

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: INFIDELITY

Even though John has stated he knows the affair was not his fault, he still focuses on ways in which he could have improved himself to prevent his wife from having an affair. John has been focusing on his appearance as one of the reasons his wife was unfaithful. The antecedents and context within which the affair occurred is an important process of discovery. There are many facets of our lives which create our beliefs, perceptions, and behaviours within a relationship. This context can be explored through an art activity that will help visually define the environment which the relationship was functioning within by using a relationship timeline.

INSTRUCTIONS:

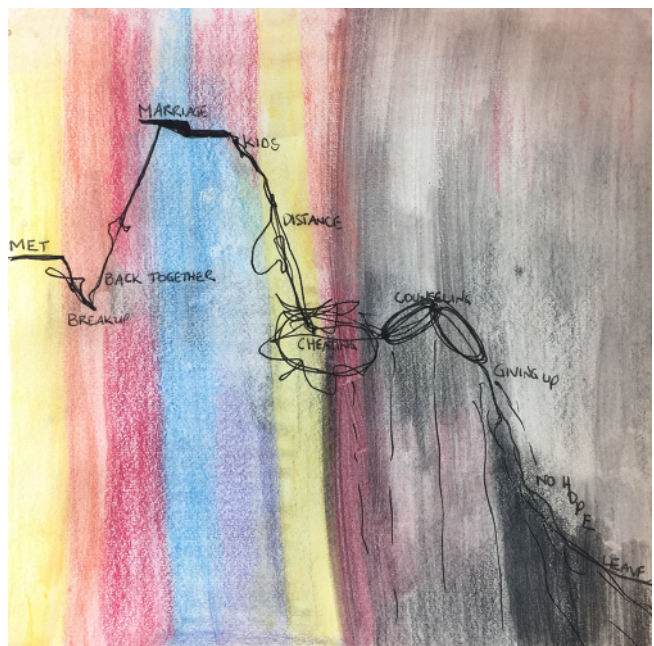
- Discuss with your client the type of art supplies they may like to work with in this session. This exercise involves constructing a timeline image. Collage, drawing and painting supplies will be useful for this exercise.
- Ask your client to draw a pathway that represents the significant stages of their marriage over time. This may include events that occurred to both of the partners or significant events that affected only one of the partners of the marriage. The timeline can include a starting point at the wedding and an end point of current day. Your client may express their perception of how long they believe each significant event in their marriage impacted the timeline. This can be facilitated by adding time markers along the line. Your client can construct the shape of the timeline to represent how stable they perceive the marriage has been over time.
- After your client has completed the art therapy exercise, discuss their perceptions of the journey their marriage has taken and what they understand the impacts have been on their marriage from each marked event. This exercise will provide insight into the stressors on the marriage over time and the cumulative impact. This is an opportunity to reframe any misconceptions the client may have about their personal impact on the incident of the affair by their partner.

EXAMPLE EXERCISE:

After completing the exercise John started to gain an overall picture of the environment that his marriage was functioning within.

John noted the timeline helped provide a framework for how his marriage had evolved over time. He could see the stressors that had impacted the marriage and noted that external events had impacted their relationship.

John was able to move beyond focusing on his appearance as a contributor as the context of other external events and pressures were more clearly linked to his marriage crisis.



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