

ARTifacts of Growth

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MA, LMHC



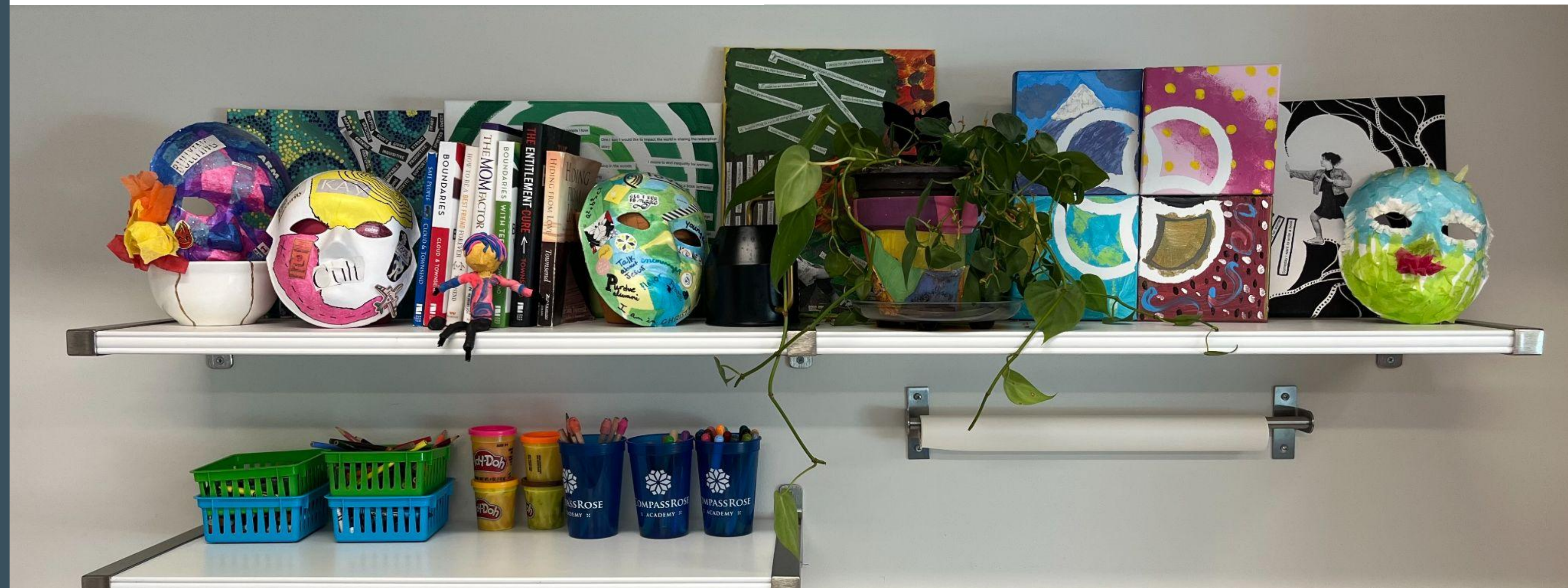
COMPASSROSE

✕ ACADEMY ✕



ar•ti•fact

an object
made by a person
that has significance





Techniques we use to build in structural character capacity:

- **Talk:** corrective emotional experiences
- **Milieu:** structure and new relational experiences
- **Sand Tray and Play Therapy:** insight and meaning through exploration and play
- **Experientials:** (re)enactments
- **Art:** creative expressions and experiences

➤➤➤ **This is our focus today!**



A note about observing the creation of an artifact...

Placement

Connected,
grounded,
floating

Strokes/Lines

Firmness,
pressure, light,
repetitive

Size/Detail

Confidence,
Motivation/lack,
consumed

Attitude

Determined,
perfectionistic,
frustrations, pride,
blocked



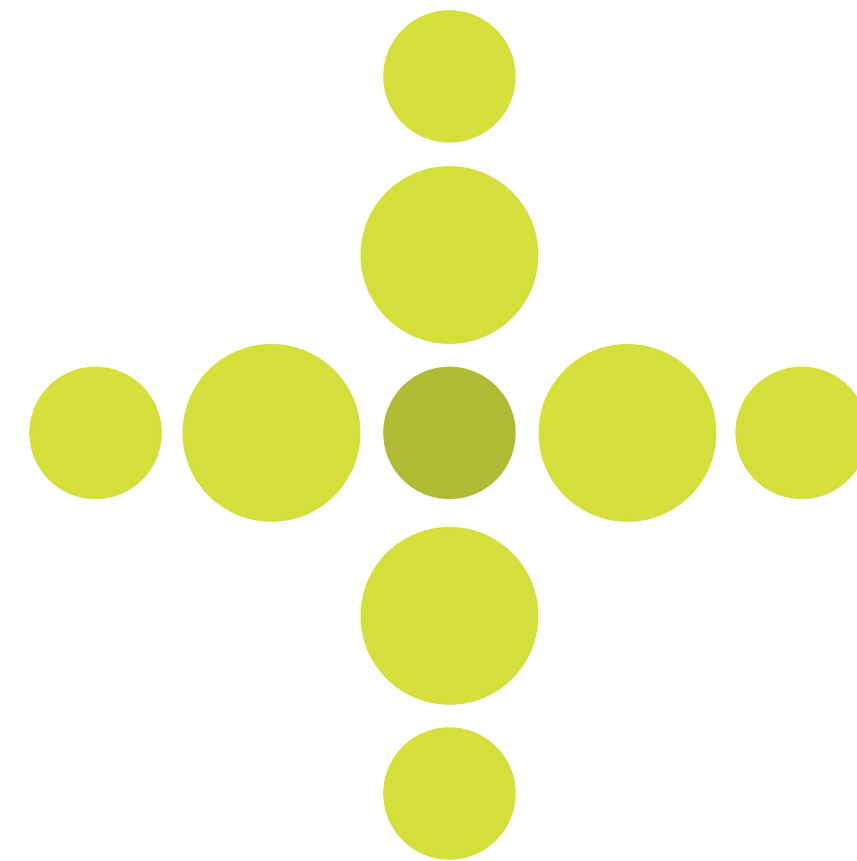
How do we **build capacity** to meet the demands of real life?

Bonding



Connect: Get needs met in relational ways

Boundaries



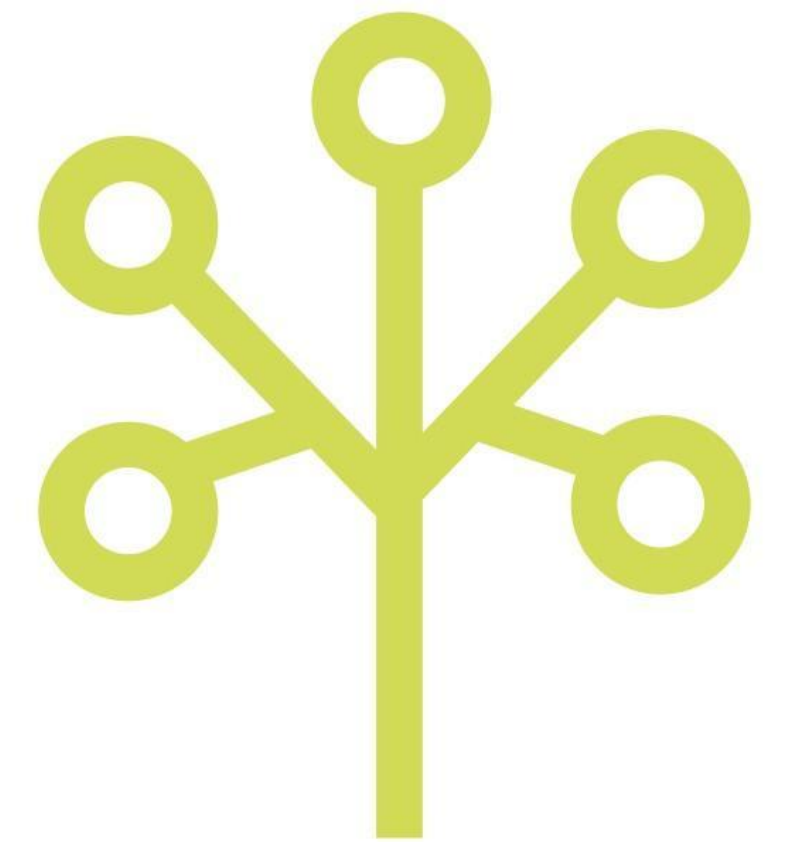
Individuate and Separate: Own your identity

