

Subject Area: Social/Emotional/Behavioral

Grade Level: K-5

Title of Instructional Method: Art Therapy

Description of Art Therapy

“Art therapy is an established mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight (American Art Therapy)”.

The Art Therapy Technique requires the student to draw steps in which the event occurred. It is like the ABC's; the Antecedent, Behavior, and Consequence. This program allows students to explain a situation using a picture and gives the teacher a chance to analyze the event. The format also allows the student to tell a story properly. The student draws what happened to cause the incident and how they reacted to the situations.

The Adapting the silver draw a story assessment: art therapy techniques with children and adolescents article, is primarily used by therapists to determine depression issues. The students draw about areas of concern such as; loss of a parent, divorce, moving, loss of a family member, etc. This technique allows the student to draw any issues related in there lives.

References:

(2006). About Art Therapy. Retrieved August 27, 2007, from American Art Therapy Association, Inc. Web site: <http://www.arttherapy.org/about.html>

Di Maria, Audrey (2001). Art Therapy Technique. Retrieved August 27, 2007, from LD Online Web site: <http://www.ldonline.org/article/5816>

Dunn-Snow, Peggy (1994, November). Adapting the Silver Draw-A-Story Assessment: ARt Therapy Techniques with Children and Adolescents. *American Journal of Art Therapy*, 33, Retrieved 08/27/07, from <http://web.ebscohost.com/ehost/detail?vid=8&id=4&sid=d3a0f07d-6906-40dc-a049-d59b2b6af6ba%40sessionmgr7>

How To:

- Teachers will need to know the proper sequence to follow in the Art Therapy & also have made several copies of the template provided to keep on hand.
- The teacher will provide the student with the description of how this problem solving method will work in their classroom.
 - Examples and videos can be shown to help demonstrate the process

- If conflict arises between two students, the teacher must first stop the conflict and have the students immediately sit down and begin to fill in the chart.
- The Teacher will first tell the students that they are going to look at what happened.
 - Have the students draw in box 1 what they saw happen between them and the other student.
- Then ask them, ‘What happened next?’
 - Have the students draw what happened next in box 2.
- Then ask the students, ‘Where did the problem begin?’
 - Have the students draw their answers in box 3.
- The teacher will then ask the students, ‘How could I have reacted?’
 - The students will draw different ways they could have reacted to the situation in box 4.
- The final comment, the teacher will ask, ‘Now what would be the outcome?’
 - The students will draw in box 5 what the outcome would be according to the reaction they had drawn in box 4.
- The student will be allowed to keep their copy of the chart and be able to look back to past conflicts
- This will hopefully allow students to properly tell their side of a story and hopefully learn from conflicts with other students.