

ART THERAPY RESOURCES



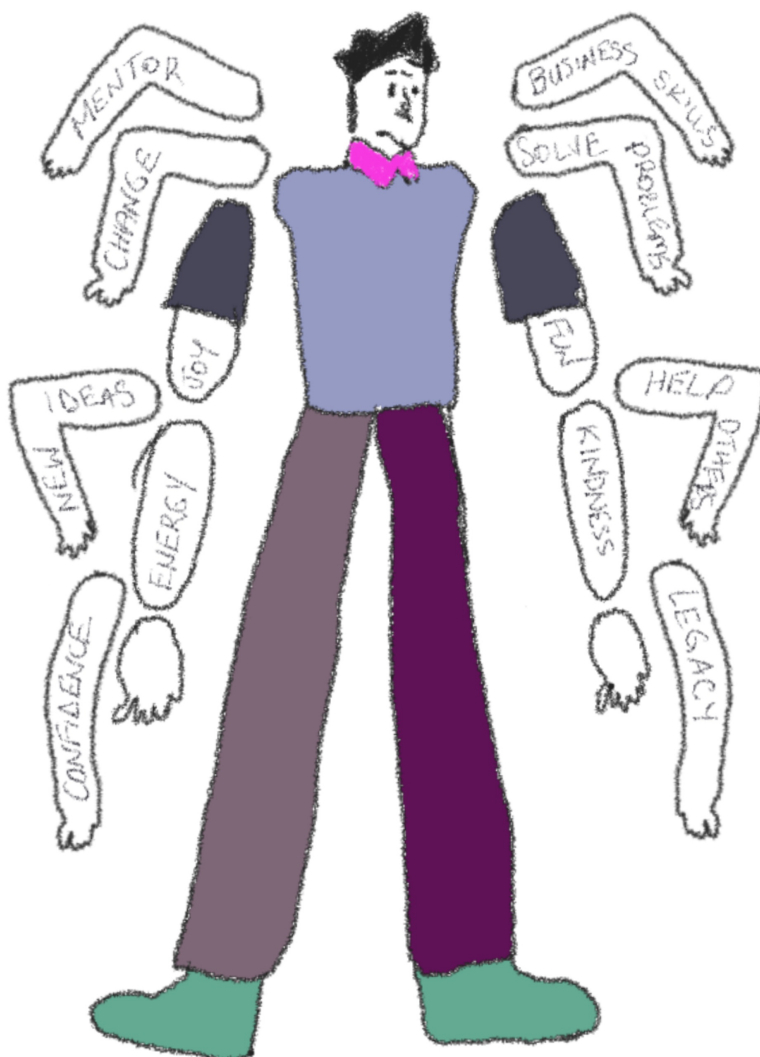
ART THERAPY CASE STUDY BACKGROUND: LIFE TRANSITION

Arthur had been attending a men's group since his retirement. An art therapist visited the group recently and introduced an exercise that he enjoyed. He decided to attend art therapy sessions in his own time to explore some dissatisfaction he had been feeling since retiring. Arthur wanted to explore his purpose and identify a direction to take in his retired life. Arthur felt that working towards retirement was his purpose when he was working, but now he was retired he wasn't sure what his purpose was. In our lives we develop certain 'characters' in our lives to help us achieve what we need to at that time. This exercise will help us build a character that represents the strengths and values that we wish to bring into our life.

INSTRUCTIONS:

Before creating the artwork discuss with your client some of the things that bring them joy and fulfillment. What activities or experiences make them feel most enthusiastic, inspired and engaged? Write down a list of these things.

- Ask your client to think about the values that are most important to them. What principles guide their life and decisions? What qualities do they most admire in others? Write down a list of these values.
- Ask your client to use art supplies to create a character that represents these passions and values.
- Ask your client to reflect on what the character is revealing about their life purpose.
- Explore what themes or patterns emerge? What insights do they see? Does your client find themselves limiting their ideas?
- Discuss with your client some of the insights or ideas that came up during the exercise. Discuss how these insights may help them to align their life more with their passions and values. What steps can they take to move closer to their life purpose?



NOTE: more details can be found at www.arttherapyresources.com.au/life-transition