Reality



Integrate: Radically accept good and bad

Competence

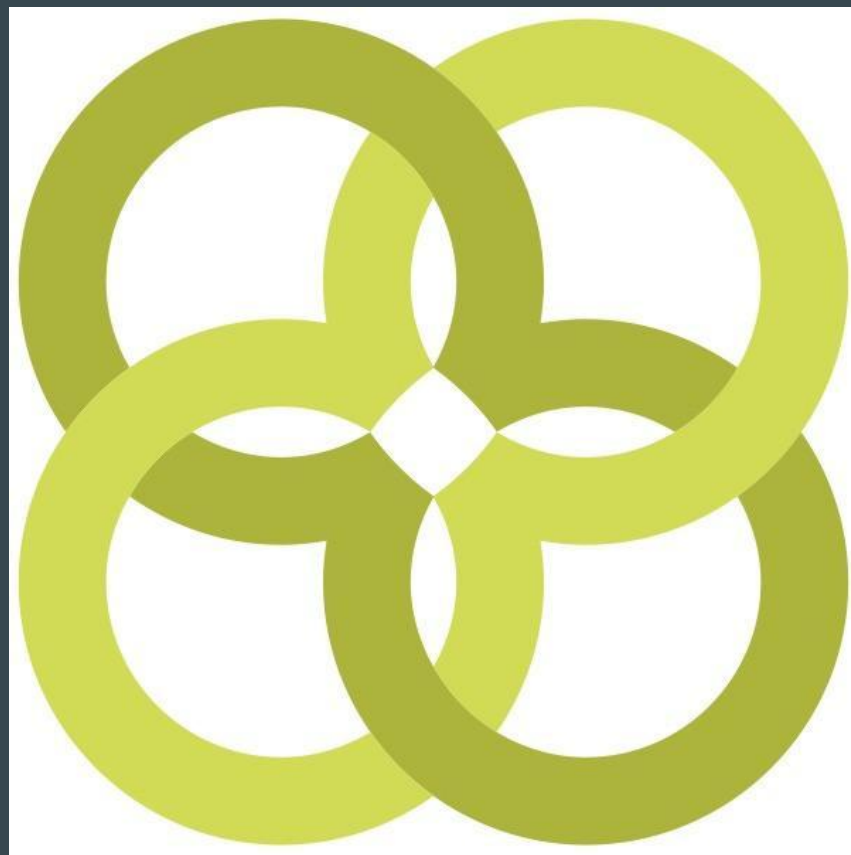


Agency: Initiative to make your life good

Artifacts of Bonding

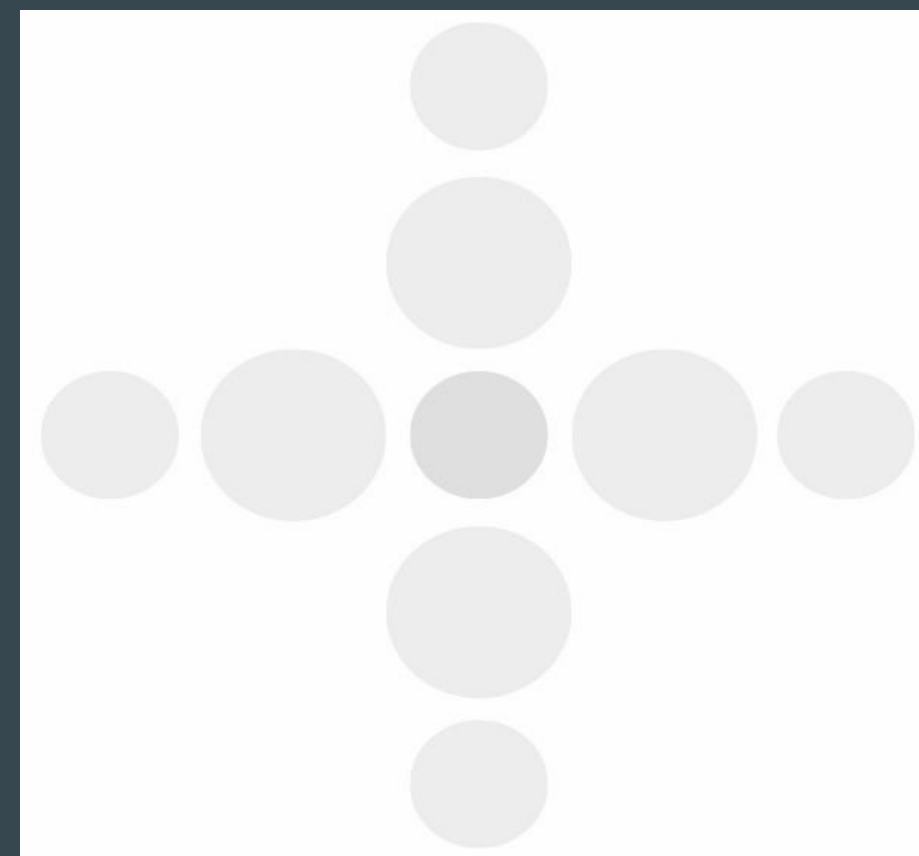


Bonding



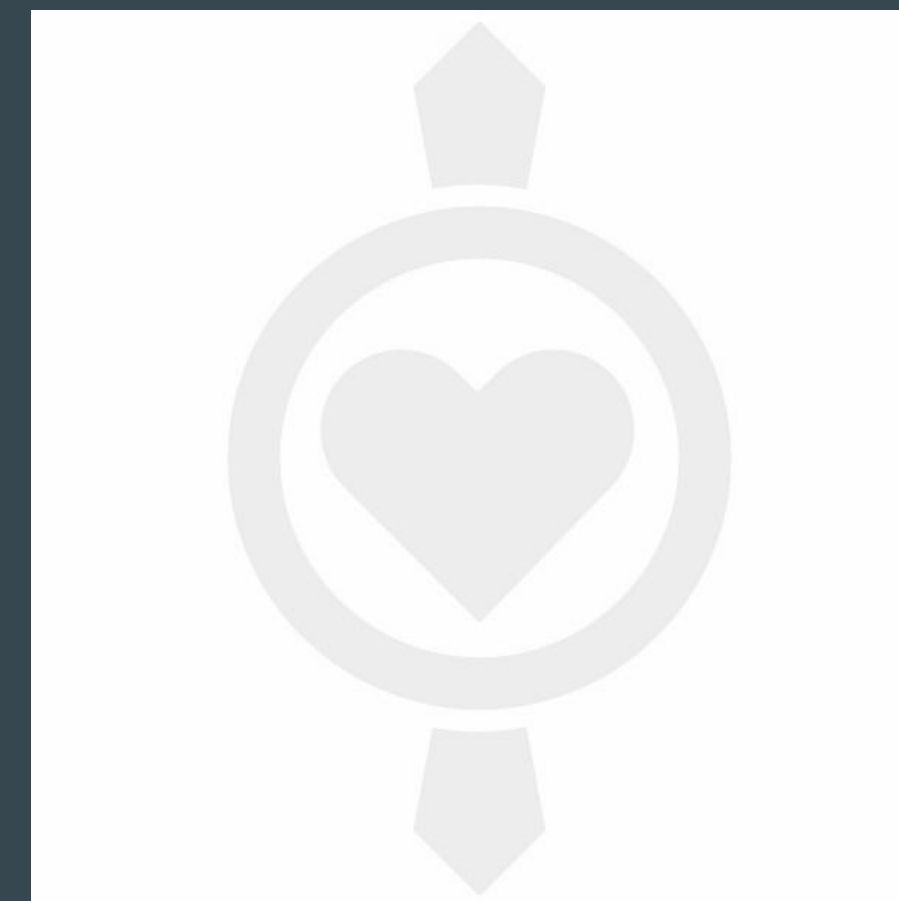
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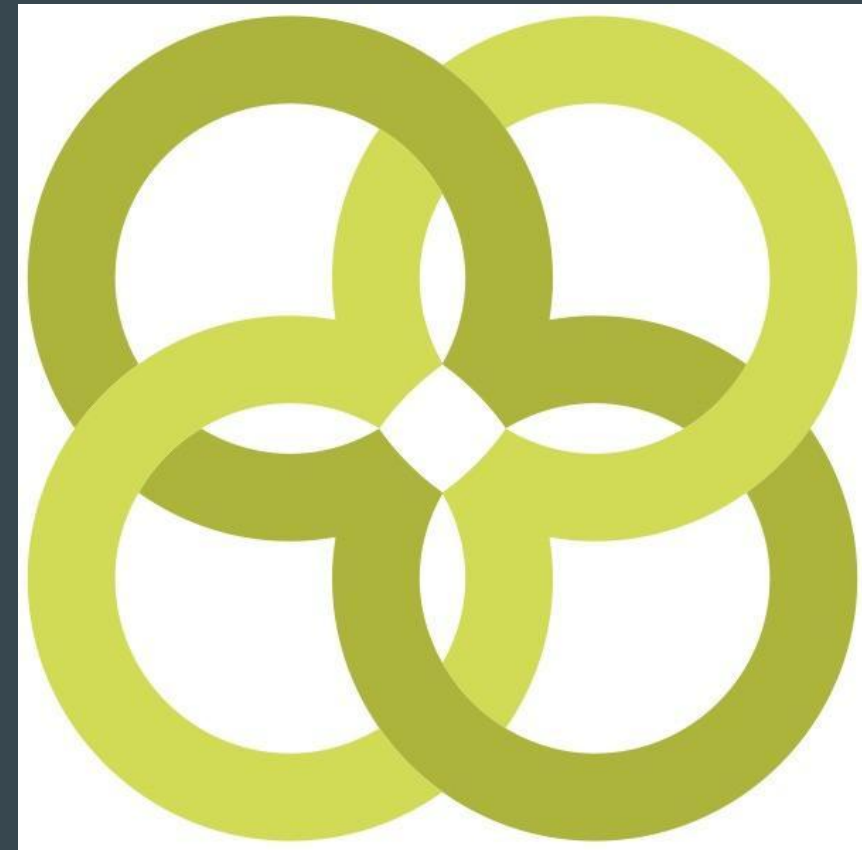
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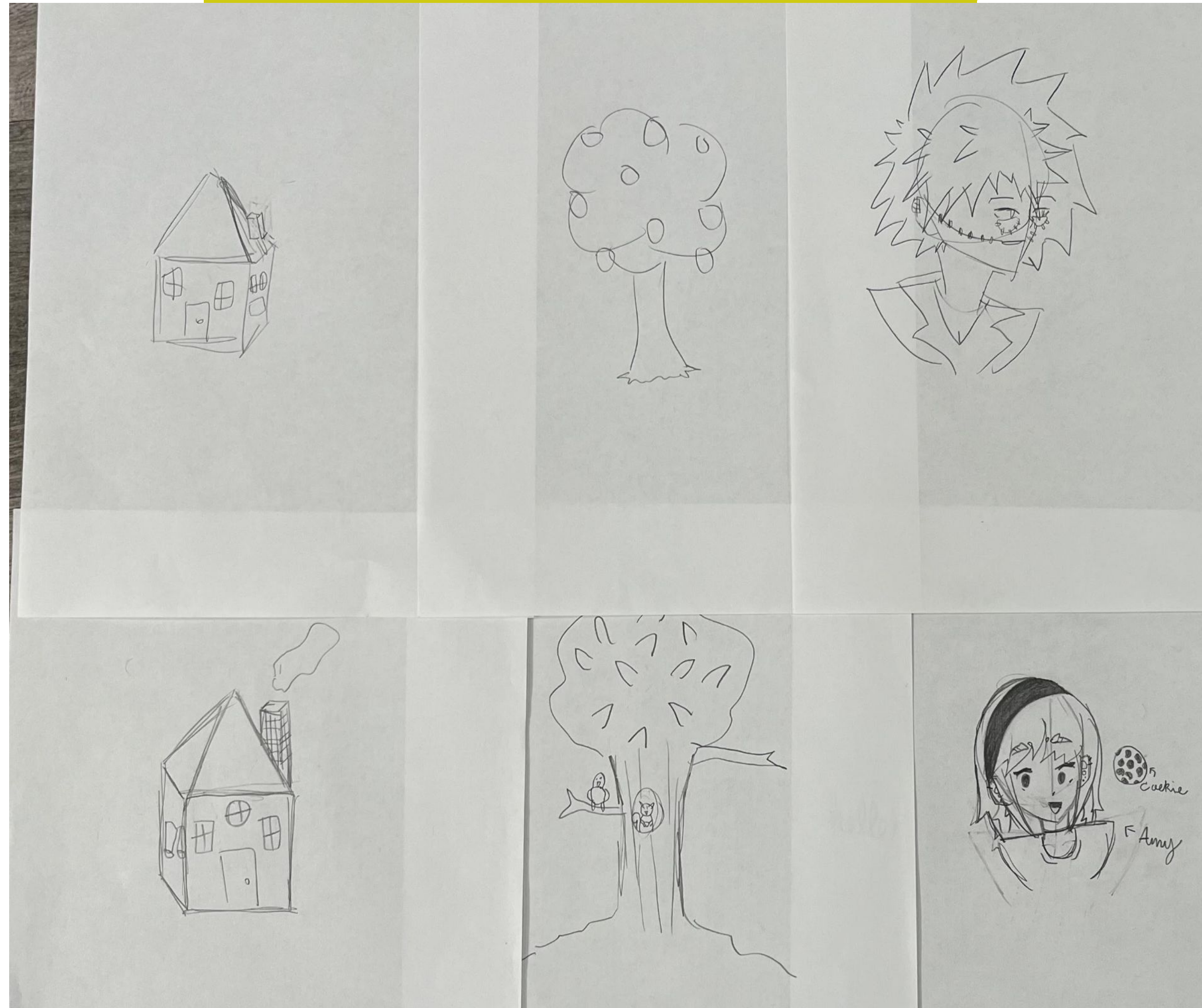


