

Art therapy treatment with teens children



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Expressive art among the children is common and research indicates that children around the globe engage themselves with this activity. However, this issue has been of great concern over the past few years and it is prudent for parents and guardians to understand this aspect of expressive arts and especially the benefits accrued to their children. Research shows that adolescents of all the age groups among children are quite difficult to counsel. This is because of what they are going through psychologically and physically. They are in a kind of development limbo since they are neither adult nor child.

Surveys reveal that adolescents see themselves as too old for time out. They also view themselves as quite young for responsibilities handled by adults. Adolescents really require a good portion of patience and personal energy from therapists. This is why many therapists shy away from working with adolescents. Adolescents are quite a unique group of young people that need special attention from therapists. Such a person has to very understand in relation to the special needs of this group. This paper is dealing with group therapy and how ideal it is in relation to adolescents.

It also shows examples of various expressive arts that are used in relation to adolescent groups available. It has a demonstration of how expressive art therapy can be incorporated with teenage groups. Group therapy and adolescents Groups really work out well for adolescents. This is because most of their activities are carried out in groups. They enjoy playing various sports in groups. They include playing football, badminton, skiing, table tennis and swimming together. This group of children also enjoys hanging out with friends after school and during holidays.

Group therapy for adolescents works out well as a better choice of therapy because it is something that they are acquainted with. Research shows that this approach of therapy is quite safe. Psychologists also assert that group therapy gives a basis for the adolescents to have social interaction which is very essential for their development. Much learning is carried out as adolescents interact with each other in various groups. They are also very effective as the adolescents can easily see the results from their friends. Many teachers normally have problems with people in the society.

Such people include teachers, authority, parents and elder brothers and sisters. This is normally because their reasoning and their perspective of many things is very different from what their leaders perceive. Groups provide a good avenue where adolescents can practice interpersonal or social skills like cooperation, anger management and turn taking. Such group settings are very safe and really help many adolescents that are shy to gain confidence. They easily learn leadership skills in these groups and also taking responsibilities. How to select group members

This is one of the things that are quite important when dealing with art therapy treatment with teens. A therapist has to put various things into consideration when creating groups so that they become effective. Among the things that should be considered include the children's abilities. A therapist also has to consider the needs of each individual child so that he or she can actually create a diagnosis of the potential members of each group. This has to be done so that each child benefits from the groups mostly in relation to their needs.

According to surveys carried out in United States, when groups are put together according to the children's development they are the best. They are actually better than those created basis on the age of the children. Art therapy with teens Talk therapy works well with adults but not with teens. This is because they require innovative ways through which they can express themselves. When expressive art therapy is used among adolescents, it works so well as it allows them to air out their difficulties in various areas of life.

They include social issues and school work which are essential in their lives at this age. These difficult feelings and thoughts are expressed through artistic mediums available in art therapy groups. Art therapy plays a big role in increasing the self esteem of the teens. It also helps them to build social skills and in solving their personal problems. Art therapy creates an avenue where behavior management is enhanced among teenagers. Through art therapy teenagers come to the point of understanding the far that they have come in relation to where they were initially.

Through the process of art therapy, adolescents can chart their journey of therapy from the beginning to the end. Open groups are used by counselors because they readily and continually accept new members to join. Art therapy is the best for such group types since it enables group member's participation at their own level. This is better because group members are not forced to catch up with the rest. It is always better that when therapy groups are being created, counselors have to limit the number of children in each group. He or she should try and have between six to twelve members.

Such groups actually allow group members to have a sense of togetherness and association. When adolescents are put into smaller groups, they automatically have the time to share their feelings, artwork and their thoughts too. In this case there is maintenance of visual contact amongst all the members at all times. This actually creates a safe space for carrying out therapeutic work. When structured art therapy groups are used, they really work well for teenagers. In structured groups there is a theme that is used so that every activity that is carried out revolves around it.

There are various themes that can be used in such groups. They include drawing or painting people in a happy or in a depressed mood. Research shows that when the groups are unstructured they do not work well with teenagers. This is whereby group members are allowed to come up their own with activities to accomplish during the meeting. Planning for art groups According to research, art groups in most cases require more preparation when compared to talk therapy groups. In this case the group leader has the responsibility of planning the topic to be discussed in a specific session.

It is always good for the group leader to choose a topic that directly affects the teenagers. This can included relationship issues and sex education. These are topics that are liked by teenagers and they can discuss them quite passionately. The leader is also responsible for ensuring that all the materials required are available. The materials can include books, pens, pieces of chalk and paint. The group leader has to structure the session in such a way that members can get ample time to discuss and also complete their art work in good time.

Normally expressive art therapy is done within one and a half hours to two hours. The first fifteen to thirty minutes are used for warm up or what other people term as 'breaking the ice'. During this time the group members are allowed to interact and greet each other. It is a time for group members to catch up on how their members or friends have been since the last meeting. At such a time they check how friends are feeling as per that moment and any problems that they can be facing. Then the next twenty to forty five minutes that follow are used for carrying out the activities of the day.

After this the group members have to share what they feel about the whole activity. The group leader has to ensure a free environment so that the teens can freely air their likes and dislikes about the whole activity. Follow up is done at the end of the meeting. There are very many factors that need to be considered when selecting art activities. One of the factors that a therapist has to consider is the level of mess that the teens can handle. He or she also has to consider the logistics of the room that will be used for the meeting.

That is whether it can allow much activity or not. For instance if the activities planned involve paper Mache and paint then a bigger room is needed because they can be quite messy. It is not very easy for the team leader to manage a room that is full of teenagers with paint and wet glue. This is because the leader will be more concerned with them dirtifying the carpet and the wall than how well they are carrying on with the activity. When the therapist is open to messy media, the teens are actually allowed to have broader experience with a variety of art materials.

In most cases therapists have to come up with solutions that help them to deal with situations that arise as the teenagers work in groups. They include

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misunderstandings between the teenagers which can lead to spilling of the paint. In case the rooms have carpets, then the group leader has to organize for purchasing of tarps which can be used to protect the carpets. In case the room does not have taps then the leader has to organize for buckets of water which can be stored in the room. This water is used for washing hands, brushes and also for activation of color paints that are water based.

In case the room needs to be used by another group immediately one of the groups finishes then cleaning has to be organized immediately the teenagers finish. Another consideration includes planning where they will place their wet artwork to dry. When planning the therapist has to make sure that each teenager has enough working space. This is because teenagers that have anger management problems can easily get upset when another member intrudes into their working space whether it is accidental or not.

The therapist has to consider whether the room is suitable for food or a storage space for snacks. This is because most teenagers would want to have a snack during the meeting. When dealing with teenagers, one has to ensure that music is provided. This is because they really enjoy music when working. The music has to be well chosen not what the therapist likes but what the youths themselves like. There are materials that a counselor should ensure that he or she has them before hand.