

Medical Art Therapy

Masters Supervision

Creating Effective Treatment Plans in Art Therapy

Understanding a client's unique situation, including their history, medical conditions, psychosocial concerns, and underlying dynamics is essential for creating effective treatment plans.

Important Aspects to Consider for Case-Conceptualization

- Client Information: Socio-demographics, diagnosis, medical history
- Presenting Concerns: Behavioral, physical, emotional, cognitive, environmental
- Strengths: Abilities, knowledge (including artistic), capacities, supports, resources
- Barriers: Logistic, sociodemographic, physical, psychological, interpersonal
- Cultural Context: About the condition/illness, healing/treatment, recovery goals
- Making patient-centered collaborative SMART goals: Meaningful to the patient, adjust and review as needed

Specific Measurable Achievable Relevant Time-bound

SMART Goals

Writing Treatment Goals

Jessie is a 16-year-old teenager who was raised by parents who modelled emotional suppression. Jessie is experiencing depressive symptoms, low self-esteem, and struggling with identity issues while receiving treatment for lymphoma recurrence. Jessie has supportive parents who have a very positive outlook towards treatment, however, she has developed a people-pleasing attitude and is very careful of what she says around her parents. Her desire is to be a good daughter, while she is struggling to cope with negative thoughts and feelings about herself and the treatment prognosis.

Possible Long-term Goals

- Client will demonstrate awareness of recognizing, naming, and expressing positive and negative feelings in art therapy
- Client will work on enhancing self-understanding through exploration of personal and cultural values, and beliefs in art therapy
- Client will utilize art therapy to foster a sense of identity and a sense of accomplishment
- Client will develop coping strategies for stress and negative emotions through art making

SMART Goals

- Client will be able to identify negative self-talk and express at least 2 sources of anxiety, fears, and concerns in art therapy
- Client will demonstrate positive representation/ affirmation at least one time during the session
- Client will demonstrate a sense of agency and accomplishment through choice of art media and decision-making during art therapy
- Client will explore illness/disability identity (engulfment, rejection, acceptance, enrichment) using art/graphic narratives in art therapy (e.g. using comics, zines, storyboard, story-cloths, body-maps, etc)
- Client will practice relaxation technique of choice and improve emotion regulation through the creation of calming imagery
- Client will express positive/negative emotion to family/sibling at least one time during the collaborative/dyadic art therapy session

