

Four Group Interventions

From Conversations With the Body: Psychosomatic symptoms, the symbols, and the meanings

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1&2: Materials: Large paper and drawing materials (marker, colored pencil, graphite pencil)

#1: Directive: Create a line, then pass to the next person. Add to the drawing by continuing the line, then pass to the next person.

Rational: Addresses control issues. You can't control what life hands you, but you can control what you do with it.

#2: Directive: Draw a picture of self – hand to a partner. The partner can make whatever changes they want.

Rational: Addresses trust issues. Process feelings around giving up control, allowing someone else to participate in created space/image.

3&4: Materials: Papers, 3-D objects, fabric, paint, glitter, etc.

#3: Create a mess – then make something of it.

Rational: Creating boundaries, organizing thoughts, transformation

#4: Create a safe place together

Rationale: Socialization, cooperation, trust, identification of support persons