

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: GUILT

Joe had been attending art therapy sessions as part of his recovery of a medical issue. His medical issue had changed his ability to participate in life and he had been working with his art therapist about how he would miss out on milestones in the future due to his illness. This caused him to reflect on past experiences he had also missed out on including spending time with his children when they were younger. Joe's illness has caused him to reflect on the relationship he has with his children. He finds it difficult to share his worries and concerns about his illness with his children. This art therapy exercise is designed to help the client connect their emotions and any physical manifestations to their experience of guilt. Before the client can work on changing their beliefs or behaviour, it's useful to gain insight into the emotional experience of the client and how this can manifest itself in physical feelings.

INSTRUCTIONS:

- Discuss with your client the type of art supplies they may like to work with in this session. Your client may wish to use collage techniques and collect images from magazines or free clip art from online sources (eg. <http://www.freepik.com/>). Alternatively your client can use drawing or painting materials.
- Ask your client to reflect on a current situation that they find generates conflict or difficult emotions between themselves and another person.
- Ask your client to identify the primary emotions and physical feelings that arise as they recall a recent incident or difficult situation.
- Ask your client to create an art work that reflects these physical feelings and emotions that arise in this situation.
- After the client has created their art work, discuss with your client the impact of the situation on their emotions and physical feelings. Are these emotions preventing the client from moving forward in resolving any conflict with the other individual or internal negative beliefs.

EXAMPLE EXERCISE:

Joe was able to identify from this art work that the overall emotion he felt was guilt and it was eating away at him.

Joe felt the guilt was consuming him and his inability to deal with his emotions was paralyzing him.

Joe felt that he was unable to discuss his current concerns about his illness was due to the guilt he felt over his parenting when his children were younger.



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