

# ART THERAPY RESOURCES



## ART THERAPY CASE STUDY BACKGROUND: FEAR

Aoife experiences significant levels of social anxiety. As part of her goals to overcome her social anxiety, she recently joined a book club in her local area. Even though there are aspects of the book club that Aoife enjoys, she finds she still fears going to the monthly meetings. Aoife spends a lot of the time in the weeks leading up to the book club meeting thinking about all of the things that can go wrong. She would rather spend time focusing on the book she is reading with the group instead of focusing on her fears about the group. This exercise provides your client with the opportunity to explore fears they may hold and the how they may combat these fears with parts of their life that is safe or comforting. This exercise can help provide your client with context about their fear and reduce the impact the fear has on their lives when other important factors in their life is considered.

### INSTRUCTIONS:

- Discuss with the client the fear they hold. You may want to start with a less significant fear to introduce your client to the process of this art therapy exercise.
- Ask your client to draw a circle in the centre of the page. In that circle, illustrates the fear or express the emotions that eventuate as part of the fear.
- Discuss with your client how the fear is contained in the circle. Does your client feel they can contain their fear? This is an opportunity to discuss with your client their perception of managing their fears.
- Further discuss with your client aspects of their life that represent safety, comfort, or happiness. This could be people, such as family or friends, or it could be objects they hold dear or activities they enjoy.
- Ask your client to surround the contained fear item with illustrations of these elements that they find safe or comforting. They may choose to express the emotions these comforting aspects represent to them.
- Discuss with your client the impact of containing their fears. Do the comforting parts of their life diminish the impact of the fear? Does the fear impact areas of their life that otherwise feels comforting or safe?
- These discussions and perspective taking can help the client develop an overall understanding of the impact of their fears and the ability to manage and reduce them.



NOTE: more details can be found at [www.arttherapyresources.com.au/fear](http://www.arttherapyresources.com.au/fear)