

# 20

## Art Therapy Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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# How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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## Before You Start

### Materials

1. Paper: Use notebook-sized or larger sheets. Secure the paper to the table with tape to prevent slipping.

2. Art Supplies:

- Water-based soft pastels (recommended for these exercises; use hairspray to fix color pigments on the pages).
- Crayons or gouache paint.

3. Cleaning Supplies: A towel to wash your fingers.

4. Optional Items:

- Scissors
- Glue
- Decorative elements (e.g., feathers, beads, glitter, fabric)

### Setting Up Your Space

- Choose a quiet, safe place where you feel comfortable and free from distractions.

- Sit at a table with enough space to work comfortably, or stand in front of an easel.

- If possible, use your non-dominant hand (e.g., if you are right-handed, use your left hand). This technique works best with soft pastels or gouache paint. Apply the color directly with your hand.

## Emotion Wheel

The Emotion Wheel helps individuals identify and express their emotions. By visually representing emotions, you can gain a better understanding of your emotional state and work towards emotional balance and healing.

### Instructions

1. On the large sheet of paper, draw a large circle. Divide the circle into 6-8 equal sections like slices of a pie.
2. In each section, write the name of a primary emotion (e.g., happiness, sadness, anger, fear, surprise, disgust). You can also add secondary emotions if you want to be more specific (e.g., joy, sorrow, frustration, anxiety, astonishment, revulsion).
3. Use colors that you associate with each emotion to fill in the sections. For example, you might use yellow for happiness, blue for sadness, red for anger, etc. Add symbols or drawings that represent how each emotion feels to you (e.g., Sun, smiley faces, balloons).
4. Think about recent experiences that triggered each of these emotions. Write down a brief description of these experiences in the corresponding sections.

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5. What primary and secondary emotions do you often feel? How do these emotions manifest in your body (e.g., tension, relaxation, butterflies)?

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6. How do you typically react when you feel these emotions? Are your reactions helpful or harmful to your well-being?

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7 What insights have you gained about your emotions through this exercise?

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## Mood Journal

A Mood Journal helps individuals track, understand, and express their emotions visually. By recording your moods and their triggers, you can gain insights into your emotional patterns and work towards emotional well-being.

### Instructions

1. At the end of each day, take a few minutes to reflect on your emotions and experiences. Include any significant events or interactions that impacted your mood.
2. On one side of the page, create your visual representation. On the other side, write a brief description of your day, focusing on your emotional experiences and their triggers.
3. Use a different color for each emotion (e.g., blue for sadness, yellow for happiness, red for anger). Draw shapes or symbols that represent your feelings (e.g., hearts for love, clouds for sadness, lightning bolts for anger).
4. Use the following prompt to inspire from:
  - What emotions did I experience today?
  - How intense were these emotions on a scale from 1 to 10?
  - What events, interactions, or thoughts triggered these emotions?
  - How did I react to these triggers?
  - How did I cope with my emotions today?
  - Were my coping mechanisms helpful or harmful?
  - Do I notice any patterns in my emotional experiences?
  - What insights have I gained about my emotions and triggers?

## Abstract Emotions

The Abstract Emotions exercise is designed to help you explore and express your emotions through abstract art. By using colors, shapes, and forms, you can represent your feelings in a non-literal way, allowing you to process and understand your emotions more deeply.

### Instructions

1. Begin by identifying an emotion you want to explore (e.g., happiness, sadness, anger, fear).
2. Think about the colors and shapes that you associate with this emotion. There are no right or wrong choices; use whatever feels right to you.
3. On your large sheet of paper, start creating your abstract representation of the chosen emotion. Use colors, shapes, lines, and textures to express how this emotion feels to you. Don't worry about making it look like anything specific.
4. Once you have completed your abstract piece, take some time to reflect on it. Consider how the process felt and what the final piece represents to you.

- What emotion did I choose to explore?

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- Why did I choose this particular emotion?

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- What colors did I use to represent this emotion? Why did I choose these colors?

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- What shapes or lines did I incorporate? What do these shapes symbolize for me?

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- How did I feel while creating the abstract art?

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- Did any unexpected emotions arise during the process?

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- What does the final piece say about my emotion?

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## Emotion Mask

The Emotion Mask exercise helps you explore and express your inner and outer emotions. By creating a mask that represents both your internal feelings and how you present yourself to the world, you can gain insights into your emotional experiences and improve your emotional well-being.

### Instructions

1. Draw a large mask shape on a sheet of paper or use a pre-made mask template. Divide the mask into two halves vertically.
2. On one half of the mask, use colors, shapes, and symbols to represent your inner emotions—how you truly feel inside. Think about the emotions you often keep hidden or find difficult to express.
3. On the other half of the mask, use colors, shapes, and symbols to represent how you present yourself to the world. Consider the emotions and expressions you show to others, which may differ from your inner feelings.
4. Use decorative elements like feathers, beads, glitter, or fabric to enhance your mask and make it more expressive.
5. Cut out the mask shape and, if desired, attach a string or stick to hold it up like a traditional mask.
6. Reflection:

- What emotions did you represent on the inner side of your mask?

