

# ART THERAPY RESOURCES



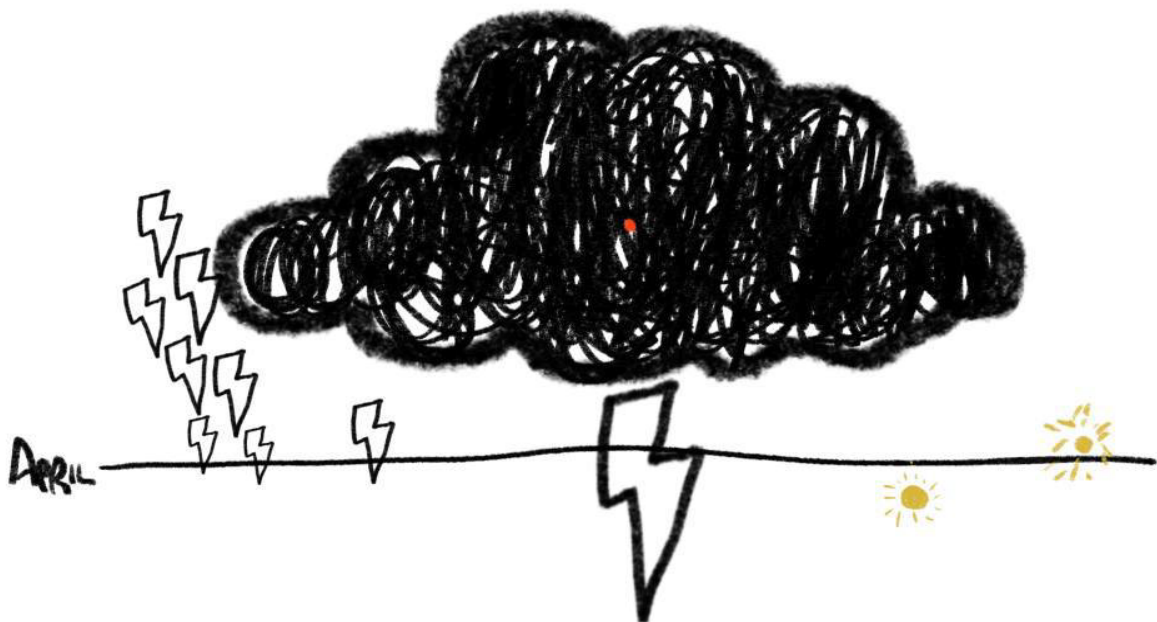
## ART THERAPY CASE STUDY BACKGROUND: EMOTIONAL ABUSE

Rose came to therapy to explore her low self-esteem. She believed that her age meant she was becoming less useful to those around her. After a few sessions, Rose began to share her experiences with her adult daughter who she lived with since her husband passed away. Rose's daughter often threatened to kick her out of the house. Rose's daughter regularly reminded Rose of the sacrifices she had made for Rose to live with her. Rose mentioned that her daughter would spend most of their conversations screaming at her to 'stop being so pathetic'.

Those experiencing abuse may feel unaware of the impact the abuse is having on them. They may start to internalise the content of the emotional abuse and see it as a 'normal' part of their life experience. In this exercise, we use common weather symbols (eg. clouds, sun, rain, lightning etc) to depict the emotions the client has been experiencing. People usually connect weather events with feelings of warmth, cold, comfort, etc. This exercise seeks to help the client identify those feelings with known weather imagery first. They can then move on to identifying other emotions with other symbols as they engage in this exercise.

### INSTRUCTIONS:

- Ask your client to draw a timeline to represent a typical week or month in their life.
- Discuss with your client the use of common weather symbols to represent emotions the client may be experiencing. Typical symbols used might be sunshine, clouds, rain, lightning etc.
- Ask your client to use these symbols to draw a visual representation of their interactions with the person in their life that they are experiencing difficulties with.
- Discuss with your client how they used the weather symbols to reflect their feelings.
- Discuss with your client if they notice any patterns of feelings amongst the interactions.
- Ask your client whether they would like to draw any further 'weather timelines' to explore any other feelings about these interactions.



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