

# ART THERAPY RESOURCES



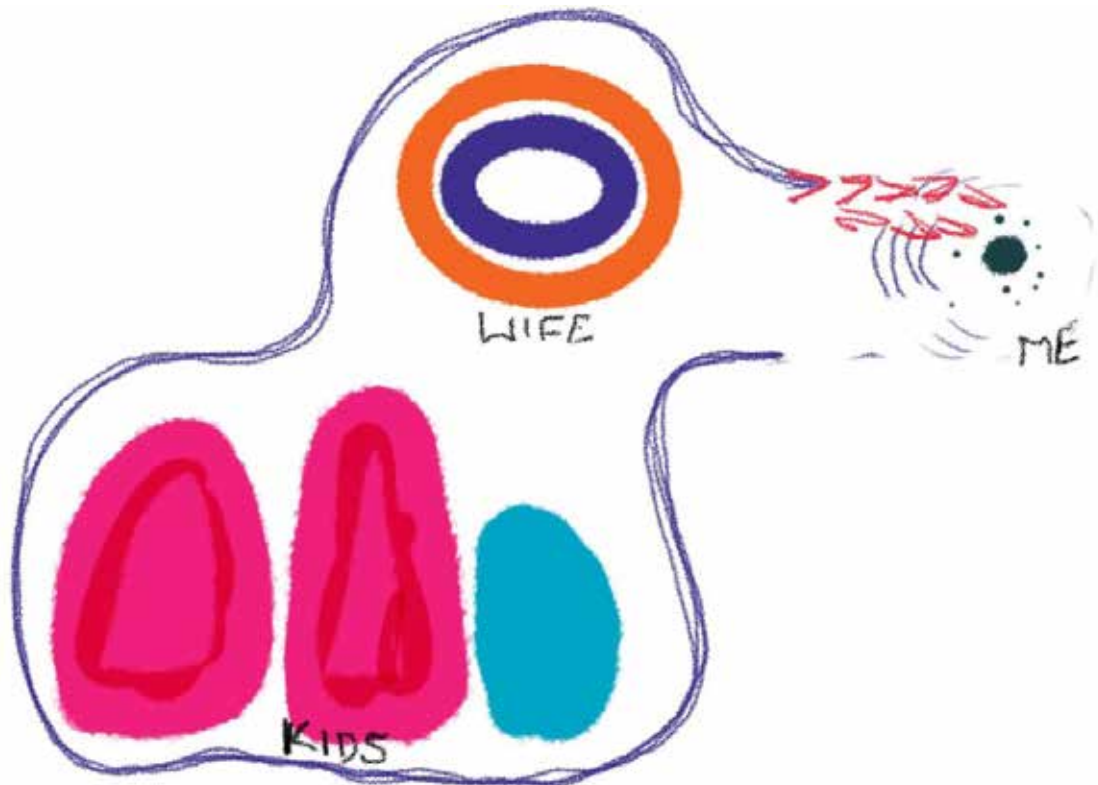
## ART THERAPY CASE STUDY BACKGROUND: ABUSE

Harry had experienced domestic violence abuse in his childhood and believes his experience is now affecting him as a parent. Harry feels he doesn't know how to handle conflict with his children. His wife becomes frustrated at his attempts to interact with their children in times of conflict and ultimately he feels worthless as a parent. Harry also finds it hard to express himself to his wife about his hesitation to handle conflict. Harry believes the way he feels relates to his childhood where he was expected to suppress any emotion and never speak up for himself to his abuser (his father). Every time conflict occurs with his children, he feels a knot of anxiety building in his stomach.

This art exercise is developed to help a client explore the relationship dynamics that exist in their life and how it is impacting them. Sometimes in conflict, we can get caught up in the details of the conflict, but not understand the broader picture of how our experiences and relationship dynamics affect the way we deal with conflict.

### INSTRUCTIONS:

- Ask your client to think about a recent situation where conflict occurred, or maybe a regular occurrence of conflict within a relationship.
- Ask your client to reflect on the exchange of conflict between themselves and that person.
- Ask your client to create an artwork that represents the dynamics of that relationship or the energy of that experience in an artwork.
- Discuss with your client whether these dynamics or level of energy is a constant presence in that relationship or does it only occur in specific situations?
- Ask your client to reflect on where this energy or relationship dynamic might stem from.



NOTE: more details can be found at [www.arttherapyresources.com.au/case-study-abuse](http://www.arttherapyresources.com.au/case-study-abuse)