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- Why do you think you keep these emotions hidden?

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- What emotions did you represent on the outer side of your mask?

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- How do these emotions differ from your inner feelings?

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- Why do you present certain emotions to the world that differ from how you feel inside?

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- How does this discrepancy affect your relationships and well-being?

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- How does the final mask reflect your emotional experiences?

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## Self-Portrait

Creating a self-portrait helps you explore and express your identity, emotions, and experiences. This art therapy exercise helps you connect with yourself on a deeper level, promoting self-awareness.

### Instructions

1. Begin by looking at yourself in the mirror or imagining yourself if you prefer not to use a mirror.
2. Start drawing or painting your face and features. Focus on capturing your likeness, but don't worry about making it perfect. The goal is to express how you see yourself.
3. Use colors, shapes, and symbols to represent your inner emotions, thoughts, and experiences. Consider adding elements that symbolize different aspects of your personality, such as your strengths, values, and dreams.
4. Once you have completed your self-portrait, take some time to reflect on it. Consider how the process felt and what the final piece represents to you.

- What emotions did you experience while creating your self-portrait?

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- How did these emotions influence your choice of colors and symbols?

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- What aspects of yourself did you focus on the most?

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- What symbols or elements did you include in your self-portrait, and why?

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## Life Timeline

The Life Timeline exercise helps you visually map out significant events and periods in your life. By creating a timeline, you can reflect on your personal history, understand the impact of past experiences, and gain insights into your journey.

### Instructions

1. Draw a horizontal line across the center of your paper. This line represents your life timeline. Mark the beginning of the timeline with your birth and the end with your current age.
2. Reflect on your life and identify significant events or periods that have shaped you. These can include positive events (e.g., achievements, happy moments) and challenging ones (e.g., losses, traumas).
3. Using markers or colored pencils, mark each significant event on the timeline. You can write a brief description or use symbols to represent each event. Consider using different colors to distinguish between positive and challenging events.
4. Use colors, shapes, and symbols to visually represent each event. For example, you might use a star to represent a significant achievement or a storm cloud to symbolize a difficult period. Feel free to add any artistic elements that help convey the emotional impact of these events.
5. Once you have completed your life timeline, take some time to reflect on it. Consider how the process felt and what the final piece represents to you.
  - What are the most significant events you included in your timeline?

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- Why did you choose these events?

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- How did each event impact you emotionally?

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- Are there any patterns or themes that emerge from your timeline?

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- What insights have you gained about your life journey?

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## Vision Board

A Vision Board helps you visualize and focus on your goals, dreams, and aspirations. By creating a visual representation of what you want to achieve, you can enhance your motivation, clarify your intentions, and manifest your desires.

### Instructions

1. Spend a few minutes thinking about your goals, dreams, and aspirations. Consider different areas of your life, such as career, relationships, health, personal growth, and hobbies.
2. Look through magazines, newspapers, and printouts to find images, words, and phrases that resonate with your vision for the future. Cut out these images and words, selecting ones that inspire and motivate you.
3. Begin arranging the images and words on your sheet of paper, poster board, or canvas. Experiment with different layouts until you find one that feels right.
4. Once you are satisfied with the arrangement, glue or tape the images and words to the board. Use markers, colored pencils, and decorative elements to enhance your vision board. Add any additional drawings, symbols, or decorations that further represent your goals and dreams.
5. Take some time to reflect on your completed vision board.

- What goals and dreams did you choose to include on your vision board?

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- Why are these goals and dreams important to you?

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- What colors, symbols, and decorations did you use to enhance your vision?

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- How does your vision board inspire and motivate you?

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- What feelings do you experience when you look at your vision board?

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- What does your vision board reveal about your aspirations and desires?

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## Zen Doodles

Zen Doodles, also known as Zentangles, are a form of meditative drawing that helps to reduce stress, enhance focus, and promote relaxation. This art therapy exercise involves creating intricate, repetitive patterns and shapes, allowing you to enter a state of mindfulness and calm.

### Instructions

1. Set up your paper and art supplies within easy reach. Consider using a pencil to lightly sketch a border or grid on your paper as a guide.
2. Begin by drawing a simple shape in the center of your paper, such as a circle, square, or triangle. This will serve as the starting point for your doodles.
3. Fill the shape with repetitive patterns and designs. Focus on small, detailed shapes like lines, dots, curves, and spirals. Let your hand move naturally and allow the patterns to flow without overthinking.
4. Gradually expand your doodles outward, filling the entire paper with patterns. You can create new shapes and sections as you go.
5. If you wish, use colored pencils or markers to add color to your doodles. This can enhance the meditative quality of the exercise and add depth to your designs.
6. Once you have completed your Zen Doodles, take some time to reflect on the process and the final piece.

- How did you feel while creating your Zen Doodles?

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- Did any specific emotions or thoughts arise during the process?

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- What patterns and shapes did you use most frequently?

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- What do these patterns and shapes represent to you?

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- What does the final piece of Zen Doodles say about your current state of mind?

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## Nature Mandalas

Nature Mandalas are a form of meditative art that uses natural materials to create intricate, symmetrical designs. This art therapy exercise helps you connect with nature, find inner peace, and express your creativity.

### Instructions

1. Spend some time collecting natural materials from your surroundings. Look for a variety of shapes, sizes, and colors that appeal to you.
2. If you are using a paper or canvas base, place it on your workspace. You can also create your mandala directly on the ground or a flat surface.
3. Begin by placing a central element in the middle of your workspace. This could be a stone, flower, or any other item that feels significant to you.
4. Working outward from the center, arrange your natural materials in a symmetrical pattern. Focus on creating balance and harmony in your design. Use repetition of shapes, colors, and textures to enhance the symmetry and visual appeal of your mandala.
5. If you want to keep your mandala as a permanent piece of art, use glue to fix the materials in place on your paper or canvas.
6. As you work, take time to reflect on the process.

- How did collecting and working with natural materials affect your state of mind?

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- What elements of nature did you feel most drawn to, and why?

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- How did creating a symmetrical design impact your focus and relaxation?

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- What shapes, colors, and textures did you use, and what do they represent to you?

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- How did the repetitive nature of arranging materials contribute to your sense of mindfulness?

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- What does your final mandala design say about your current state of mind or emotions?

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## Breath Art

Breath Art combines mindful breathing with creative expression. This practice helps you connect with your breath, reduce stress, and enhance relaxation. By synchronizing your breath with your artistic movements, you can achieve a state of mindfulness and inner calm.

### Instructions

1. Set up your paper and art supplies within easy reach.
2. Take a few moments to sit quietly and focus on your breath. Close your eyes if it helps you concentrate. Breathe in deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth, letting go of any tension.
3. Begin by drawing or painting lines, shapes, or patterns on your paper. As you inhale, move your hand slowly in one direction. As you exhale, move your hand in another direction.
4. Experiment with various patterns, lines, and shapes that feel natural with your breathing. You can use spirals, waves, circles, or any other forms that resonate with you. Pay attention to how different breathing patterns (deep, shallow, fast, slow) affect your artistic expression.
5. Once you have completed your Breath Art, take some time to reflect on the process and the final piece.

- How did focusing on your breath affect your state of mind?

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- What breathing patterns did you use, and how did they influence your artistic movements?

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- What patterns, shapes, or lines did you create during the exercise?

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- What do these patterns and shapes represent to you?

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- Did any specific emotions or thoughts arise during the exercise?

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- What does your final Breath Art piece say about your current state of mind or emotions?

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## Coloring Books

Coloring books can help reduce stress, enhance focus, and promote relaxation. This exercise involves coloring pre-drawn images, allowing you to engage in a meditative and calming activity that fosters creativity and mindfulness.

### Instructions

1. Select a coloring book or a specific page that appeals to you. Look for images that resonate with your current mood or interest.
2. Start coloring the page, focusing on staying within the lines and choosing colors that feel right for you. Let your mind relax and focus solely on the act of coloring.
3. As you color, try to stay present in the moment. Notice your breathing, the movement of your hand, and the sensation of the coloring tool against the paper. If your mind starts to wander, gently bring your focus back to the coloring process.
4. Once you have completed your coloring page, take some time to reflect on the process and the final piece.

- How did you feel while coloring the page?

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- Did any specific emotions or thoughts arise during the process?

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## Mindful Drawing

Mindful drawing combines the practice of mindfulness with creative expression. This exercise helps you stay present in the moment, reduce stress, and enhance your focus and relaxation.

### Instructions

1. Set up your paper and drawing tools within easy reach.
2. Take a few moments to sit quietly and focus on your breath. Close your eyes if it helps you concentrate. Breathe in deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth, letting go of any tension.
3. Start by drawing simple shapes, lines, or patterns on your paper. Let your hand move naturally and without overthinking. Focus on the sensation of the drawing tool against the paper, the sound it makes, and the way it feels in your hand.
4. As you draw, stay present in the moment. Notice your breathing, the movement of your hand, and the emerging patterns on the paper. If your mind starts to wander, gently bring your focus back to the drawing process.
5. Experiment with various patterns, lines, and shapes that feel natural and calming. You can create spirals, waves, circles, or any other forms that resonate with you. Allow yourself to draw without a specific goal or outcome in mind.
6. Once you have completed your mindful drawing, take some time to reflect on the process and the final piece.

- How did focusing on your drawing affect your state of mind?

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- What thoughts or emotions arose during the exercise?

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- What patterns, shapes, or lines did you create during the exercise?

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- What do these patterns and shapes represent to you?

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- Did you notice any changes in your stress levels or focus during the exercise?

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## Sensory Art

Sensory art involves using different textures and materials to engage your senses and create a multisensory art experience. This art therapy exercise helps you explore your emotions and thoughts through tactile and sensory stimulation, promoting relaxation and self-awareness.

### Instructions

1. Gather a variety of textured materials that you can use in your sensory art piece. Set up your paper or canvas and art supplies within easy reach.
2. Begin by gluing or taping different textured materials onto your paper or canvas. Arrange them in a way that feels visually and tactilely appealing to you. Experiment with layering and combining materials to create interesting textures and patterns.
3. Use your pastels, crayons, paint, markers, or colored pencils to add color and patterns to your sensory base. Allow the textures to guide your artistic choices. Focus on how the materials feel under your fingers and let this sensory feedback inform your artistic process.
4. Allow yourself to explore and experiment with the different textures and materials. There are no rules—let your creativity flow and enjoy the sensory experience. Pay attention to how each material and texture makes you feel.
5. Once you have completed your sensory art piece, take some time to reflect on the process and the final piece.

- How did the different textures and materials feel under your fingers?

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- Did any specific sensations or thoughts arise during the exercise?

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- How did the tactile nature of the exercise impact your sense of relaxation and mindfulness?

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- Did you notice any changes in your stress levels or focus during the exercise?

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## Gratitude Tree

The Gratitude Tree helps you focus on the positive aspects of your life and cultivate a sense of gratitude. By creating a visual representation of the things you are thankful for, you can enhance your emotional well-being, reduce stress, and develop a more positive outlook on life.

### Instructions

1. On your large sheet of paper or poster board, draw a tree trunk with branches extending outward. Make sure there is enough space on the branches to add leaves later.
2. Using construction paper or colored paper, cut out several leaf shapes. These leaves will represent the things you are grateful for. If you prefer, you can also draw and color leaves directly onto the branches of your tree.
3. On each leaf, write down something you are grateful for. These can be people, experiences, qualities, or things that bring you joy and fulfillment. Use different colors to represent different types of gratitude (e.g., green for people, yellow for experiences, red for qualities).
4. Glue or tape the leaves onto the branches of your tree. Arrange them in a way that feels visually appealing and balanced to you.
5. Use markers, colored pencils, stickers, glitter, or other decorative elements to enhance your Gratitude Tree. Add any additional drawings or symbols that represent your gratitude.
6. Once you have completed your Gratitude Tree, take some time to reflect on the process and the final piece.

- What did you choose to include on your Gratitude Tree?

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- Why are these things important to you?

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- Did any specific emotions or thoughts arise during the exercise?

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- Did you notice any changes in your stress levels or mood during the exercise?

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## Healing Hands

The Healing Hands exercise focuses on recognizing and honoring your personal strengths, sources of support, and pathways to healing. By creating visual representations of your hands, you can explore your abilities, express gratitude for the support in your life, and identify strategies for self-care and healing.

### Instructions

1. Place one hand on the large sheet of paper or poster board and trace around it with a pencil. Repeat with the other hand so you have the outlines of both hands on the paper.
2. Label the left hand "Strengths" and the right hand "Support and Healing."
3. Inside the outline of the left hand, write or draw things that represent your personal strengths, talents, and positive qualities. You can include words, symbols, or images that capture these aspects of yourself. Use colors and patterns that resonate with your sense of strength.
4. Inside the outline of the right hand, write or draw things that represent the sources of support in your life and strategies for healing. This can include people, places, activities, or practices that help you feel supported and promote your well-being.
5. Use additional decorative elements like stickers, glitter, or other materials to enhance your Healing Hands. Make them visually appealing and meaningful to you.
6. Once you have completed your Healing Hands, take some time to reflect on the process and the final piece.

- What strengths did you include in the left hand, and why are these important to you?

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- How do these strengths help you navigate challenges and support your well-being?

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- What sources of support and strategies for healing did you include in the right hand?

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- How do these sources and strategies contribute to your emotional and physical well-being?

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- How did the process of creating your Healing Hands impact your state of mind?

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## Wound Healing

The Wound Healing exercise helps you visually and emotionally process and heal from past wounds or traumas. By creating a visual representation of your emotional wounds and their healing process, you can explore your feelings, promote self-awareness, and facilitate emotional recovery.

### Instructions

1. Begin by drawing shapes or symbols that represent your emotional wounds or traumas. These shapes can be abstract (e.g., jagged lines, dark circles) or representational (e.g., broken hearts, scars).
2. If you feel comfortable, label each wound with a word or phrase that describes the event or emotion associated with it.
3. Use colors and patterns to explore and express the emotions associated with each wound. Dark colors might represent pain or sadness, while lighter colors could signify hope or healing.
4. Create visual representations of the healing process around or over each wound. This could include drawing stitches, bandages, flowers growing, or light spreading from the wound.
5. Once you have completed your Wound Healing artwork, take some time to reflect on the process and the final piece.

- What wounds or traumas did you choose to represent, and why?

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- How did you feel as you drew and labeled these wounds?

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- What emotions arose as you explored and expressed your wounds through colors and patterns?

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- How did these emotions change as you visualized the healing process?

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- What does your final Wound Healing artwork say about your journey towards healing and recovery?

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## Safe Place

The Safe Place exercise helps you create a visual representation of a place where you feel safe, calm, and secure. By visualizing and drawing your safe place, you can promote relaxation, reduce anxiety, and enhance your sense of well-being.

### Instructions

1. Close your eyes and take a few deep breaths. Imagine a place where you feel completely safe and at peace. This can be a real place you have been to or an imaginary place you create in your mind. Think about the details of this place: what it looks like, sounds like, smells like, and feels like.
2. On your large sheet of paper or canvas, start drawing your safe place. Begin with the main elements that define this place, such as the landscape, structures, or natural features. Use colors and patterns that represent the calm and safety of this place. Allow yourself to be creative and include any details that make it feel more real and comforting.
3. Include personal items or symbols in your safe place that have special meaning to you. These could be objects, animals, or people that enhance your sense of safety and comfort. Use markers, colored pencils, pastels, or paint to bring your safe place to life with vivid colors and textures.
4. Once you have completed your Safe Place artwork, take some time to reflect on the process and the final piece.

- What elements did you include in your safe place, and why?

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- Did any specific emotions or thoughts arise during the exercise?

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- What does your final Safe Place artwork say about your need for safety and comfort?

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## **Journey to Recovery**

The Journey to Recovery exercise helps you visualize and reflect on your path to healing and personal growth. By creating a visual representation of your journey, you can explore your past, present, and future, recognize your progress, and identify your goals and aspirations for recovery.

### **Instructions**

1. Start by drawing a path that represents your journey to recovery. This path can be a straight line, a winding road, a spiral, or any shape that resonates with you. Divide the path into three sections: Past, Present, and Future.
2. In the "Past" section of your path, draw or write about significant events, challenges, and experiences that have impacted your journey. Use colors, symbols, and images that represent these moments.
3. In the "Present" section of your path, depict your current state, including your strengths, achievements, and ongoing challenges. Use colors and images that reflect your present emotions and experiences. Consider including symbols that represent the support and resources you have in your life right now.
4. In the "Future" section of your path, visualize your goals, hopes, and aspirations for recovery. Draw or write about the positive changes you want to achieve and the milestones you hope to reach. Use bright, hopeful colors and images that inspire you and represent your vision for a healthier, happier future.
5. Once you have completed your Journey to Recovery artwork, take some time to reflect on the process and the final piece.

- What significant events or challenges did you include in the "Past" section, and why?

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- How have these experiences influenced your recovery journey?

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- What strengths and achievements did you highlight in the "Present" section?

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- What ongoing challenges and sources of support did you include?

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- What goals and aspirations did you depict in the "Future" section?

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## Relationship Map

The Relationship Map exercise helps you visualize and reflect on the relationships in your life. By creating a visual representation of your relationships, you can explore the connections, dynamics, and influences that shape your interactions and emotional well-being.

### Instructions

1. Begin by drawing a circle in the center of your paper or canvas. Inside this circle, write your name or draw a representation of yourself.
2. Around the central circle, draw additional circles to represent the important people in your life. These can include family members, friends, colleagues, mentors, or any other significant relationships. Write the names of these individuals or draw symbols that represent them inside the circles.
3. Draw lines connecting your circle to the other circles, symbolizing your relationships. The lines can be different lengths and styles (e.g., straight, wavy, dashed) to represent the nature and strength of each connection.
4. Use colors, patterns, and symbols to add details to your relationship map. For example, use different colors to represent positive, neutral, or challenging relationships. Include symbols or images that capture the essence of each relationship, such as hearts for love, chains for strong bonds, or clouds for difficulties.
5. Once you have completed your Relationship Map, take some time to reflect on the process and the final piece.

- Who are the significant people you included in your relationship map, and why?

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- How do these relationships influence your life and well-being?

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- How did you represent the nature and strength of each relationship?

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- Did any specific emotions or thoughts arise during the exercise?

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- What does your final Relationship Map say about the connections in your life?

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## Shared Drawing

Shared Drawing fosters connection, communication, and collaboration between individuals. By creating a shared piece of art, participants can explore their relationships, express emotions, and enhance their understanding of one another.

### Instructions

1. Place the large sheet of paper or canvas on the table or easel. Ensure that it is accessible from all sides so that everyone can easily contribute to the drawing.
2. Agree on some basic ground rules for the shared drawing exercise. These might include taking turns, respecting each other's contributions, and keeping an open mind.
3. One person starts by drawing a shape, line, or pattern on the paper. This initial mark serves as the starting point for the collaborative drawing. After the first person has made their mark, pass the drawing to the next participant, who adds their own element to the drawing. Continue taking turns, building on each other's contributions.
4. As you draw, communicate with your partner(s) about your ideas and the direction of the drawing. Discuss the choices you are making and how they relate to the emerging artwork.
5. Once the shared drawing is complete, take some time to reflect on the process and the final piece.
  - How did you feel about collaborating on the drawing?

