

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: FATIGUE

Olivia discussed with her art therapist the issue of fatigue and how it affected her ability to do anything meaningful with her day. She also felt she was disappearing from her social circle as she was usually too tired to attend social events, especially at night. If Olivia did attend events she would get anxious about how she would handle the event and be able to socialise with her friends. This art therapy is designed to help the client develop insight into the cycle of biological, psychological, and social influences that affect emotions, thoughts, mood, and physical wellbeing.

INSTRUCTIONS:

- Ask the client to reflect on an incident or situation that was impacted by their physical limitations such as fatigue.
- Ask your client to identify the primary emotion that arises as they recall this situation. How did their physical limitation (fatigue) impact their experience of the situation.

Did the fatigue prevent the client from participating? Was the client excluded and rejected in the situation because of their physical limitations?

- Ask the client to create an artwork that reflects the impact that fatigue has on the client's life. This could include aspects that are related to biological, psychological, or social aspects of the client's life.

EXAMPLE EXERCISE:

From the art exercise Olivia was able to give a physical form to fatigue and see the impact it has on her social life through the artwork she created.

This insight helped Olivia see the fatigue as a physical symptom and not a reflection of her personality.

From this, Olivia was able to see the fatigue as something separate from herself that she could learn to manage in social outings.



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