

Creating a Safe place

Individual and Group Art Therapy Intervention Age group: preschoolers and up.

MATERIALS

Cardboard 20" x 20" (50 cm x 50 cm) as a base.

Markers, oil pastel paper, paint, hot glue gun, tape, wires, glue and nature-related materials

DIRECTIVE

The activity of creating a safe place aims to relieve tension, thus creating resources for the client. The participants will create their own safe place from nature-related materials on a cardboard base.

METHOD

Start with guided imagery.

"Imagine a place of safety. It may be one that you already know, or it may be one that you can create in your imagination. Describe that place to yourself – the images, the colors, the sounds or silences, the temperature, the whole feel of it. Once you describe it to yourself, begin to sense the whole feel of that safety inside your body. See if there is an image, or word or phrase to describe that place. Using art materials, create an image of the felt sense of the safe place" (Rappaport, 1998).

SYMBOLIC MEANING

To be able to determine a safe place:

"The idea is first to create an image of safety to help relieve tension and second, to discover mental images that enhance one's sense of security. The person can then return to the mental image when feeling anxious, or unsafe" (Malchiodi, 2007, p. 160- 161).

To create a relationship between an individual and the environment (nature-related materials):

"Building a... [safe place] from natural materials teaches the participants that they can create the reality of their lives in the immediate present from pre-existing materials, thus instilling hope and a sense of control over life and its renewed creation" (Kopytin & Rugh, 2017).

SOCIALIZATION AND DEVELOPMENT

It can help develop the individual's fine motor skills.

The safe place as a social process is to feel safe and secure with other individuals and to feel a sense of belonging to a group.

REFERENCES

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- Rappaport, L. (1998). Focusing and art therapy: Tools for working through post-traumatic stress disorder. *The Folio: A Journal for Focusing and Experiential therapy*, 17(1), 36-40.