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- What did you enjoy about the process, and what challenges did you encounter?

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- How did you communicate with your partner(s) during the drawing exercise? How did the communication influence the direction and outcome of the drawing?

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- What emotions arose during the shared drawing exercise?

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- How did these emotions influence your contributions to the drawing?

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- What does the final shared drawing represent to you?

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## Affirmation Art

Affirmation Art combines positive affirmations with creative expression. This activity helps you reinforce positive thoughts, boost self-esteem, and promote a positive mindset.

### Instructions

1. Start by selecting a few positive affirmations that resonate with you. These can be affirmations related to self-love, confidence, healing, or any other positive aspect you want to focus on. Examples of affirmations include:

- "I am worthy of love and respect."
- "I am capable of achieving my goals."
- "I am strong and resilient."
- "I am enough just as I am."

2. Write each affirmation in large, clear letters on your paper or canvas. You can write them in a straight line, in a circular pattern, or any way that feels right to you. Consider using different colors or styles of lettering to emphasize the affirmations.

3. Around the affirmations, create visual elements that enhance and support the positive messages. Use colors, patterns, symbols, and images that resonate with the meaning of each affirmation. For example, you might draw hearts and flowers around an affirmation about self-love or use bright, vibrant colors to represent energy and confidence.

4. Use decorative elements like stickers, glitter, or fabric to further personalize and embellish your Affirmation Art. Make it visually appealing and meaningful to you.

5. Once you have completed your Affirmation Art, take some time to reflect on the process and the final piece.

- Why did you choose these particular affirmations?

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- What visual elements did you add, and why?

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- Did any specific emotions or thoughts arise during the exercise?

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- What does your final Affirmation Art say about your mindset and emotional well-being?

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## Inner Child

The Inner Child helps you connect with your inner child, explore past experiences, and nurture your emotional well-being. By creating visual representations of your inner child, you can better understand your past, address unresolved emotions, and foster self-compassion.

### Instructions

1. Close your eyes and take a few deep breaths. Imagine yourself as a child. Think about how you looked, what you liked to do, and how you felt during different moments of your childhood. Consider both positive and challenging experiences that shaped your childhood.
2. On your large sheet of paper or canvas, draw a picture of yourself as a child. Use colors, patterns, and symbols to represent your inner child's appearance, emotions, and experiences. You can include specific details such as favorite toys, places, or people that were significant to you as a child.
3. Around the drawing of your inner child, add symbols and elements that represent important aspects of your childhood. These can include both positive memories and challenges you faced. Use different colors and shapes to convey various emotions and experiences.
4. On a separate piece of paper or on the same artwork, write a letter to your inner child. Address the emotions and experiences you drew, offering comfort, understanding, and support. Use kind and compassionate language, acknowledging any pain or joy your inner child experienced and expressing love and reassurance.

## Strength Shield

The Strength Shield exercise helps you explore and visualize your personal strengths, values, and sources of support. By creating a visual representation of your "strength shield," you can enhance your self-awareness, boost your confidence, and reinforce a positive self-image.

### Instructions

1. Begin by drawing a large shield shape in the center of your paper or canvas. The shield can be any shape that resonates with you, such as a traditional medieval shield, a heart, or a modern, abstract form.
2. Divide the shield into four or more sections. These sections will represent different aspects of your strengths, values, and sources of support.
3. Label each section of the shield with a specific theme. Common themes include:
  - Personal strengths
  - Values and beliefs
  - Sources of support (e.g., family, friends, community)
  - Achievements and accomplishments
  - Goals and aspirations
4. In each section, draw or write about the corresponding theme. Use colors, symbols, and images to represent your personal strengths, values, sources of support, achievements, and goals. For example, you might draw a symbol of a heart to represent your value of compassion, or a tree to symbolize growth and resilience.

5. Use decorative elements like stickers, glitter, or fabric to enhance your Strength Shield. Make it visually appealing and meaningful to you.

6. Once you have completed your Strength Shield, take some time to reflect on the process and the final piece.

- What personal strengths did you highlight on your shield?

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- How do these strengths help you navigate challenges and support your well-being?

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- What values and beliefs did you include, and why are they important to you?

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- What achievements and accomplishments did you include, and how do they make you feel?

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## Random Object Art

The Random Object Art exercise helps you explore your creativity and emotional expression using everyday objects. By incorporating random objects into your artwork, you can unlock new perspectives, process emotions, and enhance your problem-solving skills.

