

ART THERAPY RESOURCES



ART THERAPY CASE STUDY BACKGROUND: TRUST

Noah's previous marriage ended due to his wife's infidelity. Noah entered a relationship about a year after his marriage ended. That relationship lasted about 2 months as Noah felt increasingly distrustful of his partner. She would not return calls soon enough and was often vague about her weekend plans. Noah felt she was hiding something and feared she was hiding another relationship. Noah ended the relationship because she wouldn't admit she was seeing someone else. Noah is now in another relationship 6 months after that one ending and he is starting to doubt his partner's sincerity and whether she is only dating him. Noah feels history is repeating yet again but wonders if someone can be so unlucky to have multiple unfaithful partners. Noah wonders if his fears are based on truths or just past hurts.

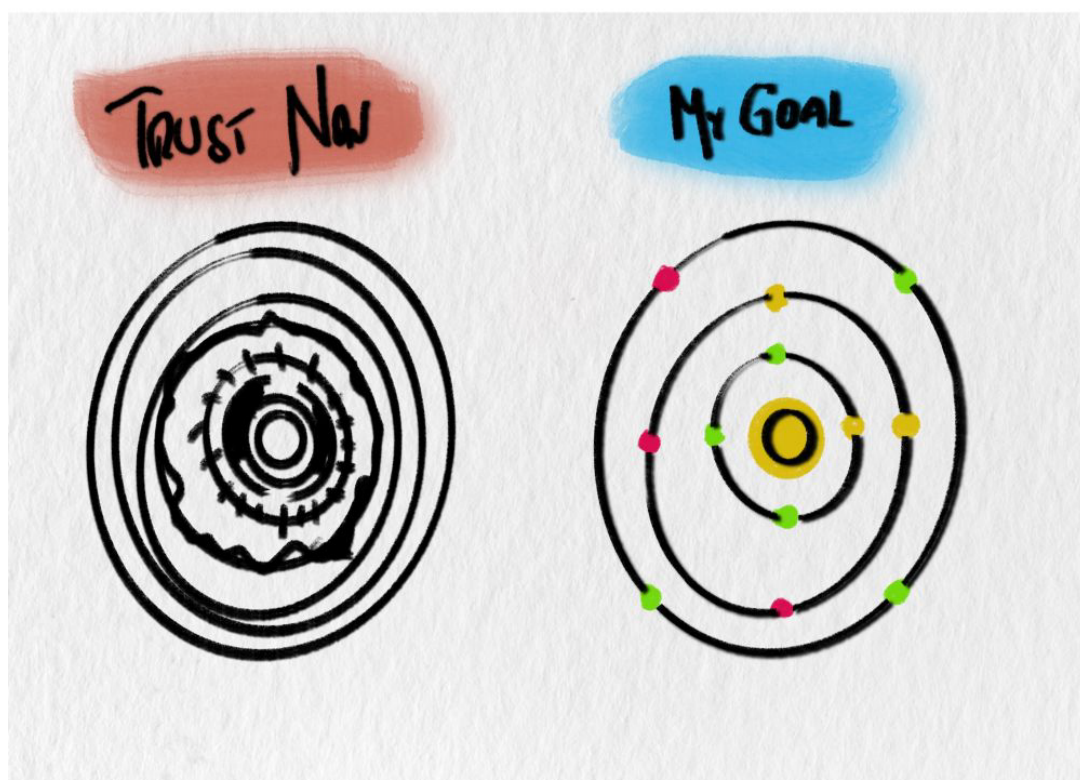
INSTRUCTIONS:

- This exercise is designed to explore your perception of trust in existing relationships. All of our relationships exist on various levels of intimacy and trust.
- Use this exercise as a gauge to see where your levels of trust exist with those closest to you. Your client may like to focus this exercise on one specific person, or a specific group (eg. immediate family), or generalised group (family and friends or neighbourhood). For clients who are struggling with a specific person in their life, they may want to focus on them. Alternatively if a client is have problems with multiple relationships, they may like to look at these relationships in a broader view in this exercise.
- Ask your client to think about their close personal relationships and ask them to reflect on whether issues of trust may apply to specific people in their lives or multiple people. This choice can be incorporated into the exercise.

- Ask your client to use circles to represent the levels of trust they feel. Circles on the outside may represent less trust and circles closer to the centre may represent a stronger level of trust.

Your client can reflect the dynamics of trust in their relationships through the shapes, colours, and dimensions of the circles.

These circles may present a visual representation to your client about how they perceive trust in their relationships.



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