

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: GRIEF

Mary's son passed away unexpectedly from a heart condition 6 months ago. This is her first session and she's not sure how Art Therapy is going to help her deal with her grief. Mary frequently thinks about the things she did not say to her son. She did not tell him how proud she was of him, or how much she loved him. Mary feels her son died not knowing how much she loved him. Mary feels regret at not sharing this information with her son while he was alive.

INSTRUCTIONS:

- Ask your client to use the writing prompts that focus on emotional expression to a loved one they have lost.
 - THINGS I WISH I SAID: helps to express missed opportunities
 - TIMES I SAID I LOVE YOU: helps to remind your client when they did express emotion in words
 - TIMES I SHOWED I LOVE YOU: helps to remind your client that actions also represent expression of love
- Once the writing exercise is completed, ask your client to use the prompt "What I wish I said..", as a basis for an artwork. Use the artwork to show how these unsaid and trapped emotions can be released.

EXAMPLE EXERCISE:



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