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## Creative Interventions and Activities Clearinghouse

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# Early Memory Drawing: Teaching Adlerian Concepts

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**Purpose:**

The purpose of this creative intervention is to aid in teaching Adlerian concepts of early childhood memories and the unconscious.

**Materials Needed:**

Paper and crayons

**Procedures:**

The week before beginning the section on psychodynamic theory ask students to bring in a drawing of the earliest memory they can think of and bring it to class, if they wish, to use as an example. Emphasize that the exercise is optional and that it may unearth some unexpected feelings. Begin the class lecture by discussing the idea of the unconscious and responses to early childhood experiences. Once the first half of the lecture has been covered, the students will use the memory drawings to illustrate and discuss the points made in the lecture. Students volunteer to bring up their drawing, put it on the document camera, and explain what is happening in the memory.

**Process Questions and Follow-Up:**

Discuss how memory is not like a video camera, and instead (as the theories state), we remember things from the past because, as adults, they tie into who we are now. Ask the class to speculate on issues that the memory may be illuminating, on how they might imagine the adult self of the person who had this memory. Stress that this is an exercise, and that it is not intended to truly characterize the student volunteer.

**Practice Setting:**

Counselor Education