

ART THERAPY RESOURCES



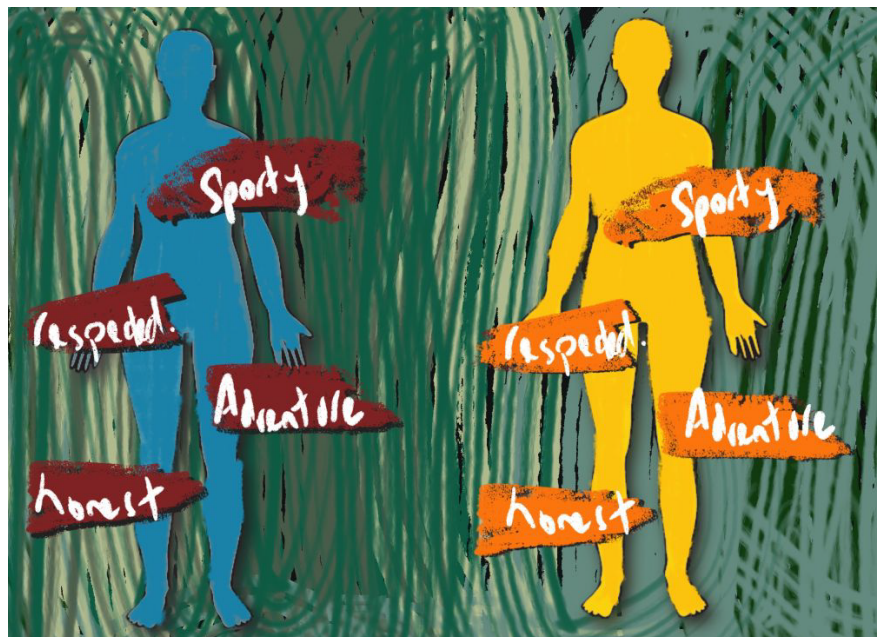
ART THERAPY CASE STUDY BACKGROUND: PREJUDICE

Lee has attended art therapy for 6 sessions. He was originally referred to art therapy to help manage his social anxiety. At the start of the recent session, Lee discussed the activities in his past week and discussed attending a family gathering where a girl he had known 10 years ago also attended. He began to speak about her negatively and called her a 'femoid'. This term is often used in a derogatory way in groups of 'incels' to describe women as sub-human or non-human. Incel is slang to describe males who are involuntary celibates (incel). Incels perceive themselves as unable to find a romantic or sexual partner and this frustration often exhibits as misogyny

INSTRUCTIONS:

This exercise will encourage your client to consider the impact of quick judgments vs deeper consideration and how this impacts their perception of a person or situation.

- Ask your client to draw a body outline on one side of a sheet of paper
 - Ask your client to label the outline as themselves and to write words on the body outline of positive attributes they think they have. This may be traits or even positive things they have done in the past.
 - Ask your client to draw a second body outline beside their own. Drawing them side by side helps the client see the two people as equals.
 - Ask your client to label the other body as someone they recall disliking based on an initial introduction or meeting.
 - Ask your client to write down those immediate labels they attributed to the person on the body outline. What were the immediate judgments they made about that person?
 - Now ask your client to write the positive traits they gave to their own body outline and transfer them to the disliked person.
 - Once your client has completed the exercise, open a discussion that might include some of the below questions:
- How did labeling that person with the positive attributes feel for your client?
 - Did it make them contemplate the other person might have good traits as well as the immediate negative traits your client felt.
 - Did your client feel any resentment towards the person or the exercise for pushing them to rethink how they judged that person?
 - Did your client feel any affinity to the second person based on possible shared traits they had with the person?
 - Can your client embrace the idea that this person holds some positive traits as part of themselves?



NOTE: more details can be found at www.arttherapyresources.com.au/prejudice

EXAMPLE EXERCISE: