

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: ANXIETY (GAD)

Norah has been attending art therapy sessions for the past 5 weeks and had explored some of the underlying issues surrounding her recurring feelings of heightened anxiety. This week Norah had discussed the idea of developing coping skills that she could develop to help her cope with anxiety in the future.

In her discussion with her therapist about developing coping skills, Norah wanted to create an art piece that would help remind her to engage in some of the positive activities that she could regularly use to help reduce her feelings of anxiety. Additionally Norah wanted to use this as an exercise to remember the positive things she had in her life to help her develop a more positive and proactive attitude

INSTRUCTIONS:

- Discuss with your client the type of art supplies they may like to work with in this session. This exercise involves constructing a collage of your client's favourite things or activities that helps diffuse stressful situations and relationship conflicts. As this exercise involves constructing a collection of images your client may wish to use collage techniques and collect images from magazines or free clip art from online sources (eg. <http://www.freepik.com/>). Alternatively your client can use their own drawing skills or create a collage based on powerful words. These words can also be cut out from other sources or hand drawn.
- Once your client has collected their art supplies and image sources, they can begin to constructing their collage of images that represent relieving anxious feelings . This exercise will help your client understand how managing stress on a regular basis can improve overall emotional stability.
- After your client has completed the art therapy exercise, you can discuss their choices of images and words that they believe will help manage stress in daily living. Discussion can focus on when to engage in these activities so that your client can feel empowered to be able to navigate through potential stressful events in the future.

EXAMPLE EXERCISE:

The client created a pie chart of activities they could engage in as relaxation techniques to cope with their anxious feelings.

These activities could be used as a part of the client's daily life. They could also be used when dealing with conflict and situations where anxiety levels increase.

The artwork can be kept as one piece of it could be cut up into individual pieces of pie known as coping cards.

These coping cards can be used by the client when they want to spontaneously engage in a stress reducing activity.



NOTE: more details can be found at www.arttherapyresources.com.au/case-study-anxiety