Artifacts of Bonding



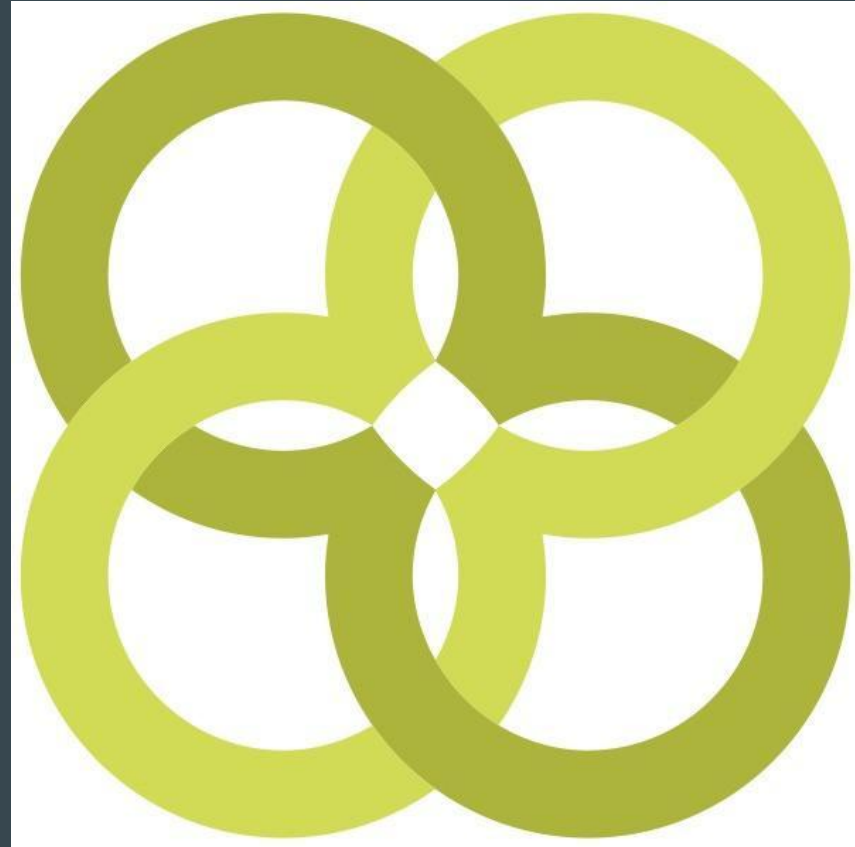
Assessment

- House-Tree- Person Drawing
 - Bird's Nest Drawing
 - Kinetic Family Drawing





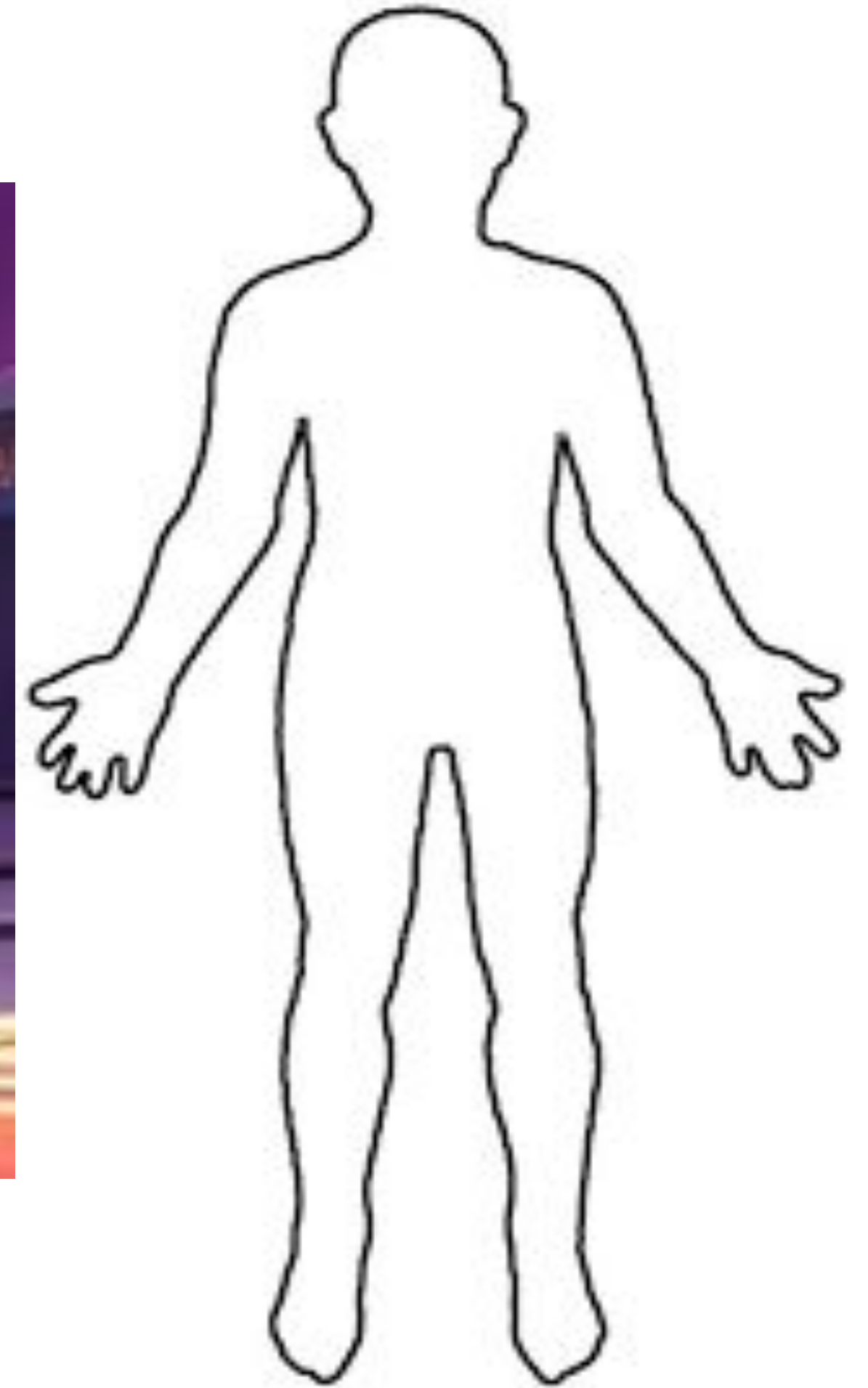
Artifacts of Bonding



Body
Biographies

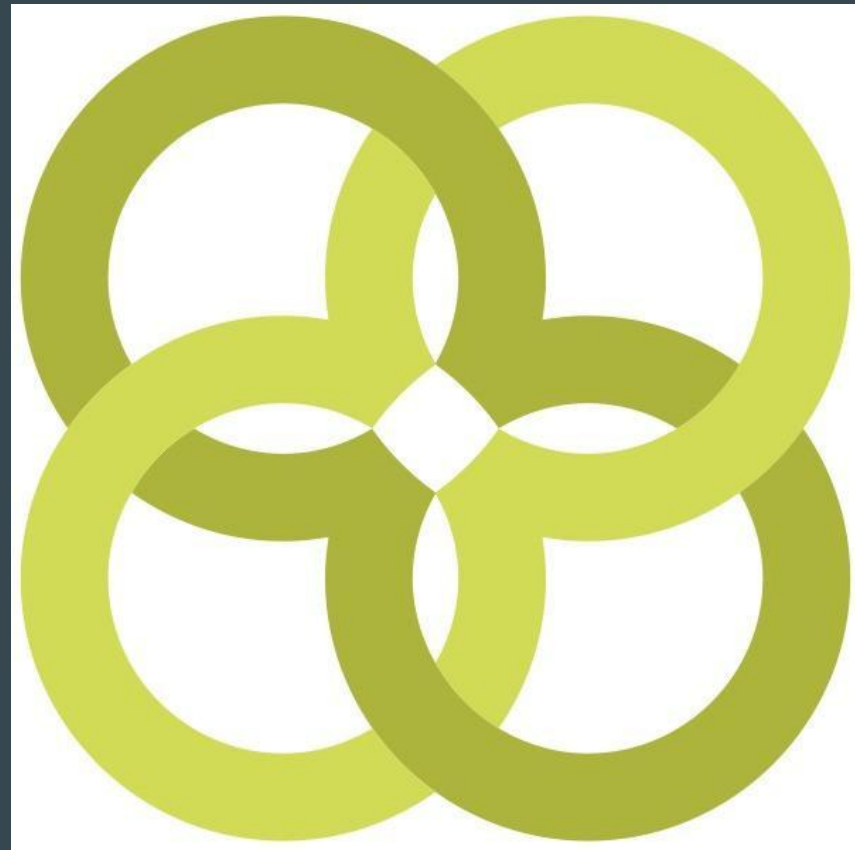


[Youtube Playlist](#)





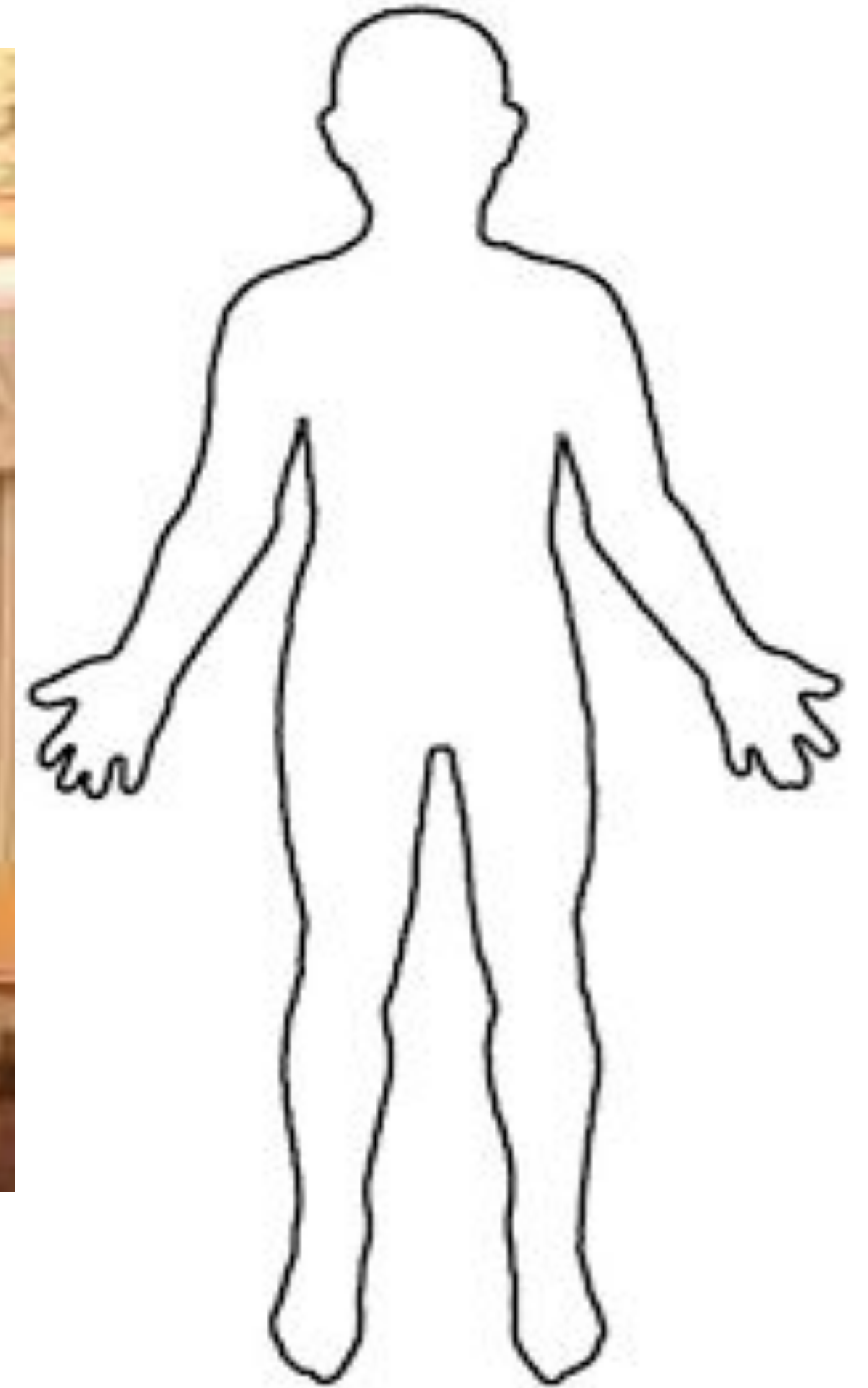
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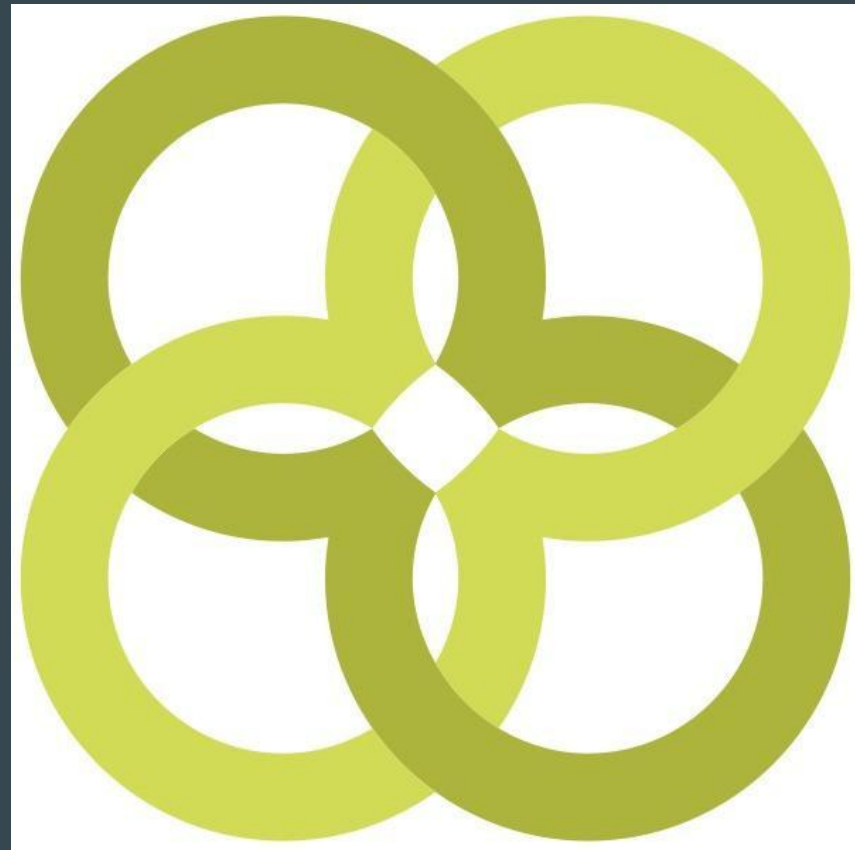


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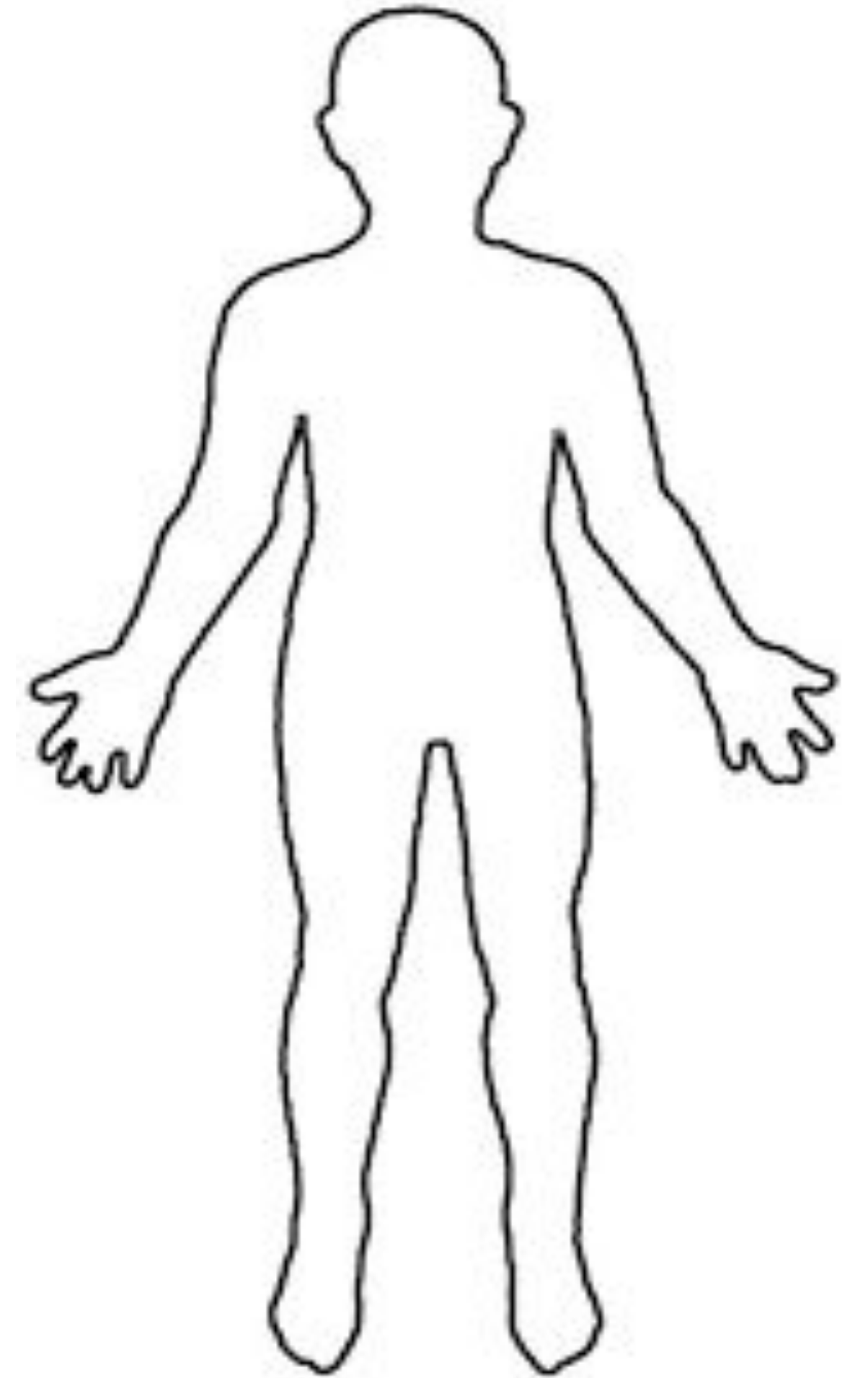
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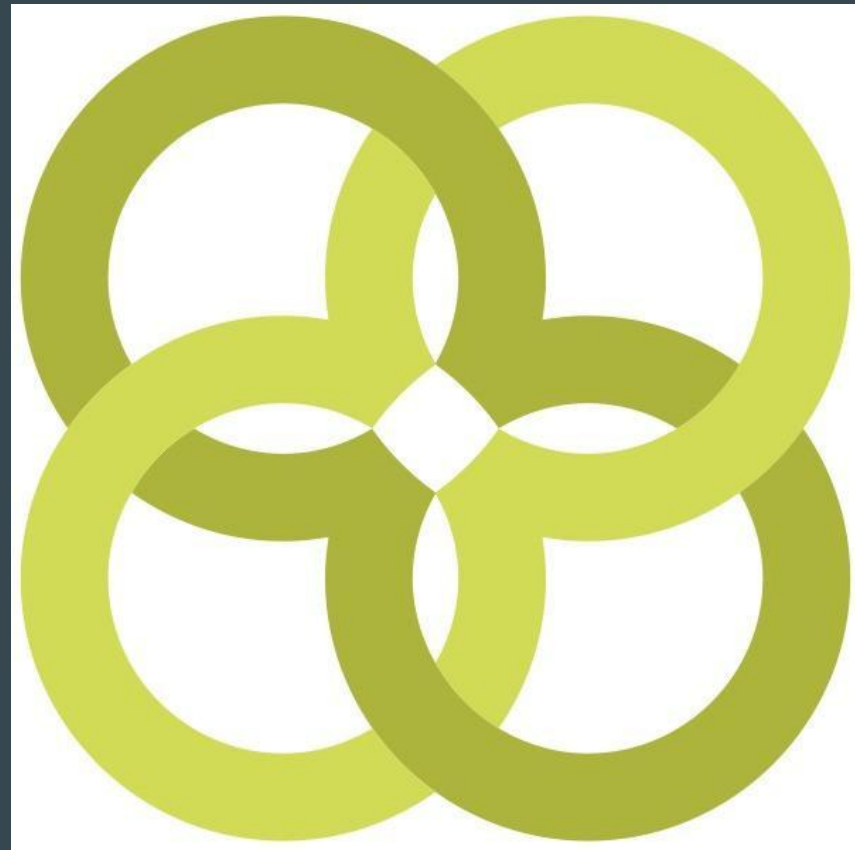


