

Heart story and Art Therapy Directive:

Once there came to be this lovely wonderful, tiny heart. Although it was still new and small it was open and ready to be cared for and nurtured, so it could learn, grow and explore. Unfortunately the people who were to look after and care for this heart were not able to care for the heart in a way that the heart needed to be cared for. Instead of helping the heart to feel cared for they caused the heart to feel hurt. At first it was just a couple of little hurts that left marks on the heart.. The little heart was confused. It wondered what was happening, It (he/she) wondered whether it did anything wrong. The heart hoped that things would change and that soon it would be cared for and loved. But instead of the hoped for change the heart continued to be hurt.*(At this point can elaborate on some of the hurts that the heart experienced, i.e. no food, yelling etc.)* Then one day the heart was taken from that home and brought to another home. *(At this point the story can include various moves, hurts, i.e. not treated in a way that a heart should be treated, asked to do things it shouldn't have to do.)* By this time the little heart thought it did not want to get hurt and decided to protect itself. Now the little heart could no longer get hurt. Nothing could get into the heart. The heart thought this is good, now I will no longer get hurt.

(At this point can either stop and ask the child to draw the heart, its hurts, and now it protected itself. Or you can start the drawing and ask the child to show how the heart was hurt. Once the child is done drawing the curious questions are asked and the story of the heart is shared. Or you can continue the story and ask the child to draw later.)

However this new family was different they would do things and say things to the little heart and once again the little heart felt confused. They said they loved the heart, and wanted to care for it and help it grow. The little heart didn't know what to do. With its protection up the little heart was no longer getting hurt, but it also meant that the kind things this family was doing and saying were also not getting in. The little heart wondered what to do? Would it be okay to let his protection down a bit? *(At this point the story can go on about the things that the family was doing and saying to show its love and how the little heart was curious but still scared and then get to a point where it takes a risk and lets just a small part of the protection down and the goodness to enter and talk about what that was like)* *(At this point can add to picture having the heart allow some of the goodness to enter. Again asking questions in a PACE-ful way thickens the story. From here the story can be continued in a way that fits the child you are working with)*

Volcano Art Therapy Directive:

You can either ask the child to draw the volcano, or you can draw the volcano. This can then be used in various ways. I typically try to make it part of the narrative. The volcano can help the child become aware of the different stages and warning signs before the volcano erupts and then help the child explore ways to calm the volcano.