

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: DIVORCE

Jenny has been in therapy for 5 weeks and has come to her session today with news that her husband has officially asked her for a divorce. Jenny asked for some input on completing an art therapy exercise. She wanted a break from thinking and wanted art to help her process her many emotions. Jenny decided to create a mini artwork for each emotion, by asking herself the question “what am I feeling now?”

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

Access YouTube Video here: <https://youtu.be/Gf0HCrZwse0>

INSTRUCTIONS:

- Divide a sheet of art paper into 4 equal sections.
- Working through each section individually, the client asks themselves “what am I feeling right now?”. Whatever emotion immediately comes to mind is then used as basis of art making in the first square.
- The client can either complete each square in an unlimited time or allocate an amount of time to each square so that she/he can keep progressing through the exercise.
- Once the exercise is completed, the client can then name the emotion by adding hand written titles to each square.
- **NOTE:** 4 squares are initially drawn. If the client feels they only are experiencing one main emotion, they can either use the entire sheet or use the individual squares to define various subjects that their anger is directed toward, eg. Spouse, work, parents etc. If the client feels they are experiencing more than 4 emotions, they can start another sheet.

EXAMPLE EXERCISE:

