



# INTRODUCING A CREATIVE INTERVENTION TO YOUR CLIENT

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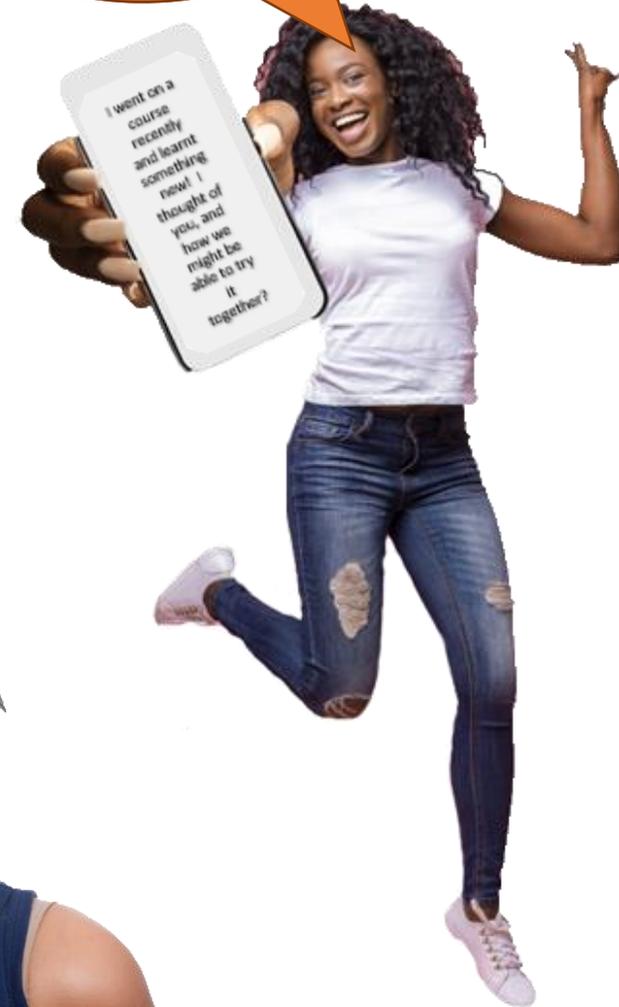


# 1. 'I've been on a course...'

*"I went on a course recently and learnt something new! I thought of you, and how we might be able to try it together...?"*



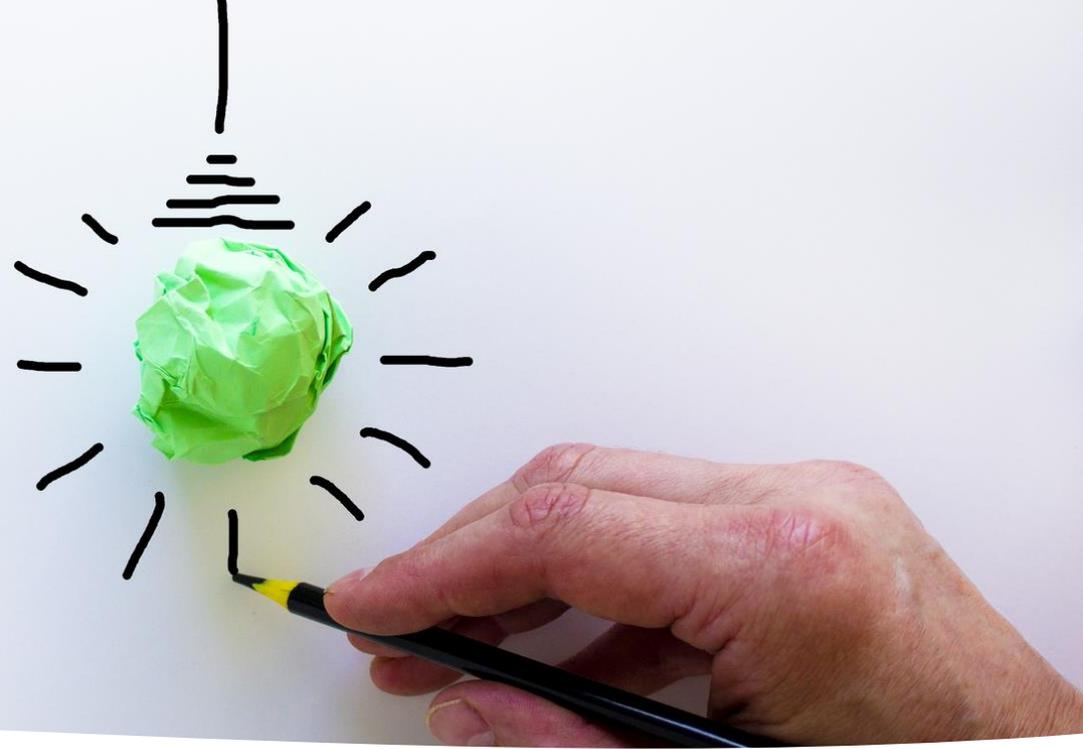
**"SHE THOUGHT OF ME!!!"**



**"I'll be rubbish and she'll hate me..."**



# TIPS & TRICKS



- Find a counsellor buddy and practise on each other to build your confidence
- Start with clients who like the idea of working creatively – not your most resistant or dissociative clients

### 3. Keep it in the flow (a)

**The  
picture  
language  
of the  
client**



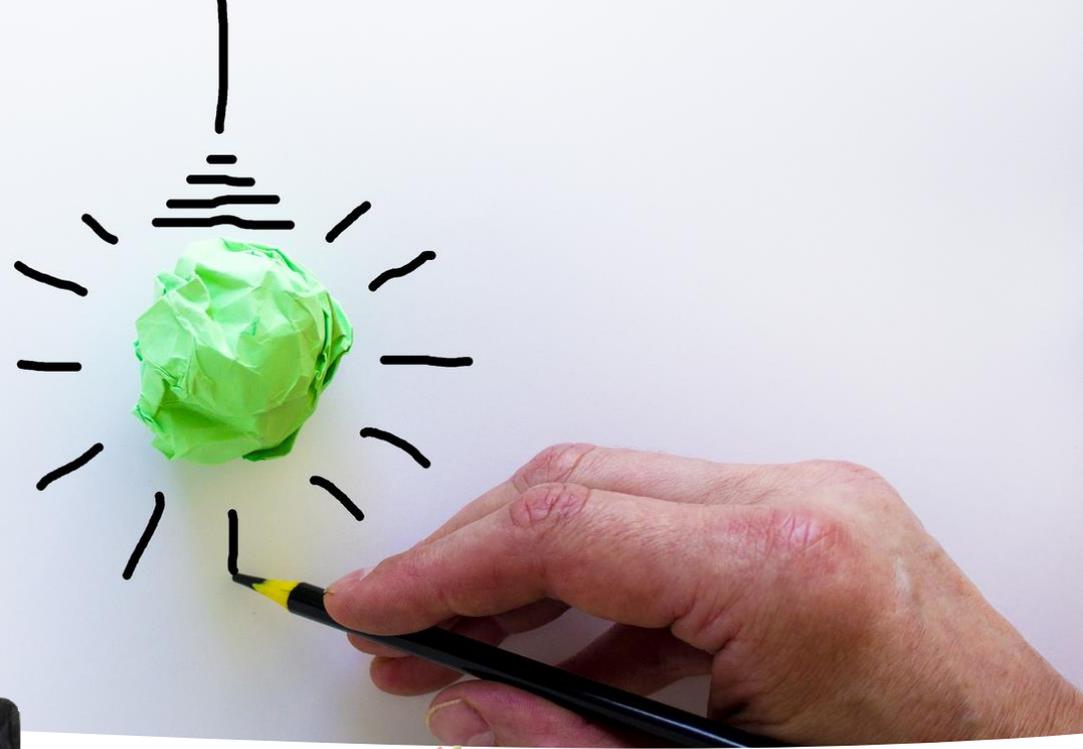
**“Draw me  
what  
you’re  
seeing”**

## 2. Keep it in the flow (b)

***“Imagine them sitting in that chair... say it to them...”***



# TIPS & TRICKS



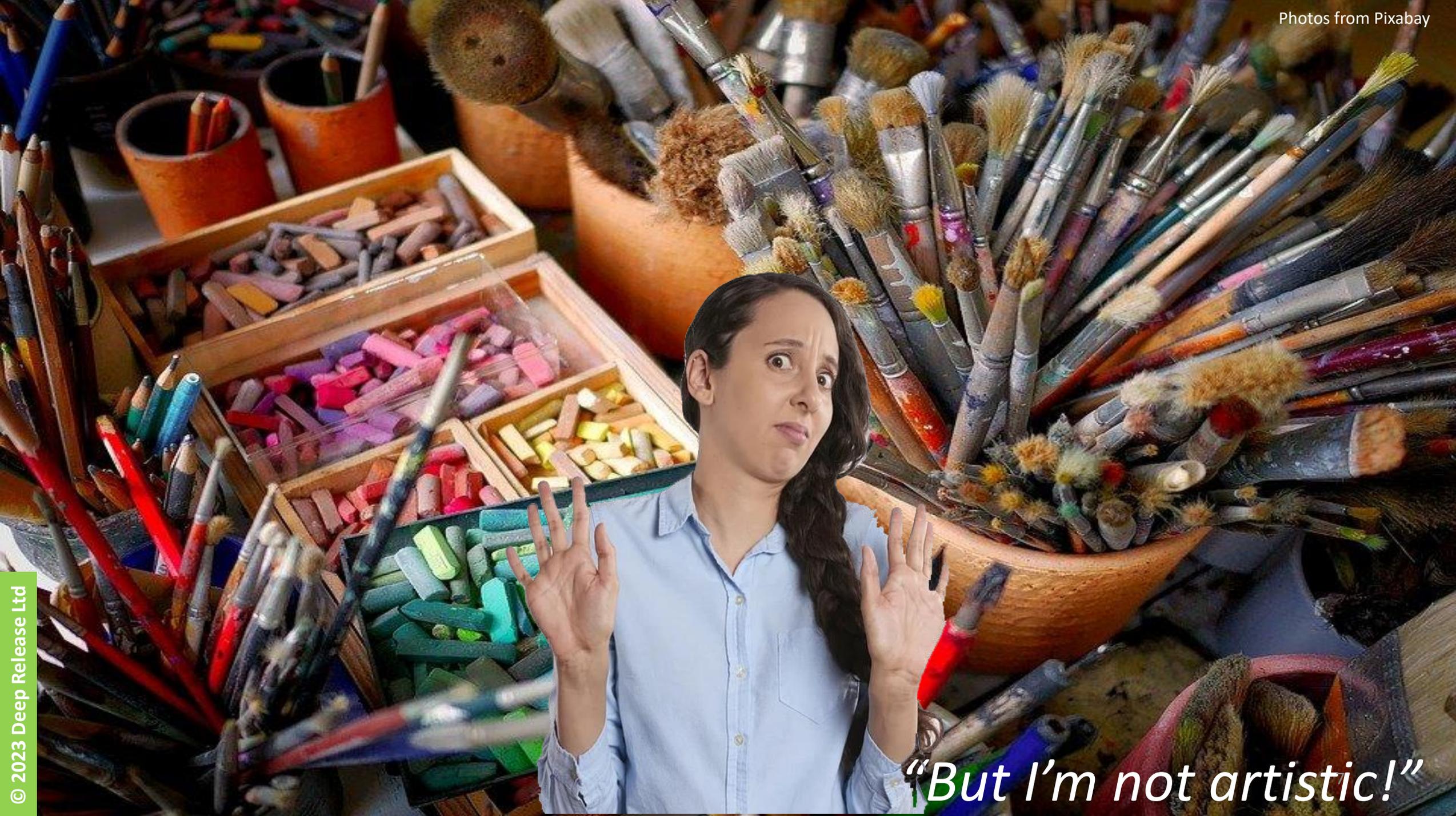
- Have paper and coloured pens handy in the room
- Try using a cushioned lap tray (A3 paper) or craft tray (A4 paper) if you're short of space



eBay £9.90



bakerross.co.uk  
£12.95



*“But I’m not artistic!”*

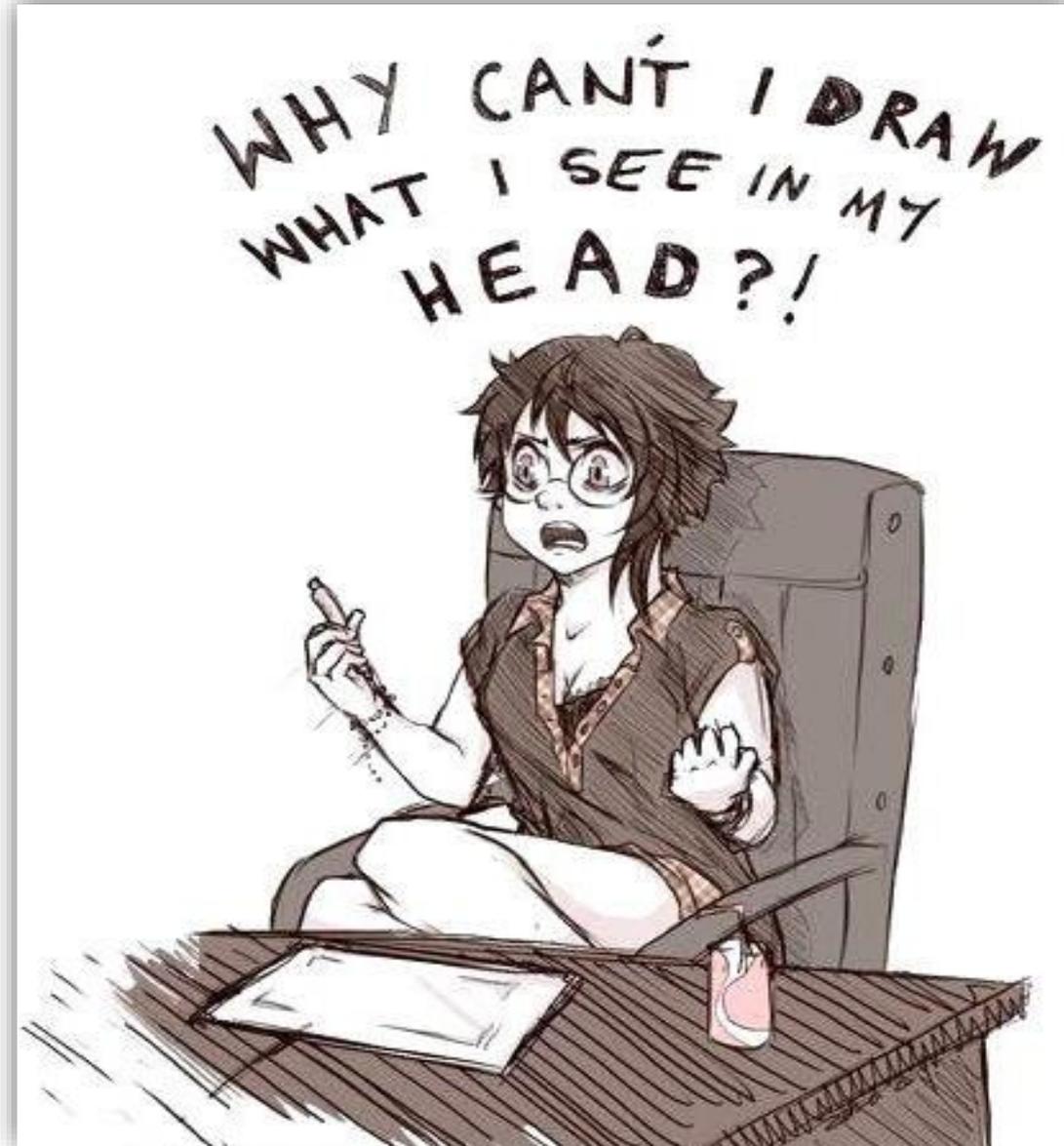
## 4. Don't lose your nerve

**Perfectionism**

**Fear of being  
watched**

**Fear of  
Ridicule**

**Fear of not  
being as good  
as others**



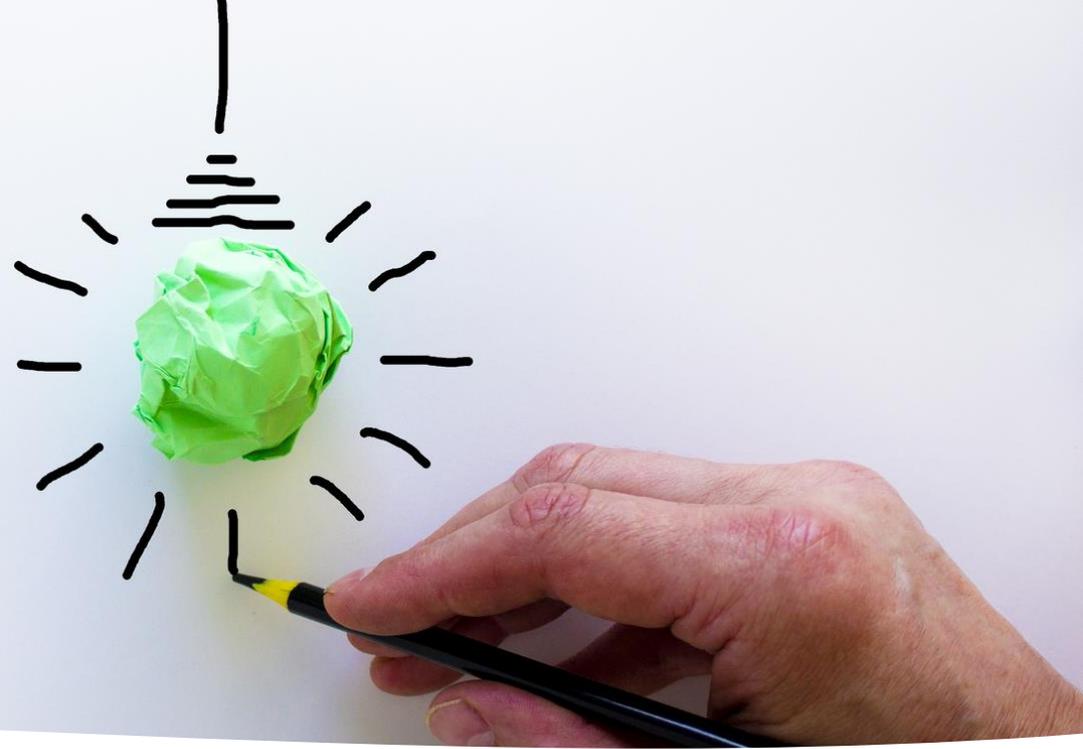
**Parents**

**Siblings**

**School**

**Inner Critic**

# TIPS & TRICKS



- **The fears and self-doubt provide great material to work with!**
- ***“Tell me what’s happening... what are you thinking of / feeling...?”***



