
Creative Interventions and Activities Clearinghouse

Perceptions of Self Through Mine and Other's Eyes - Experiential Art Activity

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Purpose:

The purpose of this creative intervention is to increase awareness of self and one's impact on others.

Materials Needed:

Crayons, markers, paint, and paper

Procedures:

General: Clients draw pictures of how they perceive themselves when they are calm as well as angry. Other family members or others draw their perception of the client and how they are when they are calm as well as when they are angry or agitated. Each person discusses their pictures to the other parties present, discussing major differences that are brought out. Client processes what they see as major differences in the pictures as well as what it feels like for them to be made aware of what others are thinking about them. Family, peers, etc. discuss the major issues that are identified through the activity.

Substance abuse populations: The client draws a self portrait, or picture of their life prior to the client's use of drugs and/or alcohol. Family members draw pictures of the client, or a representation of their life prior to their use of drugs or alcohol. The client and family members, friends etc. draw pictures of the client since he/she has been using drugs or alcohol. Compare and process differences in the pictures from the client and his/her family members, significant others, or friends.

Process Questions and Follow-Up:

General: Process and challenge denial that is present during these discussions. Challenge the client to identify changes that can be made toward integrating negative feedback related to past or present behaviors and attitudes.

Substance abuse populations: Process the meaning in the pictures. Persons involved discuss their perceptions of the client and the impact that their behavior has on them, or their family. Process and challenge denial during discussions of pictures with clients and others present.

Practice Setting:

Mental Health Agency/Private Practice