



## BETTER RELATIONSHIPS

One of the most important tenets of a relationship is the ability to take other's perspectives and incorporate that into our understanding of what is important to the other person and what they want us to understand about them.

Art can defray this situation when the art making activity becomes an outlet for an individual perspective with no immediate rebuttal. Through an artwork, we can give full attention to the perspective of that person. The artwork represents communication that stands as a tangible expression of a point of view.

An art activity called the Joint Painting Procedure (JPP) can be used for evaluation and treatment in the process of child-parent therapy.

It involves a five step process as detailed below:

1. Using one sheet of paper, each partner defines a separate area for them to create art
2. Each partner then creates their artwork within that area
3. Each partner draws a frame around their separate artwork
4. Each partner paints a pathway from their artwork to the other partner's artwork
5. Both partners then work together to create art on the shared space around their individual art

After the above art has been created, the participants review the painting together with a therapist, discuss the shared experience, and then create a story and title that reflects their view.

Using art in this way is a great way for family members to learn more about their loved one, share stories, share feelings and strengthen their relationships.



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**<https://arttherapyresources.com.au/relationships>**