



NARRATIVE ART THERAPY

ART THERAPY EXERCISE

The purpose of this exercise is to help clients explore and express their personal narratives through the creation of a visual collage.

INSTRUCTIONS

- 1. Gather Materials:** Provide clients with a variety of collage materials, including magazines, newspapers, colored paper, scissors, glue, and a blank canvas or large sheet of paper. The diversity of materials allows clients to find images and symbols that resonate with their narrative.
- 2. Set the Intention:** Explain the purpose of the exercise and encourage clients to think about a specific story or theme they want to explore. This could be a significant life event, a particular emotion, or an aspect of their identity. Setting a clear intention helps focus the creative process and ensures the collage is meaningful and relevant.
- 3. Select Images:** Instruct clients to browse through the available materials and select images, words, and symbols that resonate with their chosen theme. Encourage them to be open and intuitive in their selection process. This step is crucial as it allows clients to connect with their inner thoughts and feelings in a non-verbal way.
- 4. Create the Collage:** Guide clients in arranging and gluing the selected images onto the canvas. Encourage them to experiment with different layouts and compositions until they find a configuration that feels meaningful and coherent. The act of creating the collage can be therapeutic in itself, providing a sense of control and expression.
- 5. Reflect and Discuss:** Once the collage is complete, invite clients to reflect on their creation and share their thoughts and feelings. Ask open-ended questions to facilitate discussion, such as "What story does this collage tell?" and "How do the images and symbols relate to your experiences?" This reflection helps clients articulate their narrative and gain insights into their emotions and experiences.
- 6. Document and Review:** Document the collage and the client's reflections in their therapeutic record. Regularly review these entries to track progress and identify emerging themes. This documentation is valuable for both the therapist and the client, providing a record of the therapeutic process and progress.



To read more about *Narrative Art Therapy*, visit our blog post on the below link:
<https://arttherapyresources.com.au/narrative-art-therapy>