

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: TERMINAL ILLNESS

Ekon had been given a diagnosis of bowel cancer with 6 months to live. He was attending art therapy sessions provided within the hospital. Ekon felt consumed by the impending medical treatments and felt his physical symptoms were controlling his ability to think about other more important personal issues.

This art therapy exercise can help individuals who are worried about their illness to explore and express their emotions in a creative and nonverbal way.

INSTRUCTIONS:

- Ask your client to consider the illness they are experiencing in relation to the person they are that is experiencing this illness.
- Ask your client to create an artwork that gives perspective of how the illness looks, or is represented, in reference to themselves as a person.
- This perspective could be explored through the use of patterns, shapes, size, colours etc. The contrast of illness vs person can provide some insight into how the client views the impact of their illness on themselves.



NOTE: more details can be found at www.arttherapyresources.com.au/terminal-illness