

# ART THERAPY RESOURCES



## ★ *Art Therapy & Cancer*

### INTRODUCTION:

Cancer patients may experience physical changes as a result of their cancer diagnosis. These changes may be permanent (amputations, stomas, scars) or temporary (weight loss/gain, hair loss, skin changes).

Your client may be self-conscious about these changes and experience an emotional response of shame and anxiety.

Even after treatment has finished, any permanent physical changes will serve as a constant reminder of your clients cancer experience.

### ART EXERCISE:

Discuss with your client the type of art supplies they may like to work with in this session.

Collage, drawing and painting supplies will be useful for this exercise.

Ask your client to reflect on the definition of the word beauty.

Reflect on the impermanence of external beauty.

Reflect on the permanence of inner beauty.

What words and images come to mind for your client as they reflect on internal vs external beauty.

After your client has completed the art therapy exercise, discuss their physiological changes in light of their reflections on the permanence of beauty.