### Instructions

1. Gather a variety of random objects from around your home or environment. These objects can be anything small and interesting that you can incorporate into your artwork. Aim for at least 5-10 different objects.
2. Choose a large sheet of paper or canvas as the base for your artwork. Make sure it's big enough to accommodate your objects and any additional drawing or painting you want to do.
3. Start by arranging the random objects on your paper or canvas. Experiment with different placements and combinations until you find a composition that you like. Use glue or tape to securely attach the objects to your base. Make sure they are firmly fixed so they won't fall off later.
4. Once the objects are attached, use pencils, markers, colored pencils, or paint to integrate them into a cohesive piece of art. Draw or paint around the objects to create a unified composition. Consider how the objects can inspire or interact with your drawing. For example, a button could become the center of a flower, or a twig could turn into part of a tree.
5. As you create your artwork, focus on expressing your emotions and thoughts. Let the random objects inspire your creativity and guide your artistic choices.

6. Once you have completed your Random Object Art, take some time to reflect on the process and the final piece.

- What new perspectives or ideas did the objects inspire?

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- Did any specific emotions or thoughts arise during the exercise?

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- What challenges did you encounter while incorporating the objects into your artwork? How did you overcome these challenges and what solutions did you find?

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- What does your final artwork say about your current state of mind and emotions?

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## Fantasy Creature

The Fantasy Creature exercise helps you explore your imagination, express complex emotions, and understand different aspects of yourself through the creation of a fantastical being. This activity encourages creativity, self-reflection, and emotional expression.

### Instructions

1. Close your eyes and take a few deep breaths. Imagine a fantasy creature that embodies different aspects of your personality, emotions, or experiences. Think about its appearance, characteristics, and abilities. Consider how it might look, move, and interact with its environment.
2. On your large sheet of paper or canvas, begin by drawing the basic outline of your fantasy creature. Start with its overall shape and add details like limbs, wings, scales, fur, or any other features that come to mind.
3. Fill in the details of your creature. Use colors, patterns, and textures to bring your creature to life. Think about what each feature might symbolize or represent. For example, wings might symbolize freedom, horns might represent strength, and a gentle expression might convey kindness.
4. Add symbols or elements that represent specific aspects of your personality, emotions, or experiences. This could include shapes, colors, or objects that hold personal significance. Consider including elements that represent both positive and challenging aspects of yourself. This can help you create a more complete and balanced representation.
5. Use decorative elements like stickers, glitter, or fabric to enhance your fantasy creature. Make it visually appealing and meaningful to you. Allow yourself to have fun with the process and let your imagination guide you.

6. Once you have completed your fantasy creature, take some time to reflect on the process and the final piece.

- What features and characteristics did you include in your fantasy creature, and why?

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- How do these features represent different aspects of your personality, emotions, or experiences?

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- What personal symbols did you add, and what do they represent?

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- How did you feel while creating your fantasy creature?

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- What does your final fantasy creature say about your inner world and current state of mind?

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## Growth Tree

The Growth Tree exercise helps you explore your personal growth, strengths, and areas for improvement. By creating a visual representation of a tree, you can symbolize different aspects of your life journey and growth.

### Instructions

1. Start by drawing the trunk of the tree in the center of your paper or canvas. The trunk represents your core self, including your values, beliefs, and identity. Draw the roots extending from the base of the trunk. The roots symbolize your foundation, such as your family, culture, education, and early life experiences.
2. From the trunk, draw branches that extend outward and upward. The branches represent different areas of your life, such as relationships, career, hobbies, and personal interests. Make the branches strong and varied, symbolizing the diversity and richness of your experiences.
3. Draw leaves on the branches to represent your strengths, skills, and positive qualities. Think about the attributes that make you unique and the things you are proud of. Add fruits to the branches to symbolize your achievements, goals, and milestones. These can include personal successes, accomplishments, and significant life events.
4. Draw blossoms and buds to represent areas for growth and potential future developments. These can symbolize skills you want to develop, goals you wish to achieve, or changes you want to make in your life. Use colors, patterns, and textures to bring your tree to life and make it visually appealing.

5. Add symbols or elements that have personal significance to you. This could include shapes, colors, or objects that hold special meaning. Consider including elements that represent both positive and challenging aspects of your growth journey. This can help you create a more complete and balanced representation.

6. Once you have completed your Growth Tree, take some time to reflect on the process and the final piece.

- What do the trunk and roots of your tree represent about your core self and foundation?

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- How do the branches, leaves, and fruits symbolize different areas of your life and achievements?

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- What personal symbols did you add, and what do they represent? How do these symbols enhance the meaning and impact of your tree?

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- What does your final Growth Tree say about your personal journey and current state of mind?

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## Future Self

The Future Self exercise helps you visualize and connect with your future self. By creating a visual representation of who you aspire to be, you can explore your goals, dreams, and values.

### Instructions

1. Close your eyes and take a few deep breaths. Imagine yourself in the future, perhaps five or ten years from now. Think about what you look like, how you feel, what you are doing, and what your surroundings are like. Consider your achievements, relationships, and personal growth.
2. On your large sheet of paper or canvas, begin by drawing the outline of your future self. This could be a full-body portrait, a head-and-shoulders portrait, or a symbolic representation of yourself.
3. Fill in the details of your future self. Use colors, patterns, and textures to bring your future self to life. Think about what each feature might symbolize or represent. For example, a confident posture might symbolize self-assurance, bright colors might represent happiness, and specific objects might signify your goals or achievements. Include details that highlight the qualities, skills, and values you aspire to embody.
4. Add symbols or elements that represent specific aspects of your future self and goals. This could include shapes, colors, or objects that hold personal significance. Consider including elements that represent both positive aspirations and challenges you hope to overcome. This can help you create a more complete and balanced representation.
5. Use decorative elements like stickers, glitter, fabric, or other materials to enhance your Future Self artwork. Make it visually appealing and meaningful to you.