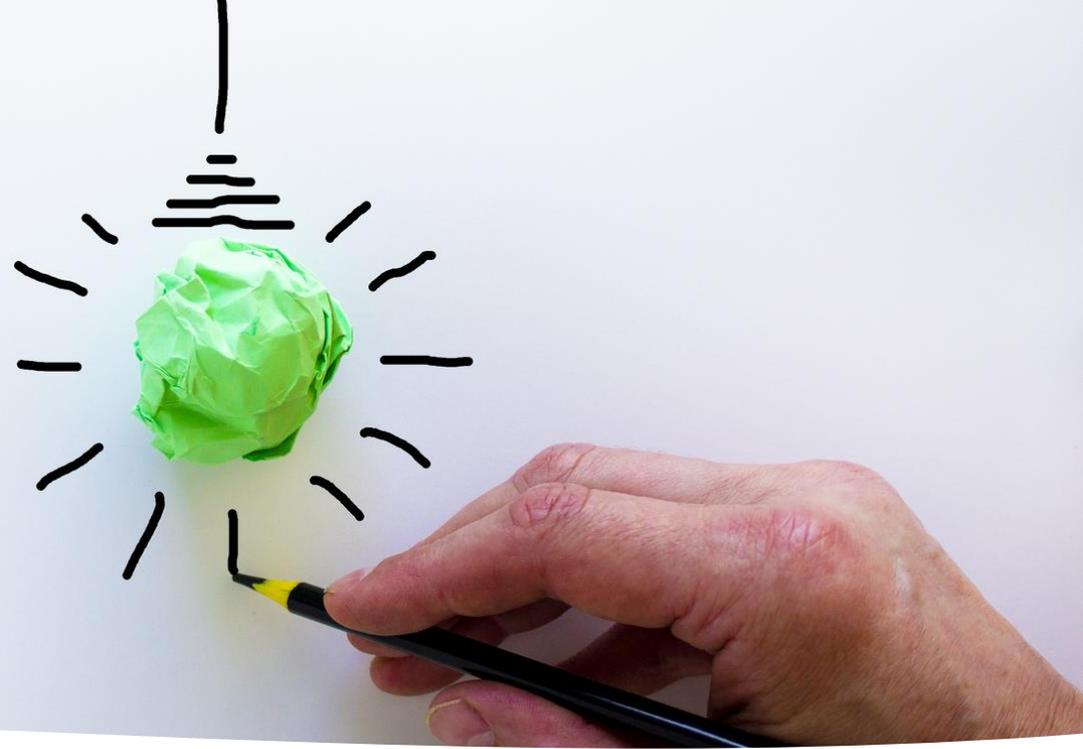
# Have Creative Material visible around your Counselling Room





Masha Bennett  
<https://sandsoundcentre.co.uk/>

# TIPS & TRICKS



- Remember to take photos (with permission) of your client's work, to keep in their file. Include the date.
- Don't overwhelm the client with too many things at once.
- Try the question, "*which object chooses you?*"

## 6. Make it clear in your contract



# Contracting for working Creatively

“We may work together creatively in a number of different ways, including the following:

- We may work creatively with symbols, pictures, figures, nesting dolls, clay, sand trays and other creative tools
- I may suggest you do some drawing to explore your feelings
- We may also work with visualisation and dreams
- I will encourage you, but not force you, into working creatively

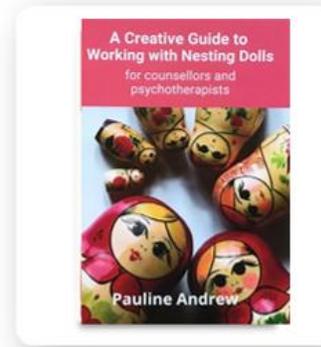
The artwork or creative work you do during your session will remain your property. I usually ask your permission to take a photograph of what you have done for your file. It may be possible for me to keep paper materials for you if required. In most cases, all materials are included in the cost of your session.

