

Student 1 & 2  
ART 355: Survey of Art Therapy  
Professor Zeisler  
November 1st, 2022

## **Phototherapy Experiential**

**I. Time Allotted:** 75 minutes.

**II. Materials:**

- 9" x 12" white paper (12)
- Watercolor paper (12)
- Watercolor paint (12)
- Paint brushes
- Water cups (6)
- Colored pencils (12)
- Paper towels
- Pencils (12)
- Paper, cut in half (5)

**III. The Rationale for Materials:**

We are using both structured and unstructured materials for our experiential to allow the participants to experience this experiential in a way that is calming for them.

**IV. Placement of Materials:**

We will use the third option for material placement, placing the materials on the table for the participants so they're easy to access.

**V. Material Placement Rationale:**

We will place the materials on the tables to reduce overstimulation of choice and provide easy access.

**VI. Directive:**

**10:45-11:10 (25 minutes)**

"Today, we are going to do a piece of art based on a photo of yours, this art should represent how you felt during this photo. This work of art can be a general feeling, the memory, or even your feelings about not remembering what happened in this photo."

"You can use colored pencils, watercolor, or both to create this art."

“First we will begin by gathering around this table, with your photo.”

“I would like everyone to take a moment and go around and share a little about their photo. Tell us who is in it, about what is going on, or even when it was taken.”

(5-10 mins to go around)

“If everyone can go back to your seats now, and begin creating your art.”

“You will have 15 minutes to create this image.”

*We will be making art during the art making process with the participants.*

Give a 2-minute warning.

## **VII. Clean-Up Plan:**

*Give clear clean-up directions.*

**11:10-11:15 (5 minutes)**

“Please clean up by returning all materials to their containers and the containers to the cabinets. Please wipe down the tables if a material residue is on the tables. Please pour out your water in the sink across the hall.”

“Before you sit down, grab a sheet of paper and a pencil.”

## **VIII. The Rationale for Clean-Up:**

I want to create a high containment level, so everything will be cleaned up and returned to the cabinets.

## **IX. Discussion or Witnessing:**

**11:15-11:40 (25 minutes)**

“Please gather in a circle.”

“With your pencil and paper, I would like you to write down your answers to the following questions:

“What was your somatic, or physical, experience when looking at the photograph?”

“What is your somatic experience of the image you created?”

“I **invite** anyone who would like to share their image and their written answers.”

“What was your overall somatic experience today connecting your photo and the artwork you made together?”

Don't forget to thank everyone for participating.

**X. Peer Feedback:**

**11:40-11:45 (5 minutes)**

Leave 5 minutes for peer feedback.