

ART THERAPY RESOURCES



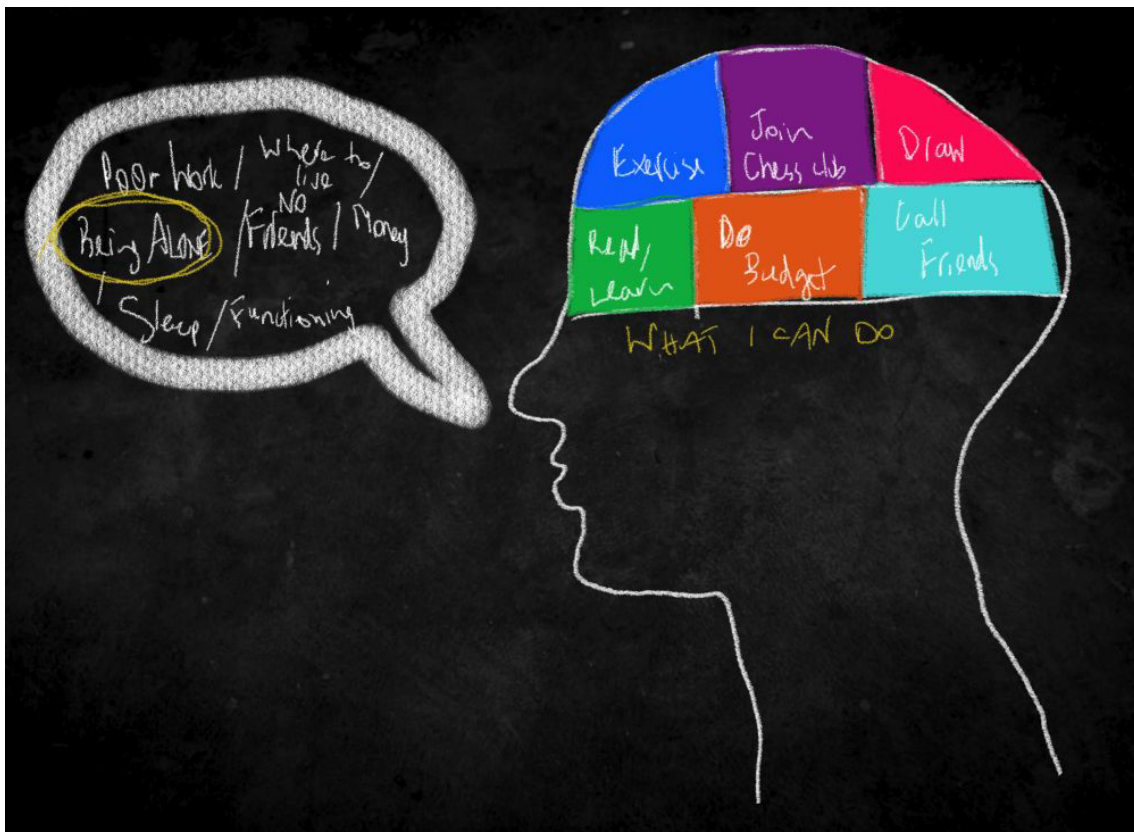
ART THERAPY CASE STUDY BACKGROUND: SLEEP DISORDER

Patel had been seeing a therapist since his marriage breakdown. Patel mentioned that his sleep has been irregular ever since his wife left. Sometimes he can fall asleep but then wakes and can't get back to sleep. Other times he cannot fall asleep at all. Every night Patel worries what kind of disruption to his sleep he will experience that night because he assumes he won't get a good nights sleep. He never knows what is going to happen that night and feels like this part of his life is out of control also. Patel feels increasingly irritated during the day and this is affecting his work as he no longer wants to interact with his colleagues due to his frustrations.

INSTRUCTIONS:

This 1 minute brain dump art therapy exercise is to introduce the client to the meditative aspect of creating art. This can also provide a distraction away from negative and worrying thoughts that persist.

- Ask your client to draw a large circle to represent a thought bubble. They may wish to include an image representing themselves in this picture if they want to.
- Inside the thought bubble, ask your client to draw or write words to brain dump the issues they are currently feeling anxious about. Aim to do this exercise in a minute.
- Using a shortened time frame will help your client “dump” their worries and reduce the possibility of rationalising or minimizing their feelings of anxiety.
- Once your client has finished their brain dump, they might like to engage in some doodling to transform the brain dump bubble. This may result in scribbling over the worries, or transforming them into another image.



NOTE: more details can be found at www.arttherapyresources.com.au/sleep-disorder