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Artifacts of Bonding



Collaborative
Art



groups and family units

Artifacts of Boundaries

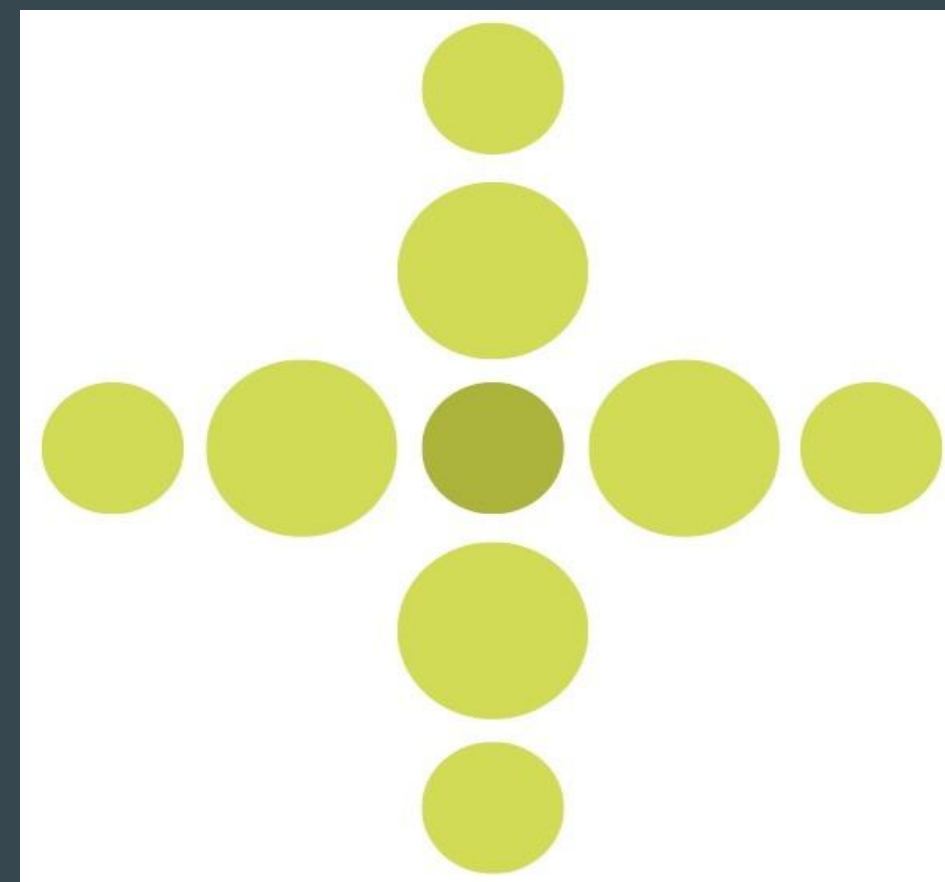


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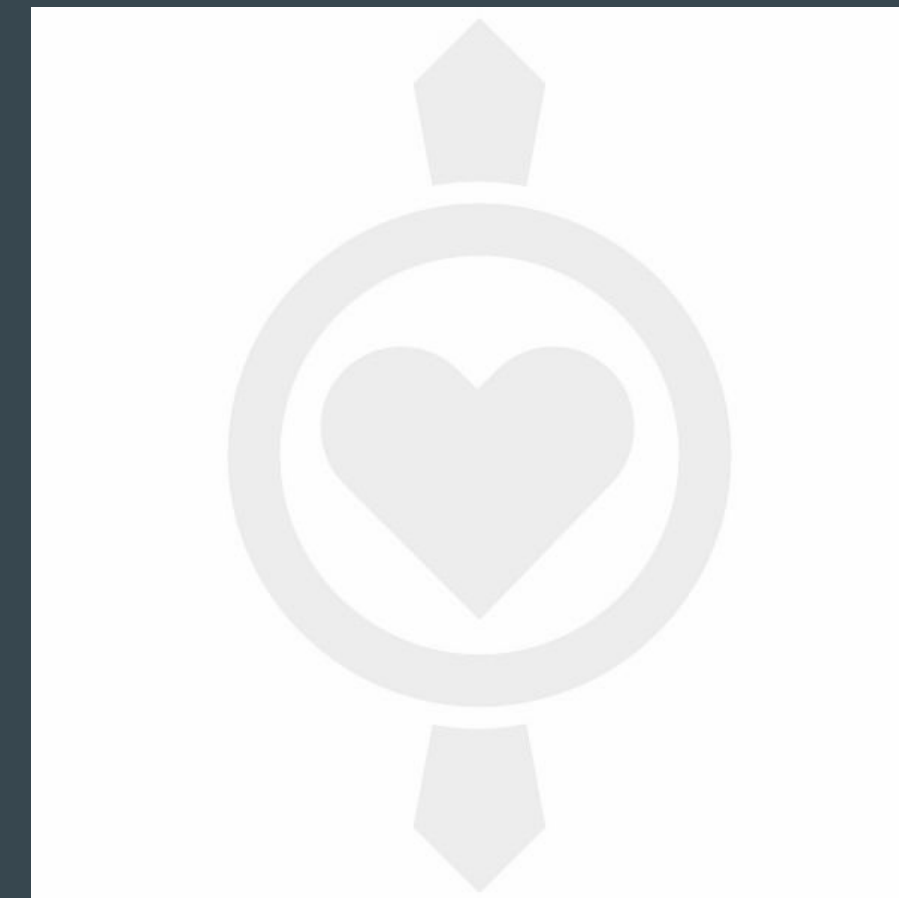
Connect: Get
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relational ways

Boundaries



Individuate and
Separate: Own
your identity

Reality



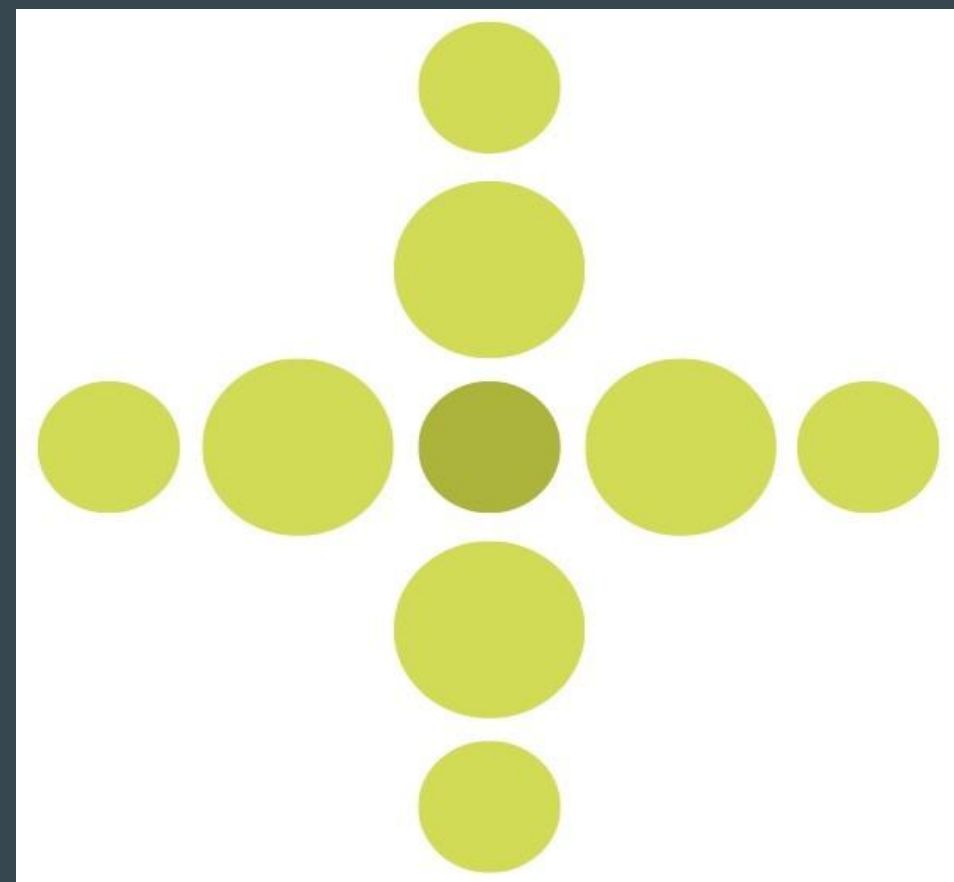
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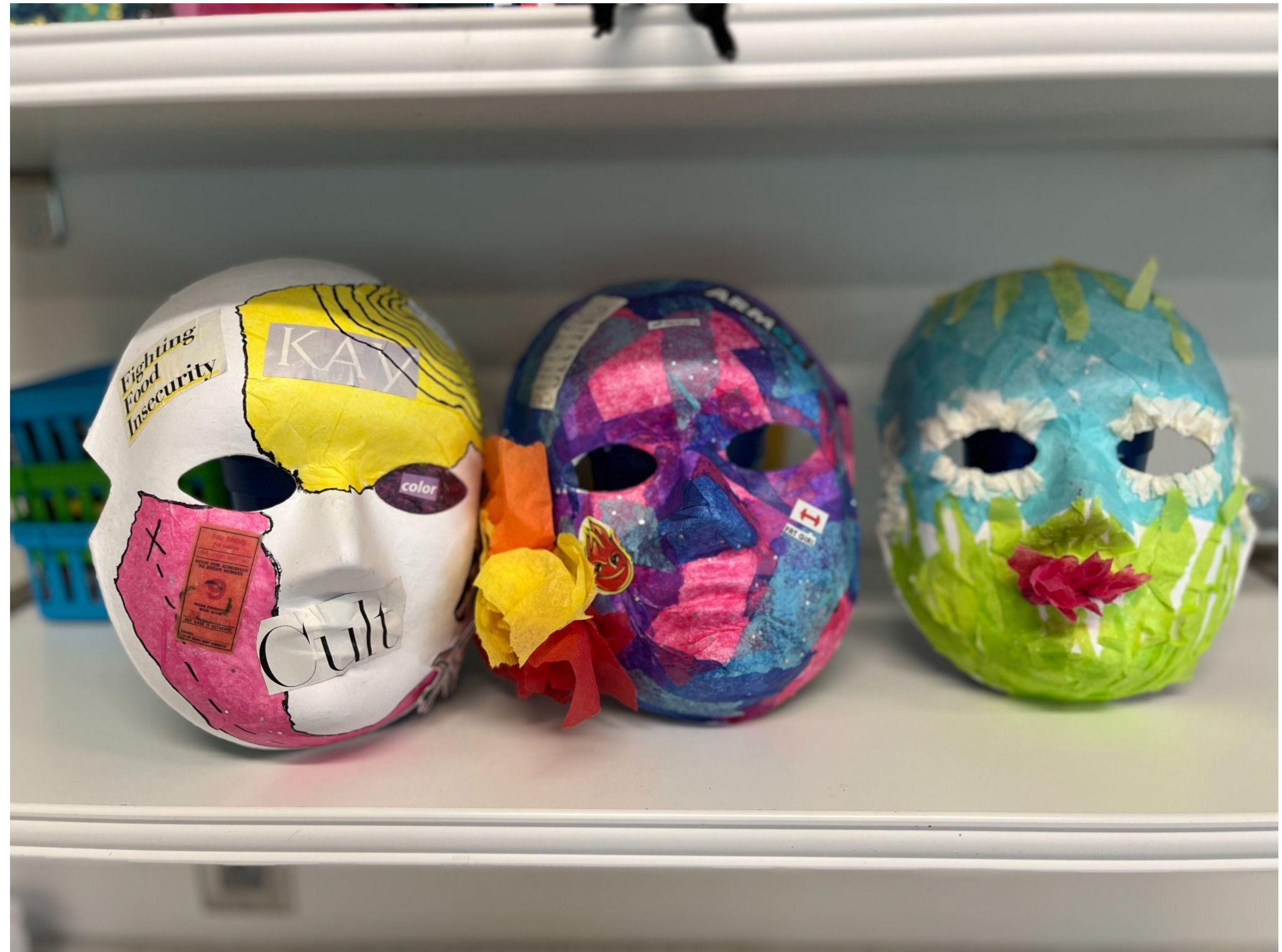


