

INSTRUCTIONS:

- This exercise is designed to give your client insight into how they react to specific cues that may precede addictive behaviours.
- Discuss with your client the type of art supplies they may like to work with in this session. For this exercise, your client may wish to focus on one specific addiction cue at a time. In this sample exercise, we will use drawing a tree to represent the core cue and the tree branches to represent your clients reactions to the cue. Drawing supplies will be useful for this exercise.
- Ask your client to draw a tree that represents the addiction cue that they wish to explore. Your client may choose to draw a simplified tree or instead use different shapes and colours that they think represents the magnitude of the addiction cue.
- After the tree is drawn, your client can draw branches extending from the tree that represents the reactions your client may exhibit when faced with the addiction cue. The dimensions of the branch may represent the intensity and impact of your client's reaction.
- After your client has completed the art therapy exercise, discuss the influence of the specific addiction cue and the magnitude of its impact on your client's daily functioning. When your client can see the connection between the addiction cue and how it leads to their reactions, they gain insight into how to disrupt this connection in the future.

EXAMPLE EXERCISE:

Shane felt that most of his gambling activity had stemmed from times where he was home alone and feeling lonely. Shane used the tree branches to make connections on the many ways he tried to deal with the feeling of loneliness.

The various branches stemmed from the main feeling of loneliness and ended with the same outcome of gambling. He always noticed a change in his mood when he initiated gambling activities.



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