



Expressive Therapy Clinic

Positive Psychology, Solution Focused Therapy and Compassion Focused Therapy with Art Making – 6 creative exercises

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Session	Subject	Art Materials
1 9.00 – 11.00	Introduction to Positive Psychology-Savouring and remembering- Find a symbol of photo of a joyful experience or memory	Plain sketch paper, any craft materials, glue, scissors
2 11 – 11.45	Finding Meaning-Making a survival box	Found Items outside or inside – a Box with a lid
3 11.45 – 12.30	Developing Strengths and Resilience	Your choice of any art materials
	LUNCH 12.30 – 1.15	
4 1.15 – 1.45	Guided Meditation 'A Gift for now'	After the meditation, gather any object use it as a metaphor
5 1.45 – 2.45	Solution Focused Therapy- Finding solutions to problems 'The Miracle Question'	Collage, Magazines, glue, scissors, paper, pens
6 2.45 – 3.30	Compassion Focused Therapy- How do we find compassion for ourselves – Wisdom and Kindness 'Building a Compassionate Image'	Clay, Playdough, objects
Observation of Images 3.30 – 4.00	Question: Is there a common theme for you?	Discussion

You can use any art materials you like if you wish these are just suggestions. (eg.paints, clay etc). No creative talent required