

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: DISSOCIATION ISSUES

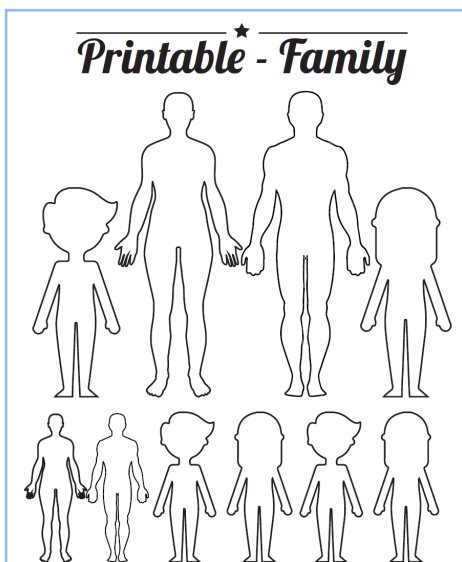
Boyd has recently been attending art therapy sessions. He mentioned that he was reluctant to start with yet another therapist and go through the process of explaining his past. Boyd was frustrated with talking and wanted to just feel better. He felt anxious before coming to his first session and noted he was feeling groggy and disjointed in his thoughts.

This exercise can work as a way of helping the client notice what they are feeling emotionally and the subsequent impact of their dissociation on their overall wellbeing. Society often pressures us to rationalise our experiences and look for positive outcomes. This can often mean we ignore our inner most hurts which can provide us with a pathway to acknowledge, understand, and learn from our emotions.

INSTRUCTIONS:

- You can provide your client with a predrawn body image or ask them to draw their own version if they prefer. A predrawn body image is provided in this exercise.
- Ask your client to take a moment and reflect on how they are feeling in their body at this moment. Alternatively they may like to reflect on how they felt coming into the session today.
- Ask your client to perform a mental body scan and reflect on any physical sensations they are aware of.
- Then ask your client to represent these feelings in the body image using art supplies.
- Once your client has completed the exercise, discuss with your client the different aspects of their physical wellbeing that stood out to them.
- This might also spark a discussion about how they physically felt before the exercise began compared to how they feel after the exercise.

The Family printable can be downloaded from our website on the dissociation blog post link below.



NOTE: more details can be found at www.arttherapyresources.com.au/dissociation