

Title

Connecting Emotions with a Landscape Drawing or Design

ETC Level

C/Sy, P/A, Cr

MDV Level

HC, S, F or R

Materials

Various art media depending on personal preference
Paint, markers, crayons, pastels, colored pencils, etc.
Large sheet of paper

Procedures

1. Choose two emotions that you have been experiencing, draw them on opposite sides of the paper along with either a drawing of the emotions or some symbols associated with these emotions.
2. Then create a drawing that connects both of these emotions in some way with symbols, or with a landscape, or whatever design or colors the client chooses to make. The symbols may or may not be related to each other.

Rationale

This can be a projective tool in which a client gains insight into two different emotions and how they may be related to each other. The landscape often serves as a metaphor of personal experience. A tool to increase self awareness and discuss coping skills. Can be used to examine inner strengths and ways to deal with personal challenges.

Adaptations

Can be done with collage materials

Reflections

By allowing the client to choose their own emotions, it may allow for more insight into one's own personal experience. I used this with a group of stroke patients and they were very surprised at what came out on paper, the insight each member gained, and how well everyone was able to share what they were experiencing with the group.

Susan L. Smith