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Artifacts of Boundaries

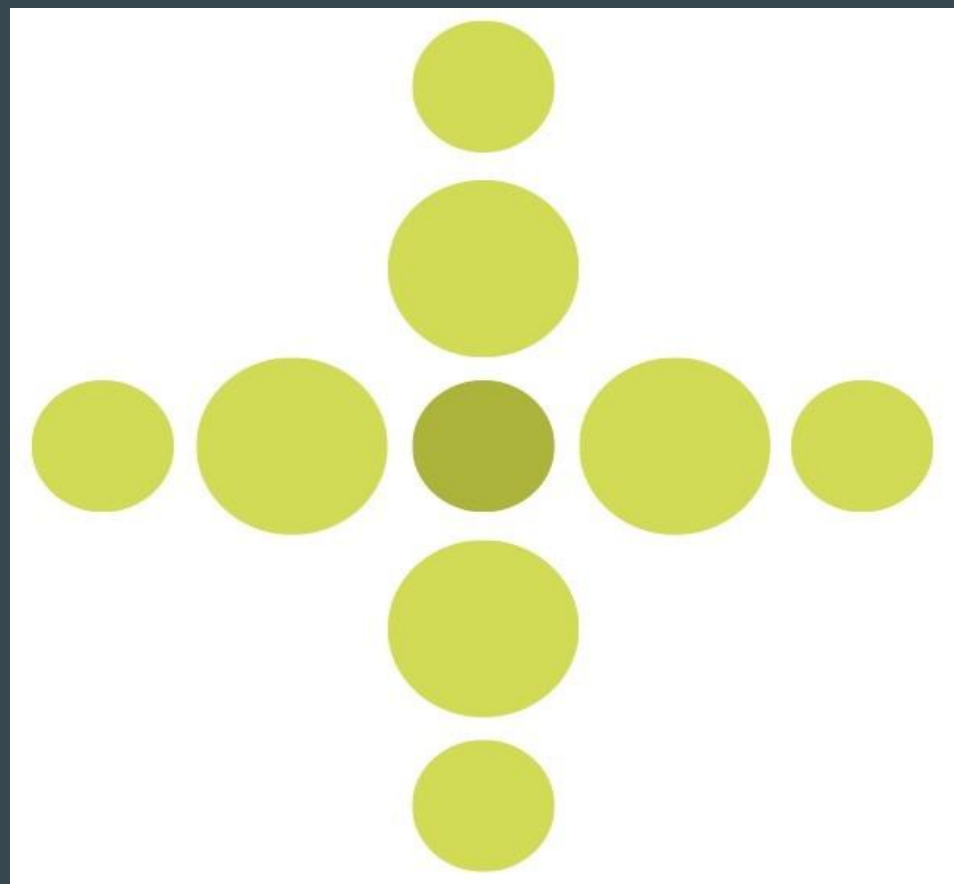


Masks





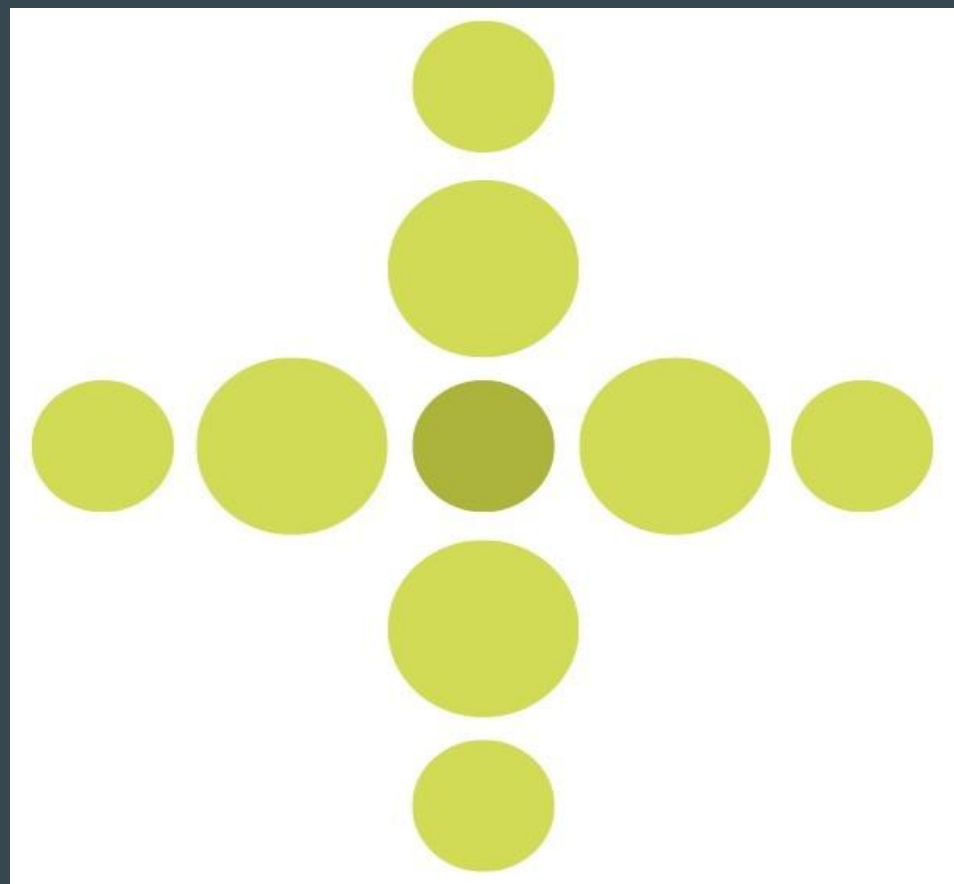
Artifacts of Boundaries



Identity Portraits



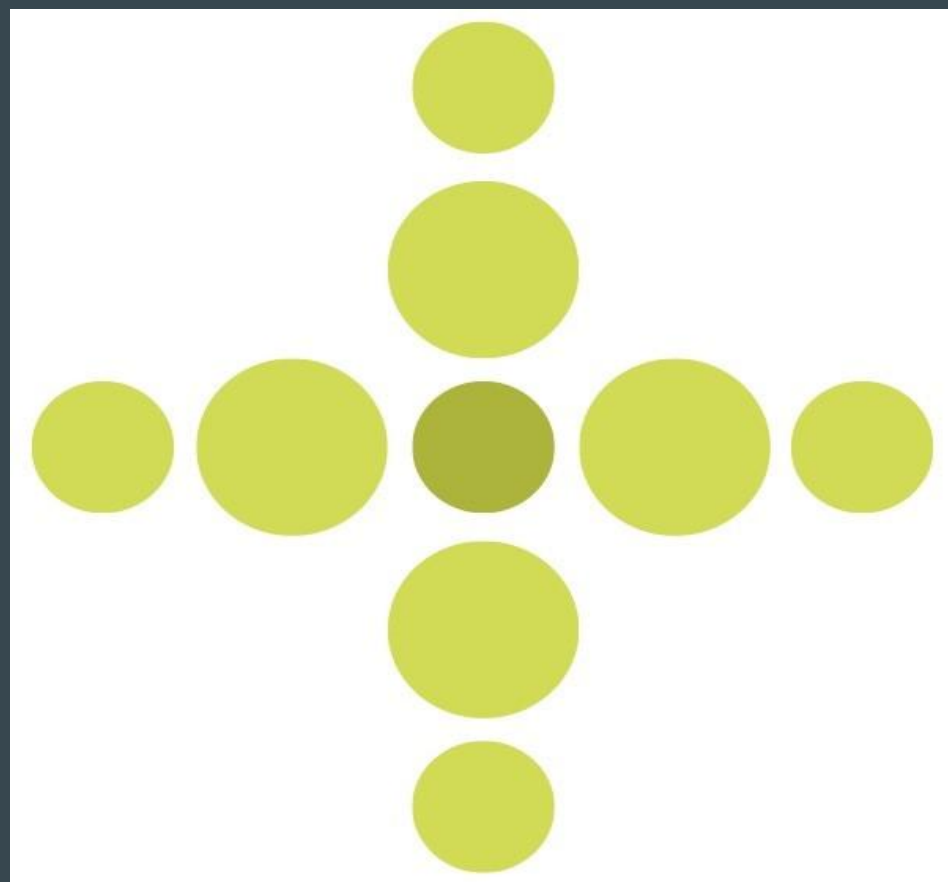
Artifacts of Boundaries



Identity Portraits



Artifacts of Boundaries



Emotional Acre



At birth, you were given a piece of land, called an emotional acre.

This piece of land is yours - it belongs to you and no one else.

You are the only one that lives there.

Over the years, the land has been cultivated, for better or for worse, by seeds that you may or may not have planted.

Your experiences, thoughts, emotions, circumstances, messages you have been told about yourself, others, and life, nurturing you did or did not receive, abuse or trauma you suffered...all of these things have shaped this land.

There also might be a fence around your acre, protecting you and your land.

You get to decide what your acre looks like and how it is protected.

Artifacts of Reality

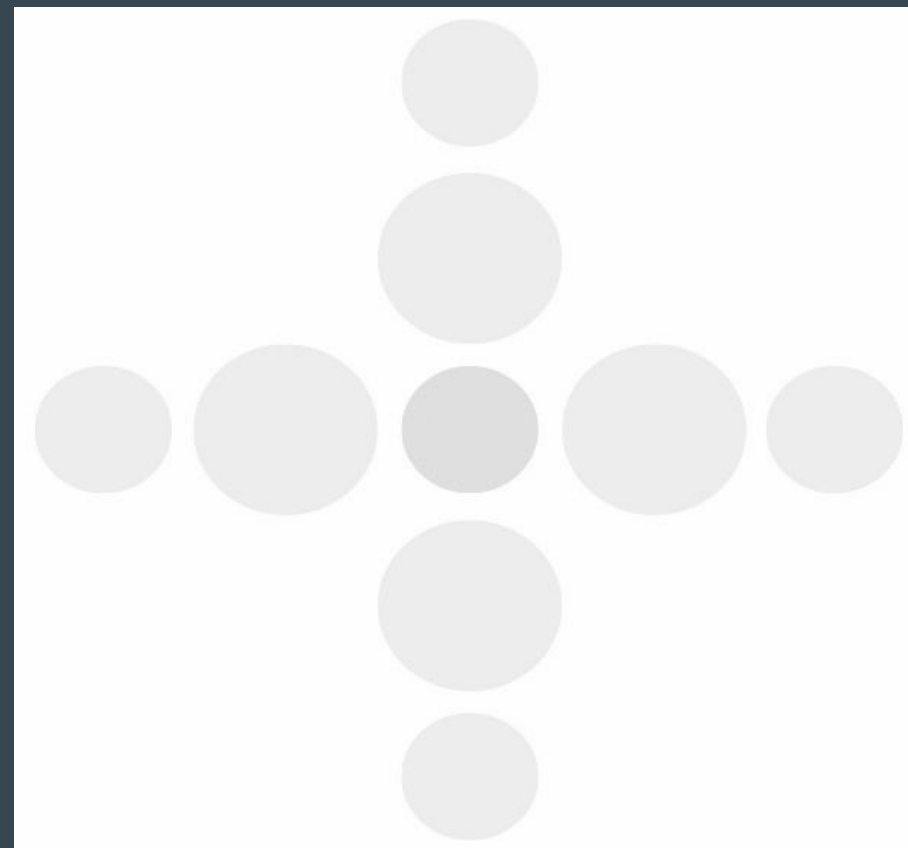


Bonding



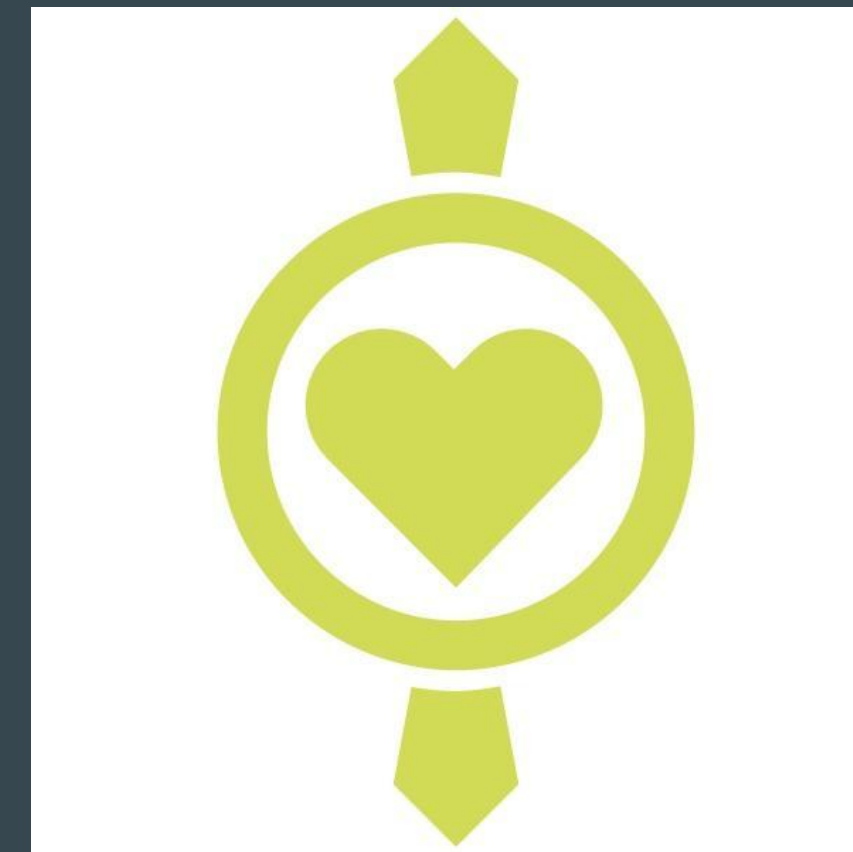
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Artifacts of Reality



