

Drawings

Purpose:

- To use imagery and art for self-exploration and learning
- Drawings are a way to help group members access their unconscious information.
- The drawings capture the “before” – helping group participants become more aware of what is going on with them as they begin the group.
- Drawings will also be done in the last group so that the group members will be able to evaluate changes brought about by participation in the group.

Materials

- drawing paper and crayons

Instructions:

1. Pass out 3 pieces of paper to each participant along with crayons
2. Ask them to number the pages, “1”, “2” & “3”
3. Ask them to put their name or initials on the back of each sheet
4. Give instructions for each drawing one at a time. Give them prompts for each drawing in order. Give them 5-7 minutes to complete the first drawing before you give instructions for the second one. When they have completed the second drawing, give instructions for the third one. You can gauge your time by watching to see how many are finished waiting for the next instruction.
5. Let them know that they can express themselves anyway on the paper, with colors, literal or abstract; to just let what ever images come to mind to express them on the page.
6. Remember this is not an art project, just relax into the experience
7. After each person has had an opportunity to share their drawings with the group, collect the drawings and keep them until the final session. Let everyone know you will be revisiting the drawings in the last session.
8. During the last session, return the first set of drawings to each person with some guidance about how to compare the two sets of drawings.

Drawings for the First Group:

- Draw yourself as you are now
- Draw yourself with your biggest problem, issue or concern (on any level, personal or professional)
- Draw yourself with your biggest problem, issue or concern solved

Drawings for the Closing Session:

- Draw yourself as you are now
- Draw yourself as you would like to be (any level, physical, emotional, professional, personal...)
- Draw how you are going to get there