



★ *Art Therapy - Fatigue*

INTRODUCTION:

The task details are taken from the Art Therapy Techniques and Applications.

TASK: Fatigue - Materials: Drawing paper, pastels, crayons, markers.

PROCEDURE: Discuss the meaning of fatigue (weary, tired, etc.) and how it feels to be fatigued. Then ask clients, "What does fatigue look like?" Have them draw their visualization of it.

Discussion/Goals: Drawing their fatigue provides clients a venue to examine it and not "own it" so much. They can begin to gain control over it by exploring how it affects them emotionally, physically and socially, and exploring what it looks like, how it feels, how long it has been a part of their lives, etc. Goals include development of coping skills and increased self-awareness.

ART EXERCISE:

Fatigue was a relevant discussion point for the client as they had been experiencing ongoing sleep disruption over a number of years and had become increasingly fatigued from the lack of sleep as well as mental fatigue from addressing the sleep problems.

The client had been developing a process of self-blame for not being able to get to sleep or stay asleep.

Through the art therapy exercise the client was able to detach from the internal feelings of blame and see how the fatigue was affecting them.

The client created an artwork that explored their levels of fatigue and energy over the period of a week. The sleep periods were fragmented and played a large part in the client's life.

The client could also see at times when they put effort and energy into trying to address the sleep issues and this helped alleviate the blame they felt about not getting enough sleep.

The exercise helped gain some perspective into their sleep issues on a visual scale.