In the event of our finishing therapy, I will discuss with you what should be done with any work still in my possession.”

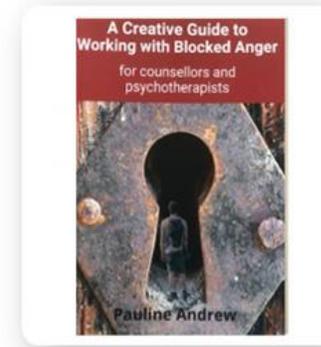
**LIMITED STOCK  
AVAILABLE TO BUY  
THIS WEEKEND  
(CASH OR CARD)**



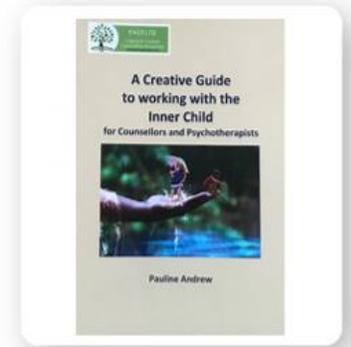
Special offer – save £2.50 when you buy all 3 books  
£32.00



A Creative Guide to Working with Nesting Dolls  
£11.50



A Creative Guide to Working with Blocked Anger  
£11.50



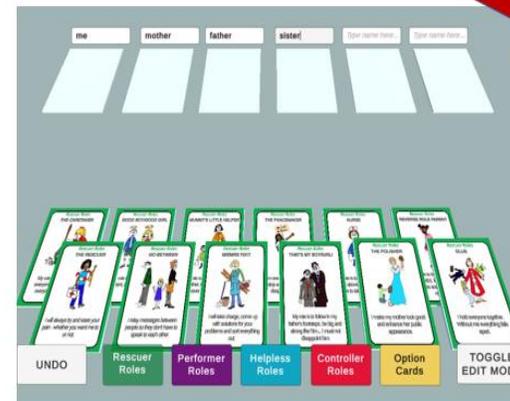
A Creative Guide to Working with the Inner Child  
£11.50



**Roles Played in Families  
Extra Set A**



**Roles Played in Families WebApp**



**Other sets of cards to follow soon!**



**CARD AND CASH PAYMENTS TOMORROW AND SUNDAY**

Receber carinho  
quando doente



Ser cuidado e ter  
conforto quando  
doente

Rôles du sauveur

LE GENTIL GARÇON

LA GENTILLE FILLE



Je suis gentil.le et  
accommodant.e pour  
garder tous le monde  
heureux.

Rôles du sauveur

LA FILLE A MAMAN



Je dois toujours  
comprendre ma mère,  
être de son côté et ne  
jamais la décevoir..

Спасителни роли  
ДОБРО МОМЧЕ/МОМИЧЕ



Аз съм отстъпчив и  
добър, за да са  
щастливи другите.

救援角色  
和事佬  
THE PEACEMAKER



我让大家冷静, 停止纷争

救援角色  
妈妈的小帮手  
MUMMY'S LITTLE HELPER



我总是理解母亲, 站在她  
这边, 从不让她失望

救援角色  
好男孩儿/好女孩儿  
GOOD BOY/GOOD GIRL



我是好人, 很服从,  
让每个人开心。

救援角色  
看护者  
THE CARETAKER



我会照顾每个人, 收拾他们  
的残面。

救援角色  
修理工先生/女士  
MR/MRS FIXIT



我会负责为你的问题想办法,  
解决所有事情。

救援角色  
与父母角色颠倒  
REVERSE ROLE PARENT



我得照顾父母, 倾听他们的  
担忧, 满足他们的需要。

救援角色  
爸爸的男孩子  
THAT'S MY BOY/GIRL!



我要跟随父亲的脚步, 像他  
一样岸伟, 强壮, 我一定不能  
辜负他。

救援角色  
护士  
NURSE



我会把别人的痛苦凌驾于  
自己需要上,  
我一定要照顾他们。