



Art Therapy Intervention

ART THERAPY INTERVENTION - CLIENT FOCUSED OUTCOMES

- Does the art intervention meet a goal directed by the client?
- Is the art intervention appropriate for the client's developmental age?
- Is the art intervention simple to follow without added instruction?
- Will the art intervention encourage personal insight?
- Will the art intervention encourage emotional expression?
- Does the art intervention introduce coping strategies?
- Does the art intervention provide emotional regulation?
- Will the art intervention help understand emotions, thoughts, and behaviours?
- Does the art intervention encourage problem solving skills?
- Does the art intervention provide a positive framework for the client?
- Is the art intervention practical?
- Can the art intervention be replicated?
- Does the art intervention focus on the client?

Not all questions above will relate to your art therapy intervention, however, the above questions will help guide you through developing a client focused art therapy intervention.

Once you have developed your art therapy intervention is developed, you can create a simple template to record the procedural parts of your art therapy intervention. This can be kept very simple as shown in the example below:

ART THERAPY INTERVENTION PROCEDURE:

Art therapy intervention title: _____

Suggested art materials: _____

Instructions: _____

Client Discussion: _____

BLOG POST LINK: <https://arttherapyresources.com.au/art-interventions>