

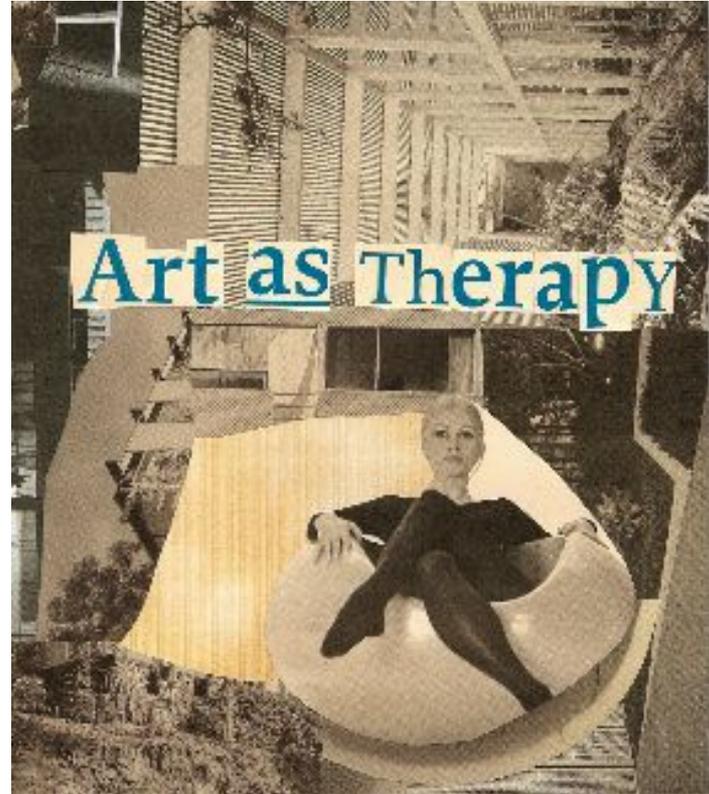
# Response Art: the practice of self-care through art and imagery



Julia Volonts, MPS, LCAT, ATR-BC

# Outline

1. Response Art defined
2. Uses & Benefits
3. Setting of Practice
4. Case Vignette
5. Processing the Imagery



# Response Art

*“Response art is artwork created by art therapists in response to material that arises in their therapy work. Art therapists use response art to contain difficult material, express and examine their experiences, and share their experiences with others.”*

- Barbara J. Fish, Response Art: The Art of the Art Therapist

# Uses & Benefits

- Self-care & professional development
- Process countertransference
- Build empathy & understanding
- Contain session Material
- Develop client specific therapeutic approaches



# Why art and imagery?

Non-verbal  
+  
reflective



# Setting



*“Our mission is to provide effective psychotherapy in a nurturing and creative environment; to promote a healthy balance of work and play in our clients’ lives as well as our own; to be leaders in educating others about current practices in the field of creative arts therapy.”*



# Case Vignette: Jennifer

- Client background
- Presenting problem
- Symptoms
- Treatment goals
- Response art



# Jennifer



Figure 1



Figure 2

# Processing the Imagery

- Reflection
- Discussion
- Feedback



# Putting into practice: self-care

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- Time and routine
- Materials
- Self check-ins
- Reflection



# Questions?

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[juliavolonts@gmail.com](mailto:juliavolonts@gmail.com)

[www.juliavolonts.com](http://www.juliavolonts.com)

[www.nycreativetherapists.com](http://www.nycreativetherapists.com)

