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## Creative Interventions and Activities Clearinghouse

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# Thought Poster: Identifying Negative Thought Patterns With Art

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**Purpose:**

The purpose of this creative intervention is to help clients relieve stress and anxiety. Through the intervention the client is also able to identify negative thought patterns.

**Materials Needed:**

Crayons, colored pencils, paints, or chalks; large poster board (but any size will work)

**Procedures:**

The counselor asks the client to draw a picture of his or her head on the poster board. The client writes or draws everything he or she is thinking about at that moment. The drawings can be random words or pictures. If there is something that the client does not want to talk about, he or she can use pictures or symbols to represent those things. Keep in mind that some clients may experience overwhelming anxiety at the beginning of the intervention. As the client begins to write and draw how they feel, they may experience a sense of relief. If the client is having difficulty during the session, the creative intervention can be assigned as homework.

**Process Questions and Follow-Up:**

Discuss the process and what the words and pictures represent to the client.

**Practice Setting:**

Rehabilitation