

ART THERAPY RESOURCES



★ *Art Therapy Group Checklist*

Below is a helpful checklist when setting up an art therapy group:

GROUP LOGISTICS

- Therapists and support staff
- Payment
- Insurance
- Room for group meetings
- Facilities and accessibility for members
- Timeframe
- Art materials
- Group structure

GROUP POLICIES

- Discrimination
- Accessibility
- Cultural considerations
- Member conduct

INDIVIDUAL MEMBER FACTORS

- Age
- Disabilities
- Illness
- Neurocognitive disorders
- Learning difficulties
- Special needs
- Accommodating carers
- Social skill level

GROUP GOALS

- Education
- Exploration
- Personal transformation
- Social support
- Social interactions

GROUP BOUNDARIES AND RULES

- Respect for all members
- Personal interruptions (toilet, breaks, eating)
- Confidentiality
- Transference and countertransference
- Participation
- Attendance and absences
- Consideration for individual factors in the group

GROUP STRUCTURE

- Fixed term group
- Ongoing group
- Adding new members
- Members leaving the group

ROLE OF THERAPIST

- Number of therapist/s and support staff
- Participation of therapist in art activities
- Facilitating discussion
- Transference and countertransference

GROUP SESSION FORMAT

- Starting the session
- Art activity
- Group discussion
- Ending the session

RECORDING GROUP ACTIVITIES

- Clinical notes
- Storage of individual and group artwork
- Documenting temporary artwork

GROUP EVALUATION

- Feedback through questionnaires and surveys
- Supervision