

ART THERAPY RESOURCES

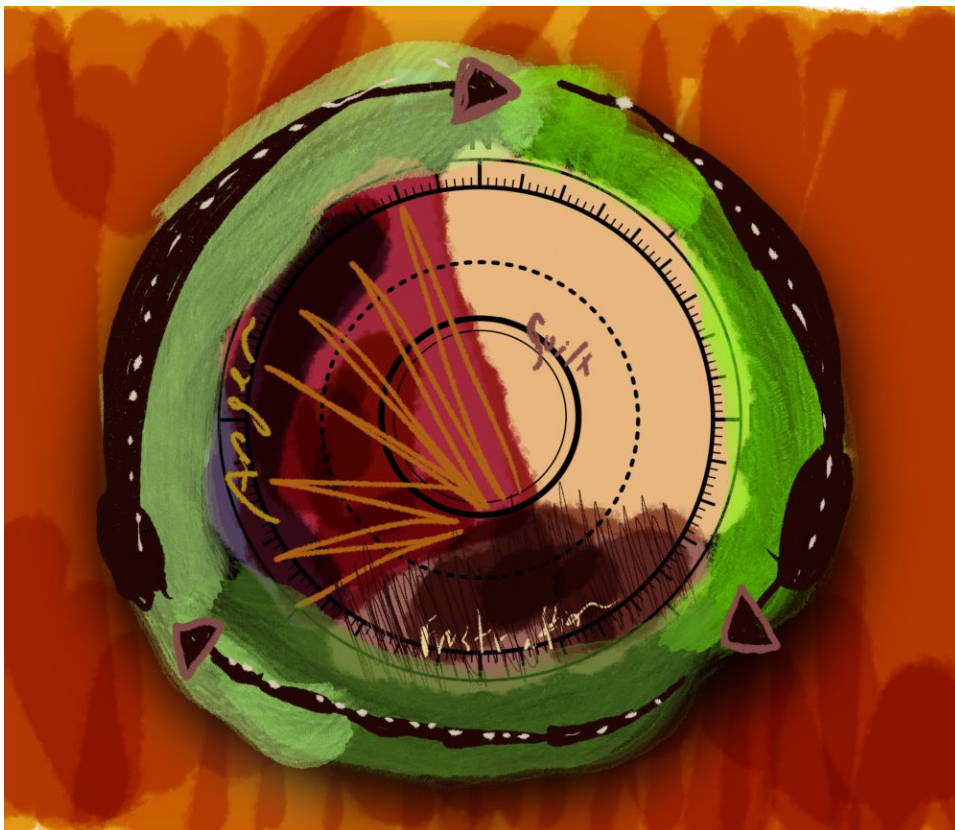


ART THERAPY CASE STUDY BACKGROUND: EMOTIONAL OVERWHELM

This exercise can be helpful for people who are experiencing a range of emotions. The client may feel trapped within an emotional cycle and can't find a way out. The goal of the exercise is to identify the overwhelming emotions and then provide a calming exercise for the client.

INSTRUCTIONS:

- Ask your client to create a compass image. You can use the attached compass image in this post as a suggested outline, or print it for the client to use if they prefer.
- Ask your client to reflect on the difficult emotions they feel. Use the perimeter of the compass to labelling the emotions they experience. Your client may want to use different art materials (colours, textures etc) to reflect the different emotions. As the compass is a circle, they may want to divide the circle based on the impact of each emotion. For example, anger may represent half of their emotional experiences, sadness may represent a quarter, and so on.
- Use the labelling of emotions to help direct a conversation about when these emotions arise.
- To complete this exercise, introduce your client to a relaxation process of deep breaths through counting.
- Draw a circle around the outside of the compass and divide it into 3 sections within that circle.
- The client can use different colours to define the 3 sections.
- When the circle is complete, ask your client to start at the North point of the compass with a finger. Move their finger around the first third of the circle by inhaling.
- Move their finger around the second third of the circle while holding their breath.
- Move their finger around the final third of the circle while exhaling.
- By running their finger around the entire circumference of the emotional compass, they have completed one cycle of deep breathing.



NOTE: more details can be found at www.arttherapyresources.com.au/emotional-overwhelm