

# ART THERAPY RESOURCES



## ART THERAPY CASE STUDY BACKGROUND: LONELINESS

Leanne recently retired from her long career as a teacher. Since leaving work, Leanne has been feeling a deep sense of loneliness.

Leanne realised her colleagues formed her social network and without them she has not developed friendships outside of work. Leanne reached out to an art therapist in hopes of finding a way to cope with her loneliness and rediscover a sense of purpose and fulfillment.

### INSTRUCTIONS:

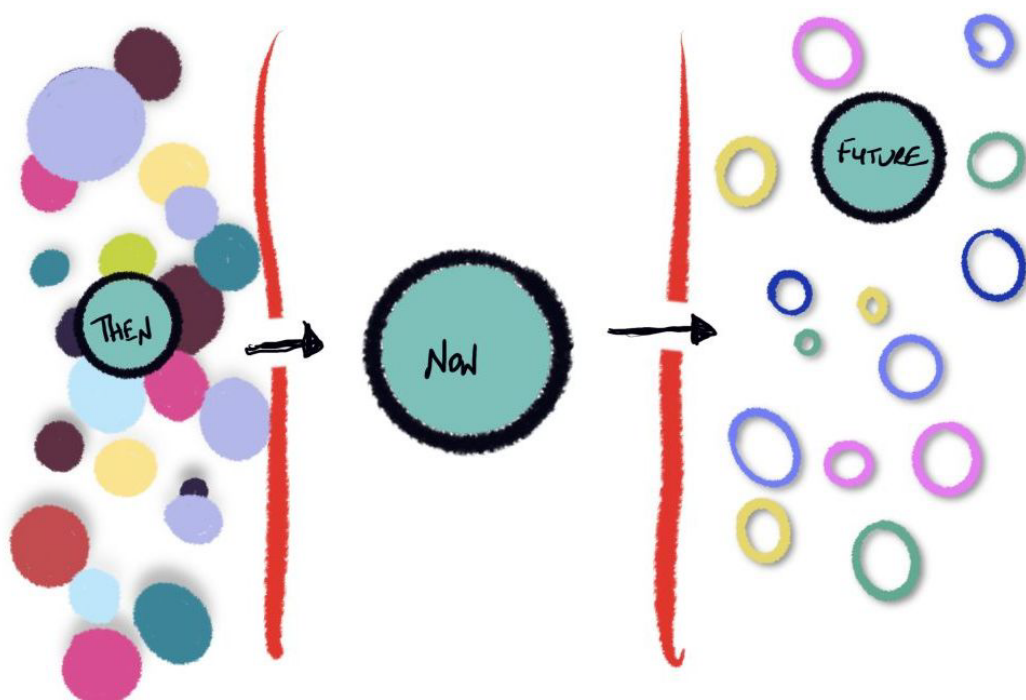
The art therapy exercise designed for Leanne focused specifically on her experience of loneliness. The goal was to provide her with a means of expressing her emotions and exploring ways to cope with her feelings of isolation.

- **Theme and Symbolism:** Leanne was encouraged to think about the theme of loneliness and consider visual symbols that resonated with her experience. She was invited to explore images, words, and colours that evoked emotions or represented her aspirations for connection.
- **Reflective Dialogue:** After completing her collage, Leanne engaged in a dialogue with the art therapist. They discussed the symbols, colours, and overall composition of the artwork, allowing Leanne to share her insights and emotions that emerged during the creative process.

### EXAMPLE EXERCISE:

Leanne found she gained a new perspective on her loneliness and discovered how she had experienced connection before when she was working and could seek that connection again. As Leanne created her artwork, she realized that her loneliness was not solely rooted in the loss of her job but also in her own self-perception. She recognized that she had neglected her own needs and desires, focusing solely on work relationships. This insight opened up a path for self-discovery and self-care that Leanne could pursue other avenues to develop new friendships outside of a career.

Throughout the process of creating art, Leanne felt she was able to release her grief, sadness, and longing. This emotional release brought a sense of relief and lightness. Leanne gained new perspectives on her loneliness and identified that she could undertake some changes in a simplified way as her artwork represented.



NOTE: more details can be found at <https://arttherapyresources.com.au/loneliness>