

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: STRESS-RELATED DISORDER

Mark frequently thinks about the night of the robbery at his workplace. Mark feels like he is trapped within a movie that is constantly replaying the night of the robbery. In some instances he relives the night as it happened. In other instances he relives the night's events in a similar way, however he changes the outcome of the robbery where the police arrive and the offenders are caught. In other instances he relives the night's events, however he imagines a worse outcome of the robbery where he is killed. Consequently Mark feels like he is constantly relaying the event and feels unsure about how it will end. This feeling of uncertainty is carrying over into other parts of his life where he feels a constantly threatened with pervasive feelings of fear.

INSTRUCTIONS:

- Construct a visual narrative of the emotional feeling of safety.
Ask your client to divide a piece of paper into 4 vertical sections with the titles at the top:
 - BEFORE
 - DURING
 - AFTER
 - FUTUREAlternatively your client can use 4 separate pages.
- In each section or page, ask your client to create an image that represents a feeling of safety at each stage.

EXAMPLE EXERCISE:



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