Kintsugi



KINTSUGI



Artifacts of Reality



Inner Critic



Introduce us to your inner critic:

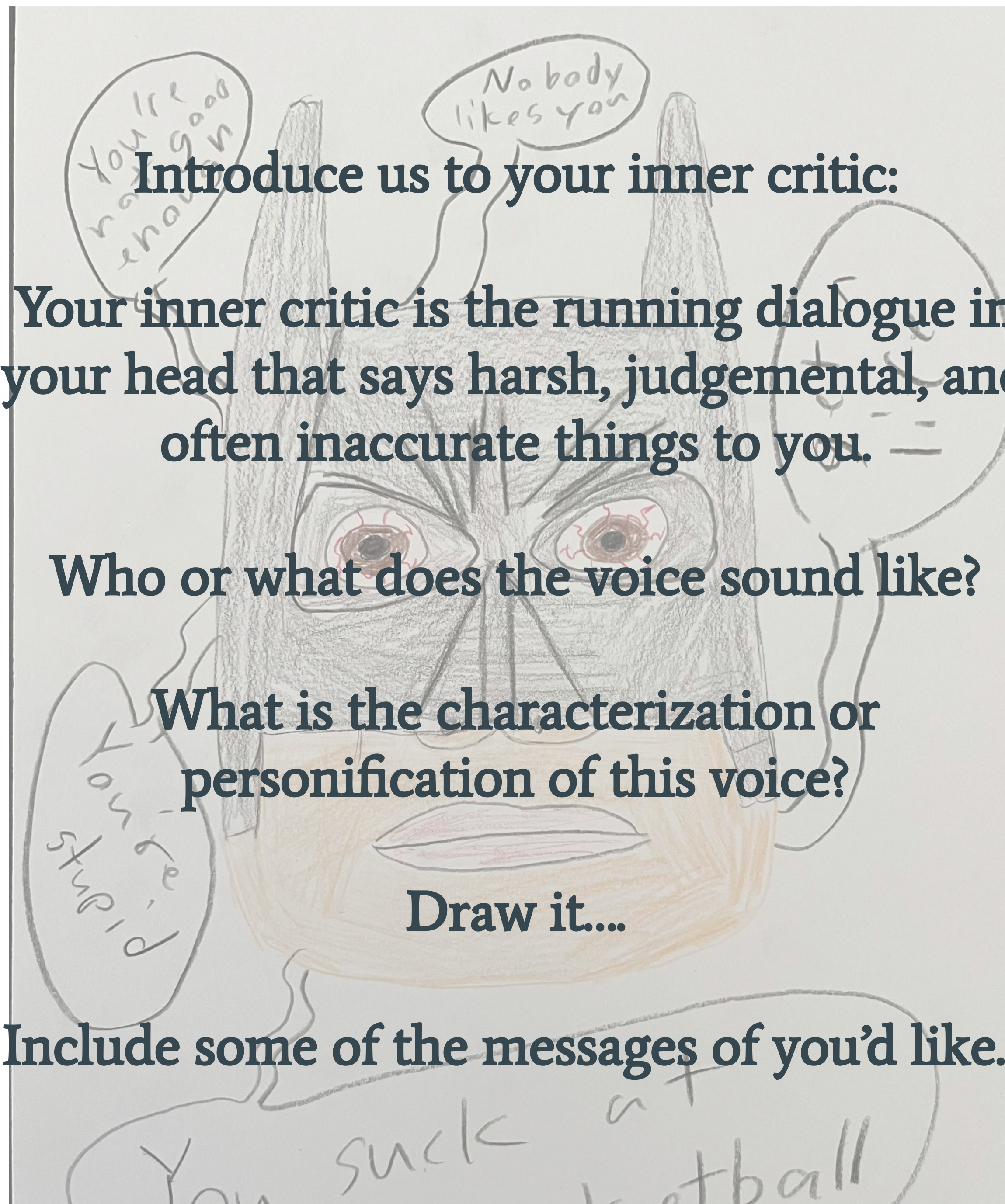
Your inner critic is the running dialogue in your head that says harsh, judgemental, and often inaccurate things to you.

Who or what does the voice sound like?

What is the characterization or personification of this voice?

Draw it...

Include some of the messages of you'd like...



Artifacts of Reality



Inner Critic



Lego Sculptures

Step one: Make a lego model of negative things your inner critic says to you
Step two: Re-make the model (using as many of the original pieces as possible) into a more self compassionate statement



Artifacts of Reality



Forced
Perspective
Photography



Artifacts of Competence

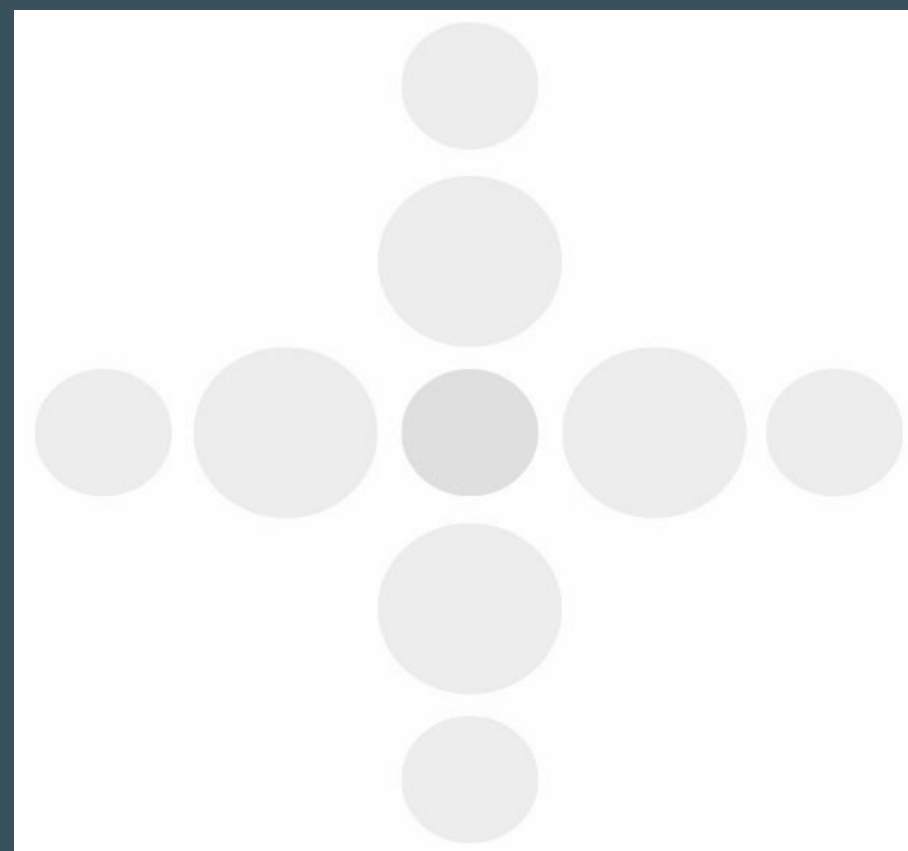


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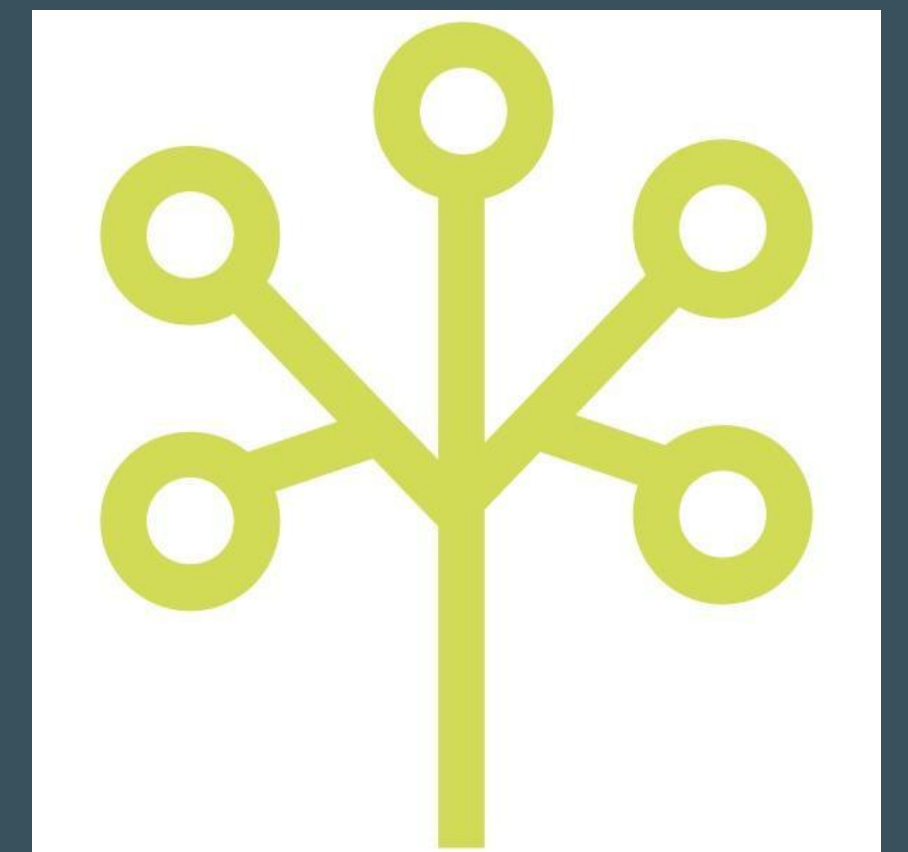
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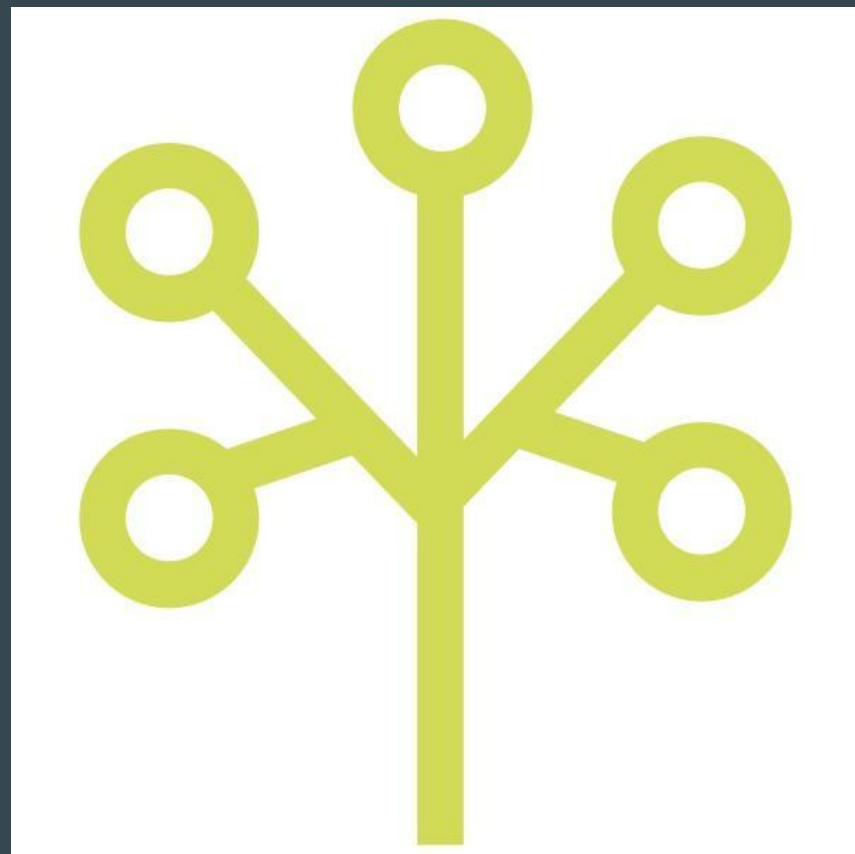
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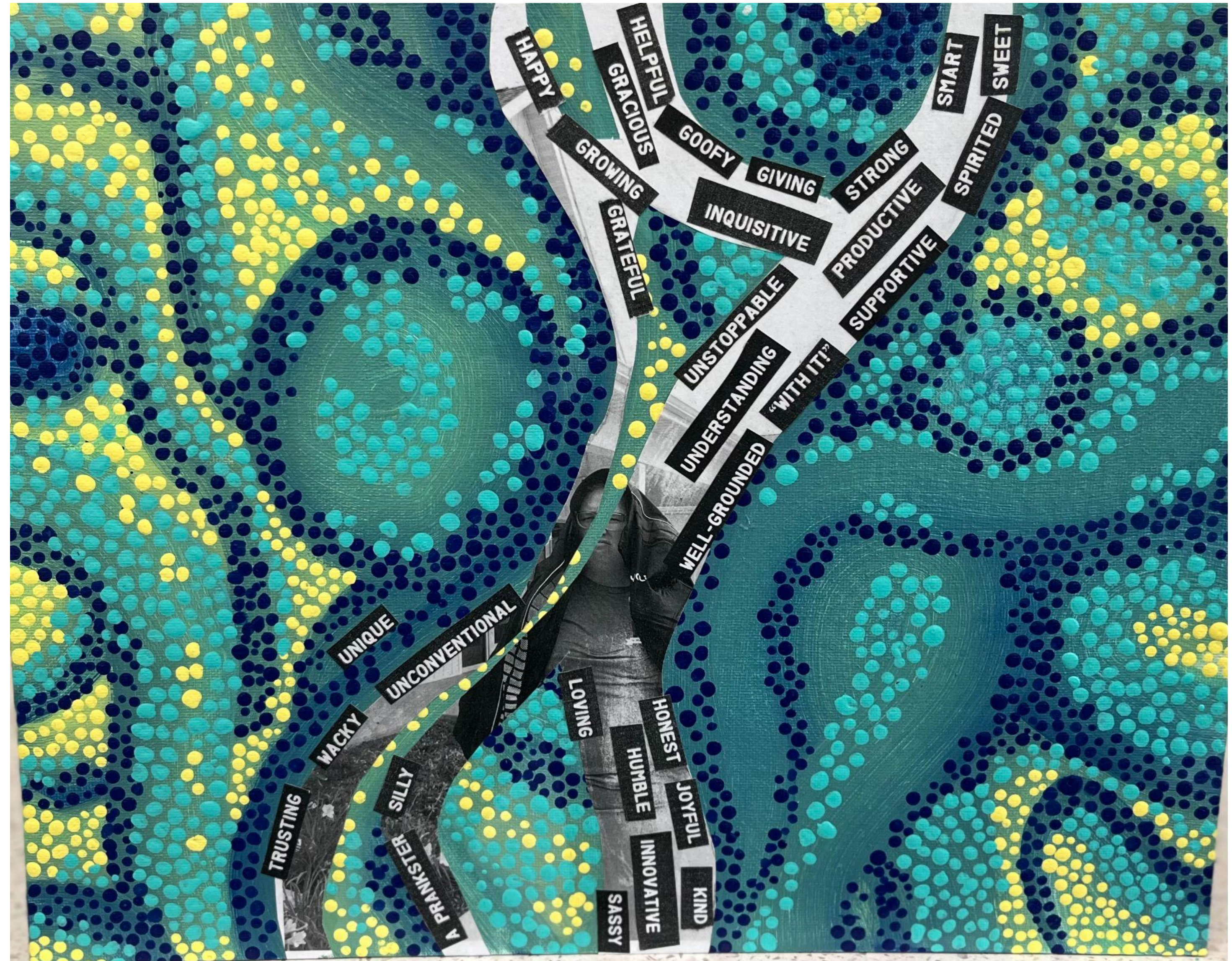