6. Once you have completed your Future Self, take some time to reflect on the process and the final piece.

- What qualities and features did you include in your future self, and why? How do these qualities and features represent your aspirations and goals?

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- How did you feel while creating your Future Self?

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- What does your final Future Self artwork say about your personal journey and aspirations?

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## Seasonal Changes

The Seasonal Changes exercise helps you explore the cyclical nature of life, your personal growth, and the transitions you experience. By creating a visual representation of the seasons, you can reflect on your emotions, experiences, and the changes you go through throughout the year.

### Instructions

1. On your large sheet of paper or canvas, divide the space into four equal sections. Each section will represent one of the four seasons: Spring, Summer, Autumn, and Winter.
2. Label each section with the corresponding season. You can also add the months that fall within each season if you like.
3. Take a few moments to visualize what each season means to you. Think about the colors, symbols, and elements that represent each season in your mind. Consider how each season makes you feel and the experiences you associate with them.
4. In each section, draw or paint imagery that represents that particular season. Use colors, patterns, and textures to bring each season to life.
5. Incorporate symbols or elements that represent your personal experiences and emotions associated with each season. This could include shapes, colors, or objects that hold personal significance.
6. Think about how you change and grow with each season. Use text or imagery to reflect on your personal transitions, challenges, and growth throughout the year.

7. Use decorative elements like stickers, glitter, fabric, or other materials to enhance your Seasonal Changes artwork. Make it visually appealing and meaningful to you.

8. Once you have completed your Seasonal Changes artwork, take some time to reflect on the process and the final piece.

- What imagery and elements did you choose for each season? How do these elements represent your emotions and experiences during each season?

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- Did any specific emotions or thoughts arise during the exercise?

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- What does your final Seasonal Changes artwork say about your personal journey and the cyclical nature of your life?

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## Weather Moods

The Weather Moods exercise helps you explore and express your emotions by associating them with different types of weather. By creating visual representations of your feelings through weather-related imagery, you can gain insights into your emotional state and develop a deeper understanding of your inner world.

### Instructions

1. Take a few moments to reflect on your current emotional state. Consider how you have been feeling lately and what emotions are most prominent. Think about how these emotions could be represented by different types of weather.
2. Select different types of weather that you feel best represent your various emotions. For example, a sunny day might represent happiness, a storm might represent anger, and a foggy day might represent confusion.
3. On your large sheet of paper or canvas, divide the space into sections. Each section will represent a different type of weather and the corresponding emotion. You can choose to create as many sections as you need based on the number of emotions you want to explore.
4. Label each section with the type of weather and the corresponding emotion. For example, you might label one section "Sunny - Happiness" and another "Stormy - Anger."
5. In each section, create a visual representation of the chosen weather type. Use colors, patterns, and textures to bring the weather to life. Experiment with different artistic techniques to capture the essence of each weather type.

- Sunny: Use bright colors, sun rays, and clear skies to represent happiness and positivity.

- Stormy: Use dark colors, lightning, and heavy rain to represent anger and turmoil.

- Foggy: Use muted colors, soft lines, and a hazy effect to represent confusion and uncertainty.

- Rainy: Use blues and grays, raindrops, and puddles to represent sadness and melancholy.

- Windy: Use swirling lines, leaves blowing, and movement to represent restlessness and change.

6. Add symbols or elements that represent your personal experiences and emotions associated with each weather type. This could include shapes, colors, or objects that hold personal significance.

7. Once you have completed your Weather Moods artwork, take some time to reflect on the process and the final piece.

- What types of weather did you choose to represent your emotions, and why?

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- How do these weather types accurately reflect your feelings and experiences?

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# 2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

## Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

## Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 7, 12, 18, 20, 24, 27, 33, 34, 35, 36, 37, 38, 45, 50, 53, 54. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

## Diagnostic and differential limits

- Use Art Therapy material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

## Document-specific corrections

- Keep Art Therapy explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [2, 7]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise trauma/protocol material on pages [1, 3, 4, 35, 36, 45]: distinguish stabilization and reflection from trauma processing, state training/scope requirements, and add dissociation, acute-risk, and destabilization safeguards.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

## Measures, scoring, and permissions

- Pages [2, 7] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

## Intervention scope and contraindications

- Use Art Therapy activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

## Crisis and current resources

- For Art Therapy, use: · If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

## Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>

# 2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://www.healthquality.va.gov/guidelines/MH/ptsd/>
- <https://988lifeline.org/>