

Creative Interventions and Activities Clearinghouse

The Bridge: Working With Difficult Situations and Their Solutions

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Purpose:

The purpose of this creative intervention is to help clients dealing with difficult life situations visually represent the situation and possible solutions.

Materials Needed:

Paper, markers, and crayons or pencils

Procedures:

Clients divide a piece of paper into three panels or sections. On the first panel, clients are invited to draw a picture of a problem or concern they are currently facing. After drawing the particular situation, they are asked to draw on the third panel a picture of what things would look like if the problem were solved. Between these two scenes clients draw symbols of obstacles blocking their movement toward finding solutions. In the final stage, clients are asked to draw a bridge over the obstacles, providing a connection between the problem and problem solved panels. Counselors encourage clients to include on the bridge symbols or word phrases that represent varied ways of overcoming the obstacles and living life more effectively.

Process Questions and Follow-Up:

None

Practice Setting:

Rehabilitation