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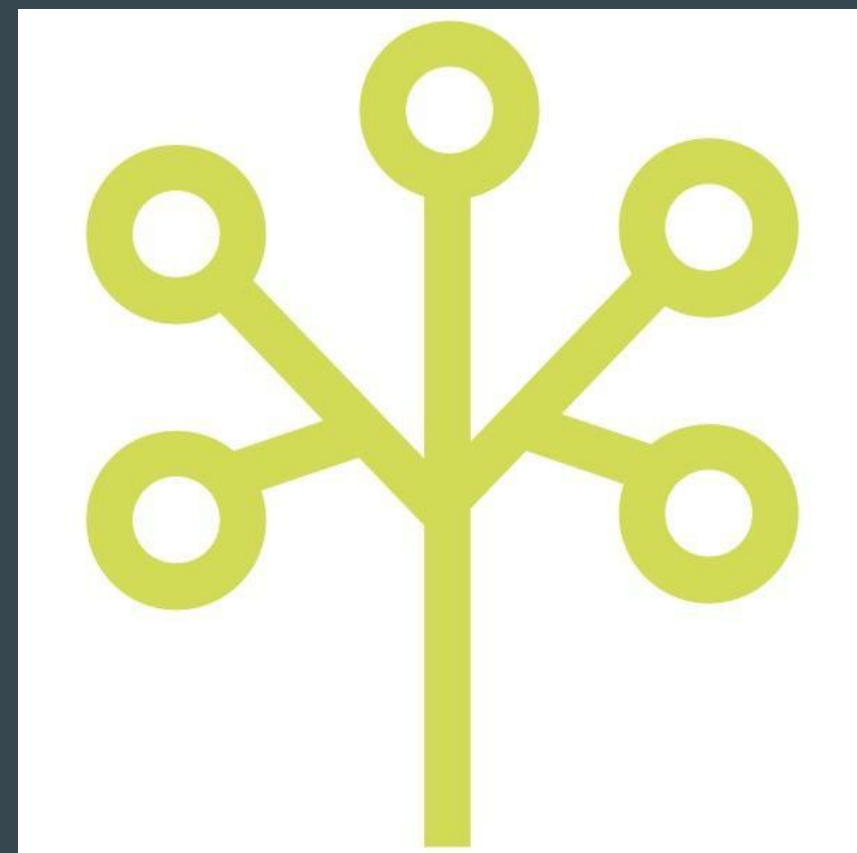
Artifacts of Competence



Competence
Canvas



Artifacts of Competence

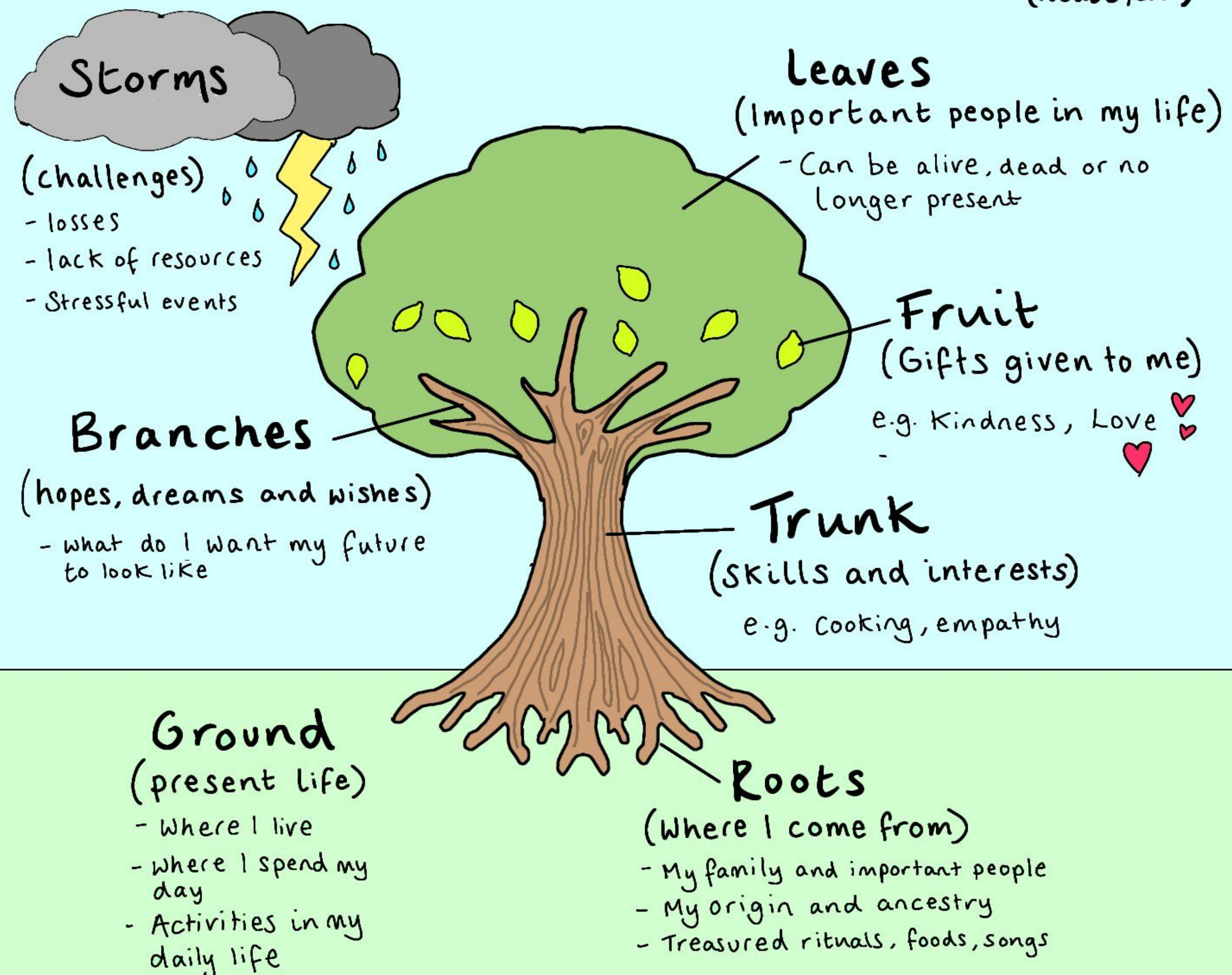


Tree of Life

① How to draw a ...

Narrative Therapy Tree of Life

(Ncube, 2006)

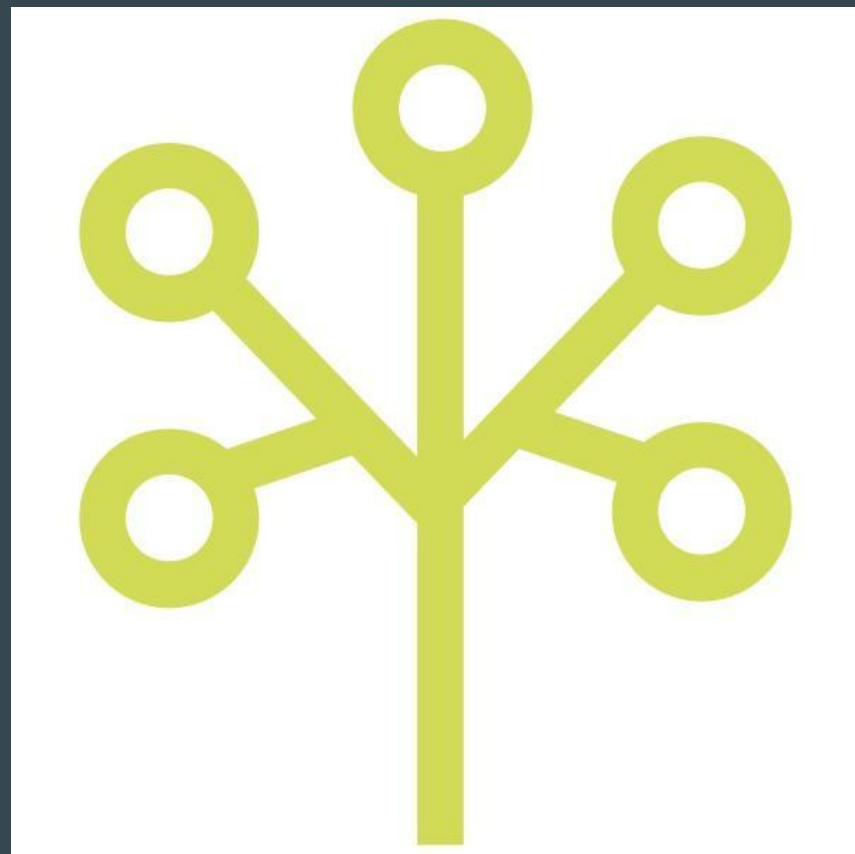


Illustrated by Juliet Young

@creative.clinical.psychologist



Artifacts of Competence



Tree of Life

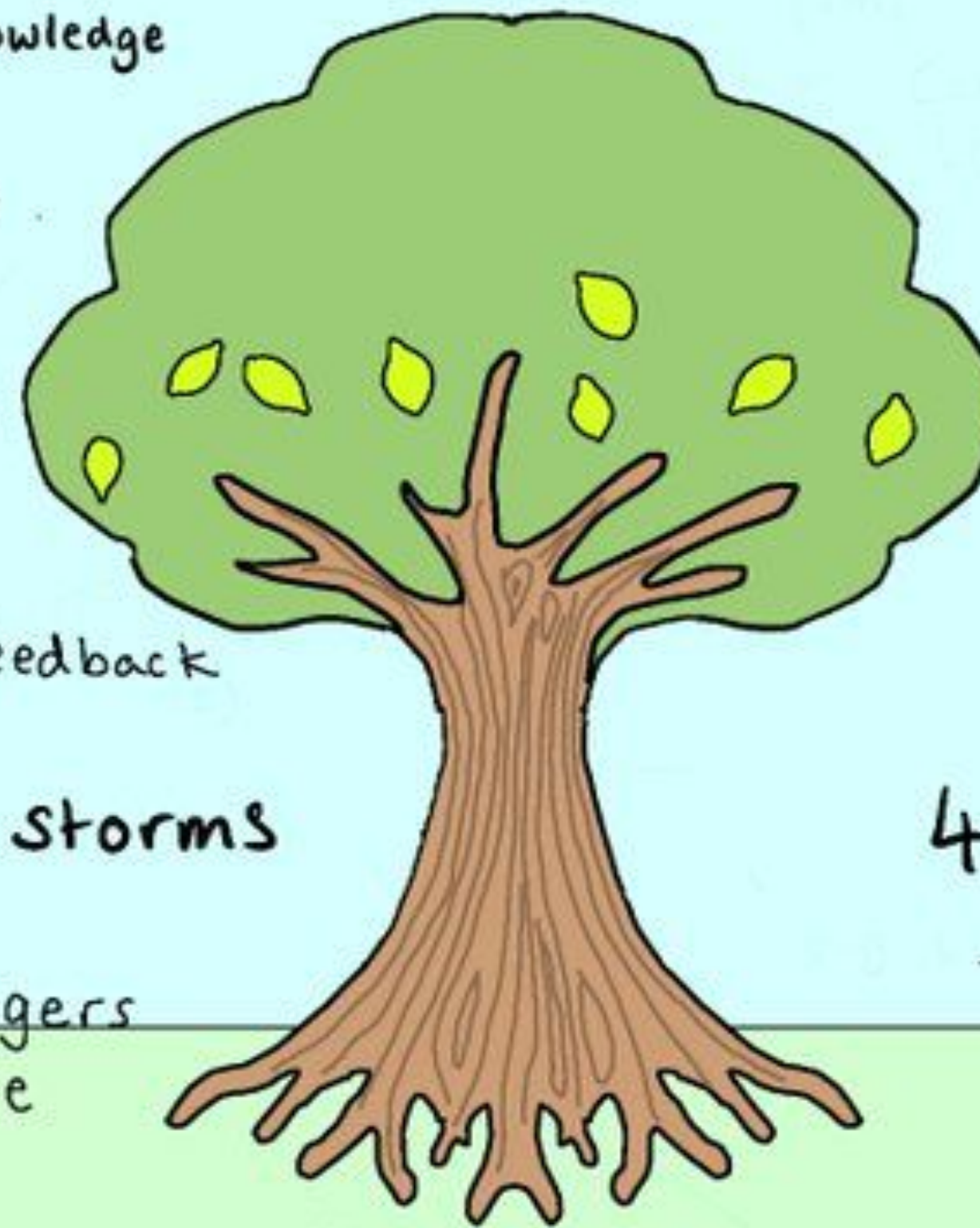
③ Process of group...

