

Working with Pictures

- *What is the 'feeling title' of the picture?*

This enables you to connect with what it means to the client

- *What feelings were around for you as you drew it / as you look at it now?*

Write them on the page so that you can both remember them.

- *Give a voice to different aspects of the picture – use **speech bubbles** like in a cartoon.*

- *Are you in the picture? If not, would you like to add yourself in?*

Encourage the client to explore their feelings.

- *Where is the focal point of the picture for you?*

Particularly useful if it's a very busy picture.

- *Is there anything you would like to change?*

- *Is there anything you would like to add/take away?*

- *What are your feelings as we come to the end of this session? Has the title of the picture changed?*

- *If the picture is complicated or very 'busy', develop 'Scene 2' to preserve the original page.*

Stepping into the Picture

- Ask the client to 'step into' the picture.
- If they are able, ask them to close their eyes. (Be careful to check for safety, particularly if they choose to stand – give them the back of a chair to hold onto.)
- Give the client space and time to explore being in the scene they have just worked with. This should enable them to go deeper in their process.

Suggested Prompts

- *What can you see? How are you feeling? What do you need? Watch and see what happens...*
- Be careful not to 'lead' the client, but travel with them, attentively and supportively.
- When the work is completed, ask the client to let the image fade and "return to the room".

Suggested Prompts for re-grounding the client

- *Become aware of my voice...When you are ready, open your eyes...Take some deep breaths...*
- Be careful not to 'lead' the client, but travel closely with them.
- Make sure the client is given time to 'ground' after the intervention is over.
- Allow time to discuss what happened and how the client felt.
- What connections can they make with their lives at the moment, or in general?