanted to find a way to deal with the moment of anger when it came across him in a constructive way instead of ruminating and building upon the anger.

INSTRUCTIONS:

- This art therapy is a simple coping technique to help clients deal with anger in the moment it occurs. This exercise could be done with any emotion in mind aside from anger. This exercise is mindfulness based and can help introduce an active process to accepting an emotional experience.
- Draw the word anger or an image that represents anger on a card or piece of paper.
- When you are feeling angry, look at the card, turn it over to represent the action of letting go of the anger.
- The act of expressing the word 'anger' helps the client identify the emotion and give voice to its presence. The act of turning the card over helps the client gain control over the emotion.

EXAMPLE EXERCISE:

Julio was able to use the exercise as a reminder to let the anger go.

Julio felt the art therapy exercise validated his feelings of anger.

Through the exercise, Julio was also reminded to let the feelings of anger go as an emotion in a single moment in time.



NOTE: more details can be found at www.arttherapyresources.com.au/case-study-anger