Narrative Therapy Tree of Life (Ncube, 2006)

1. Tree of Life

(build and acknowledge second story)

- Drawing out the trees
- Stick up on wall and invite people to share their stories
- Discussion and feedback



3. When the storms come

- Talk about dangers to trees despite strength
- Name problems and challenges and their effects together
- Discuss how people have responded
- Reflect on how storms can endure and pass

2. Forest of Life

- As a group reflect on the beauty of all the different trees next to one another
- Reflect on similarity and difference
- Reflect on individual and collective strength

4. Concluding

- A ceremony can be held to share with others and give out certificates
- Writing a letter to share experience
- Songs can be created and sung

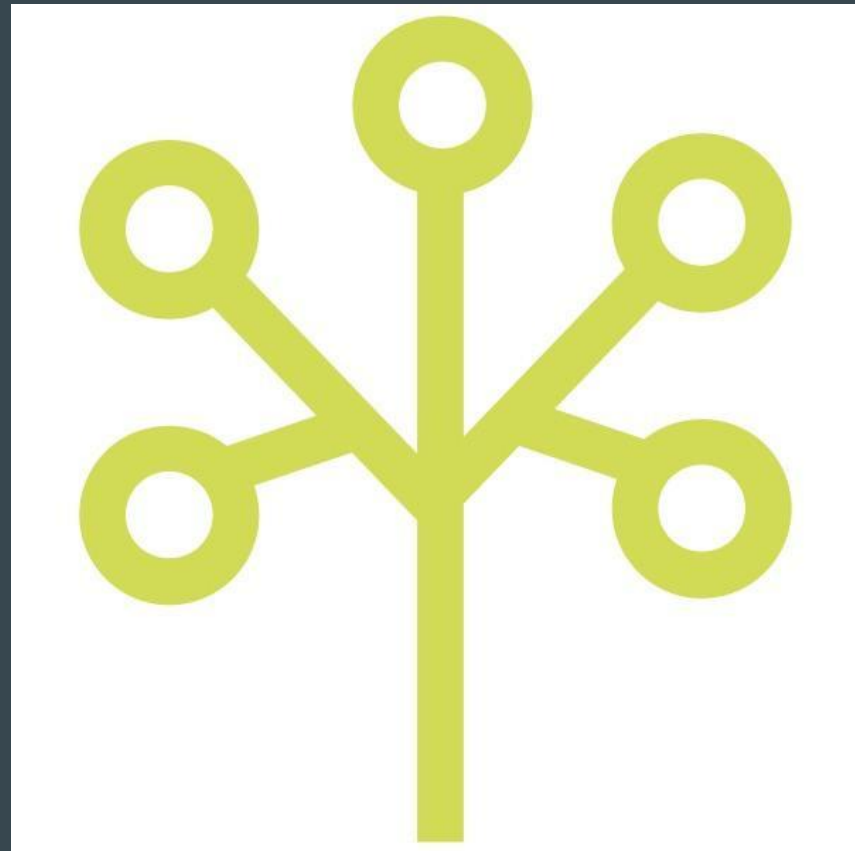
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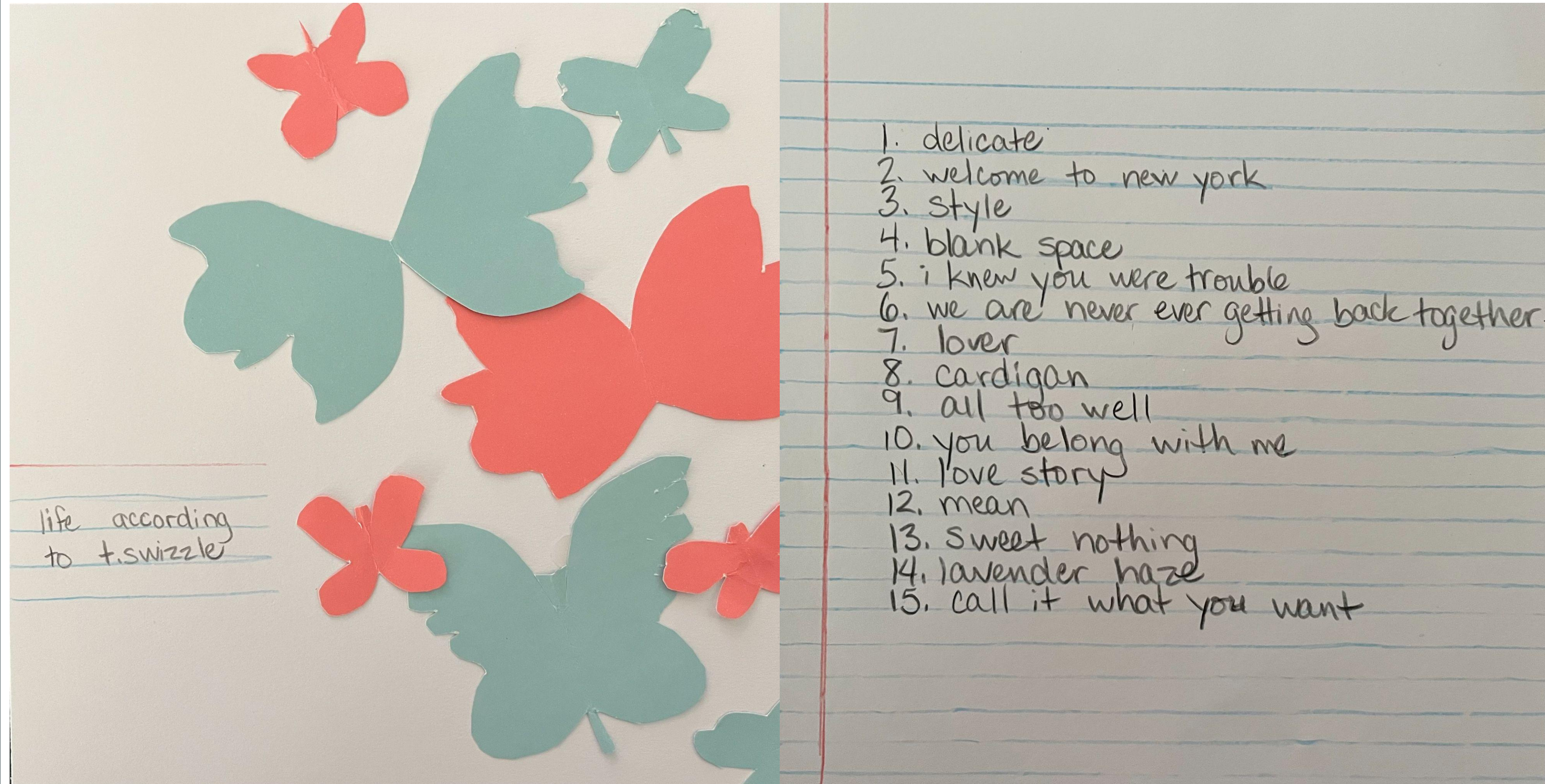




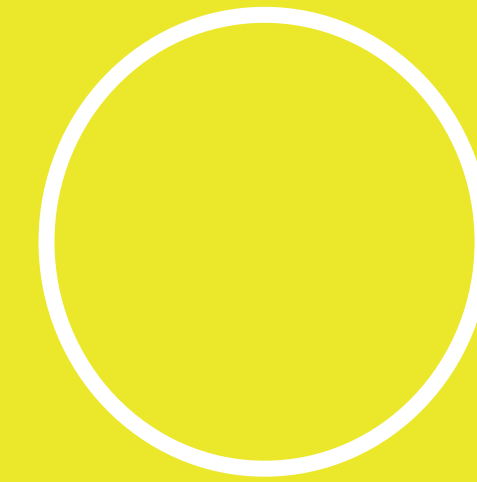
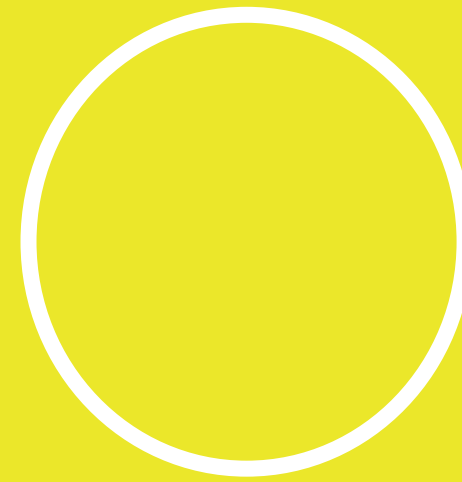
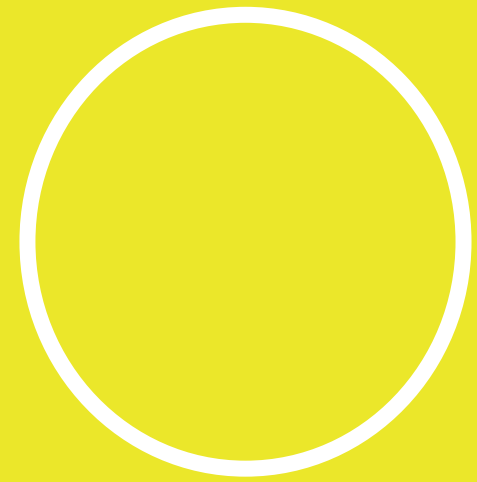
Artifacts of Competence



Record Sleeves



Action Steps



Implement

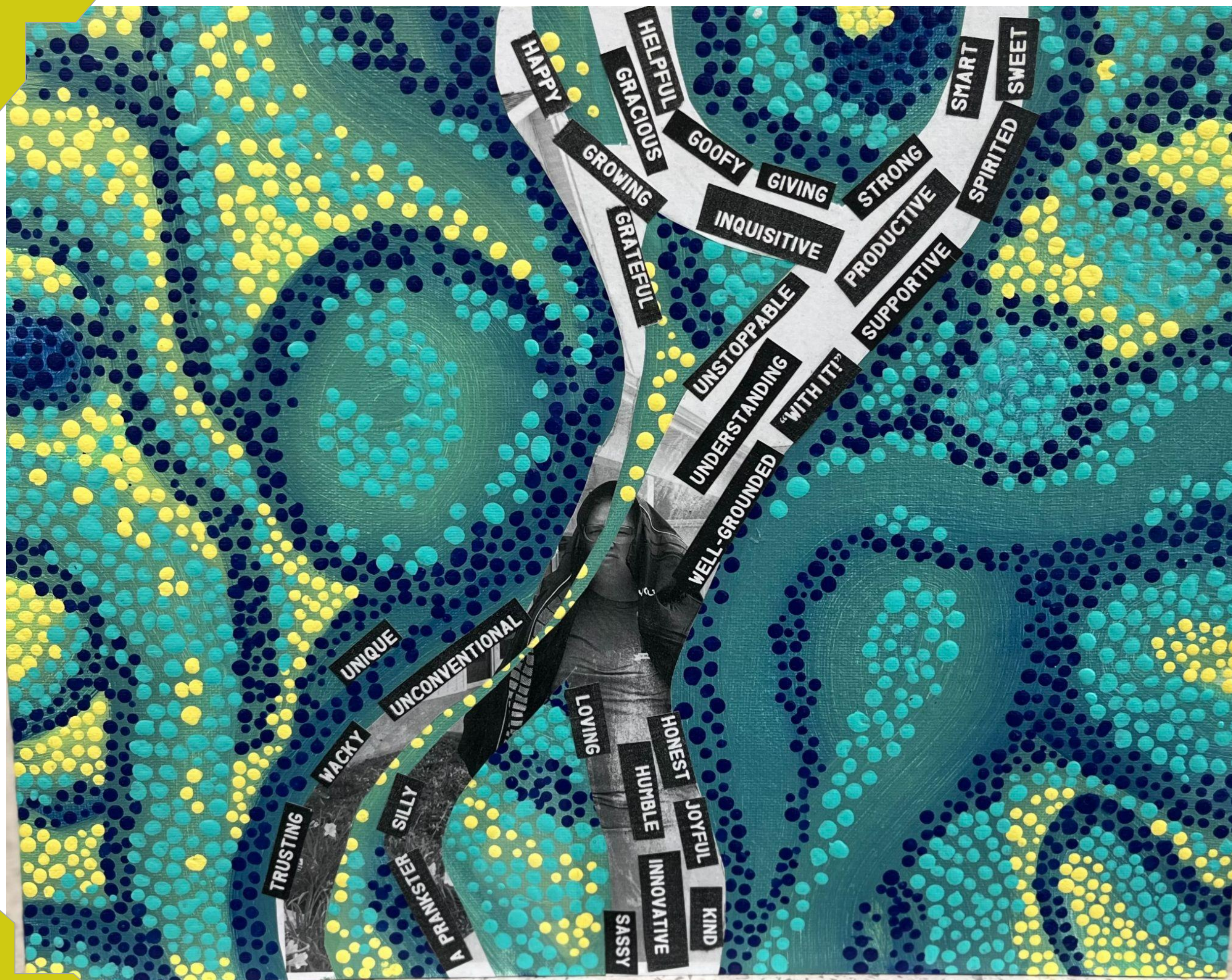
Use one new activity with a client next week

Challenge

Plan to use one new activity with a family or group in the next six weeks.

Strategize

Consider the values of your treatment center or treatment model- what art activities might facilitate exploring or sharing these values with your clients?



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✕ ACADEMY ✕