



REMOTE WORK PRODUCTIVITY

10 Tips for a productive remote art therapy session

Below are some suggestions to consider when establishing a remote work practice in art therapy

- 1. Prepare Ahead of Time:** Set up your art therapy space in advance with all necessary materials, including art supplies, paper, and any additional tools or resources you may need.
- 2. Test Technology:** Ensure your internet connection is stable and that your software is working properly before the session begins. Test your audio and video settings to avoid technical disruptions.
- 3. Create a Comfortable Environment:** Designate a quiet and comfortable space for your art therapy session, free from distractions and interruptions. Consider using headphones to minimize background noise.
- 4. Establish Clear Goals:** Clarify the objectives of the session with your client beforehand, discussing what they hope to achieve and any specific topics or themes they wish to explore through art therapy.
- 5. Encourage Expressive Freedom:** Encourage your client to express themselves freely through art, emphasizing that there are no right or wrong ways to create.
- 6. Provide Guidance and Support:** Offer guidance and support to your client throughout the session, offering encouragement as they explore their thoughts and feelings.
- 7. Facilitate Reflection:** Encourage your client to reflect on their artwork during the session, asking open-ended questions to deepen their understanding of the emotions and themes portrayed in their art.
- 8. Incorporate Mindfulness Techniques:** Integrate mindfulness techniques into the session to help your client stay present and focused on the creative process. Encourage them to pay attention to their breath and bodily sensations as they engage in art making. This will help also with any technical frustrations.
- 9. Explore Symbolism and Metaphor:** Encourage your client to explore symbolism and metaphor in their artwork, discussing the deeper meanings behind their artistic choices and how they relate to their personal experiences.
- 10. Set Homework Assignments:** Assign homework tasks between sessions to help your client continue their creative exploration outside of the therapy session. This could include journaling prompts, art exercises, or reflective activities related to their artwork.

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