



★ *Non-verbal Art Therapy*

INTRODUCTION:

This art therapy exercise can help your client explore emotions that are elicited from a favourite song and express them visually. Music can create an emotional reaction for a number of reasons. A song may prompt us to recall a memory that is associated with the song, or we may find meaning in the lyrics, or simply enjoy the music based on the beat or melody. Our emotional reaction to a song can be instinctive, yet remain unexplored as to why we feel the emotion. This art therapy exercise will encourage your client to explore the emotions that surface from listening to a song that has prompted an emotional reaction for them. This exercise can also provide guidance on how your client can use music to connect with emotions in the future.

ART EXERCISE:

Image below inspired by: **Counting Stars by OneRepublic**

Ask your client to reflect on a recent song they like or song from their past that has elicited a strong emotional reaction from them.

Contemplate the emotion/s that arise throughout the song.

Ask your client to explore the emotions that surface while listening to the song and express them through drawing, paint or collage.

Some ways that clients can creatively express a song:

- Use word collage and pick words from the song lyrics that resonate the most with them.
- Paint or draw while listening to the song and express the energy of the song as it progresses from start to finish.
- Paint or draw while listening to the song and use different coloured art materials to express the emotional connection to different parts of the song.

