

# ART THERAPY RESOURCES



## ART THERAPY CASE STUDY BACKGROUND: ALCOHOL ADDICTION

Terry had been attending art therapy sessions for the past 2 months and had worked through issues surrounding her alcohol addiction in terms of understanding her addiction cues and the destructive relationships she had been participating in. Terry recently came bumped into a friend who she used to drink a lot with. Terry's friend invited her to the pub to catch up. Terry explained that she wasn't drinking anymore but her friend insisted she come down and just have one to celebrate doing so well. Terry said she had an appointment to go to at the time and left before she could contemplate the offer any further. Terry attended her next session and recounted the story stating she was very tempted by the offer but reflected back on her previous sessions regarding external influences and was able to disrupt her thought process and leave the situation. Ever since then though, she has been thinking about how tempted she was by the offer and felt that her work done so far on beating her addiction has not been successful if she was still tempted. Terry feels unsure about the progress she has made and whether beating her addiction is ever possible.

### INSTRUCTIONS:

- Discuss with your client the type of art supplies they may like to work with in this session. This exercise involves constructing a timeline image. Collage, drawing and painting supplies will be useful for this exercise.
- Ask your client to draw a pathway that represents their view of recovery from addiction, including a starting point and an ending point. Your client may add their perception of how long they believe the journey will take by adding time markers along the line. Your client can construct the shape of the timeline to represent how stable they perceive the journey will be.
- After your client has completed the art therapy exercise, discuss their perceptions of the recovery process and where appropriate, provide education about the process of recovery including relapse and dealing with stressful events.

This exercise will provide insight into your client's perception of their addiction problem and what they have learned about their addiction throughout this workbook. This is an opportunity to reframe any misconceptions the client may have about addiction and recovery.

### EXAMPLE EXERCISE:

This art therapy exercise is an extract from the Addiction Workbook program that is available in the store.



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