

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: HOARDING

Betty had been attending sessions for a month and had been discussing with her therapist the impact of thoughts on behaviour. Betty and her therapist had previously discussed the nature of things being permanent and temporary. Betty recognises her possessions are a reminder her state of being as permanent and stable. Betty find the idea of keeping her possessions for a one time use as stressful.

INSTRUCTIONS:

- This art therapy exercise is designed to reinforce the idea of things, thoughts, behaviours, ideas and more being temporary. The temporary nature of things can have a positive affect on our lives. It can also show us that we continue to exist after the temporary object is gone. This art therapy exercise should be used and adapted to the level that the therapist thinks is appropriate for their client's current well-being.
- Ask your client to sit at the sand tray table. Explain to your client that the exercise will involve working within the confines of the sand tray table. The sand tray is the only place to focus on.
- Explain to the client that the exercise idea is to create a series of drawings in the sand at 1 minute intervals for 5 minutes. This equates to 5 drawings in total. This part can be adapted based on their therapists understanding of their client. Maybe the 1 minute or 5 drawing total is too little or too much for your client. You can change these parameters to suit your client. Use a timer clock next to the table if this is appropriate. Alternatively the client can move on to the next drawing topic once they feel their drawing is complete.
- Provide your client with their first art drawing prompt to create in the sand - a flower.
- Once the flower is drawn (or 1 minute has passed), ask the client to smooth out the sand and move on to the next drawing - a collection of joined circles (various sizes).
- Once the circles are drawn (or 1 minute has passed), ask the client to smooth out the sand and move on to the next drawing - an animal.
- Once the animal is drawn (or 1 minute has passed), ask the client to smooth out the sand and move on to the next drawing - a ocean waves.
- Once the ocean waves are drawn (or 1 minute has passed), ask the client to smooth out the sand and move on to the next drawing - a house.
- Once the house is drawn (or 1 minute has passed), ask the client to smooth out the sand.
- Ask your client to reflect on how they felt when drawing each item. How did they feel in the transition moment of smoothing out the sand and starting another drawing.

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