

# ART THERAPY RESOURCES



## ART THERAPY CASE STUDY BACKGROUND: BULLYING

James was brought to an art therapist by his parents as his behaviour and school work has begun to change. James' parents had determined that he was being bullied at school by an individual and were working with the school to resolve the bullying problem, however, they noticed James had become increasingly withdrawn and anxious about leaving the house. James has previously attended two other sessions where he and the art therapist developed a rapport and exposure to the process of creating art.

### INSTRUCTIONS:

- This exercise involves asking the client to recall a recent incident or altercation with a bully. The focus of this exercise involves exploring emotions that occur as a result of the incident. Emotions can be explained as an important message that tells us when we feel good or bad about something.
- Ask the client to recall a recent incident with a bully.
- The client can either draw themselves or use a body cut out image. By drawing themselves the client can reveal how they see themselves when feeling the emotion. This can include shape and size of the body drawn. If the client is not confident in drawing their body they can choose to use a cut out body outline collage image.
- Ask the client to notice whether they are feeling anything in their body as they think about the incident.
- Ask the client to use art materials to indicate where the feeling occurs on the drawing or body outline. This expression can include intensity of feeling and size of the feeling in reference to the size of the body.

### EXAMPLE EXERCISE:

James felt his stomach hurt when he thought about the recent incident when he was called a stinky pig.

He felt like he might want to go to the toilet but didn't really feel like going. James mentioned he felt worried he would not be able to get to the toilet in time if he needed to.

His description indicates a lack of control over being able to protect his dignity in getting to the toilet in time.

This is also a reflection on the lack of control he feels when he is called names by the child at school.



NOTE: more details can be found at [www.arttherapyresources.com.au/case-study-bullied](http://www.arttherapyresources.com.au/case-study-bullied)