

Hiskins Arts Therapy & Counselling

The basic elements of the therapeutic session

The sessions are dictated by the moment and I like to remain in the feelings and felt sense of the other.

One can use many different modalities to inquire creatively into the moment or feeling, including: scrunching paper up, verbalising a sound, moving a motion, creating a collage, painting an image, writing a poem or story, describing a metaphor, and or it can be as simple as drawing a coloured line. Along with this creative process we link our cognition, so we can name what we have come to know.

01 Create

Create something artistic and represent your feelings/emotions.

02 Refelct

Reflecting how you feel and what comes up for you through making and looking at the image.

03 Discuss

Discuss your reactions and connect any memories or similar feelings to the image.

04 Make meaning

Reflecting on what the message is in what you have created and now know.