



## **Art Assisted Grief Therapy: Open Art Studio Course Pack**

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### **SUGGESTED ART MATERIALS**

Here is a list of art materials, by no means complete, but rather a starting point of basics, which you are encouraged to build upon. Trust your creative spark and imagination. This list will be added to as we go along. Welcome to the Open Art Studio!

#### **COLLAGE:**

##### **Two and Three Dimensional Collage: Paper, Boxes and Books**

1. Colored and plain construction paper in various sizes.
2. Colored and plain tissue paper.
3. Decorative papers, origami paper and/ or wall paper scraps.
4. Discarded cardboard from packaging, old mail, envelopes.
5. Old birthday and/ or holiday cards, photographs, even a deck of playing cards.
6. Six to ten image laden magazines that inspire you. (National Geographic, Oprah, Vogue, Travel/ Leisure, House/ Garden, Yoga, Sports Illustrated, Art/ Architecture Magazines)
7. Scissors.
8. Glue Sticks, children's school glue/ Elmer's Glue, Mod Podge, scotch tape and duct tape.
9. Gesso - A white mixture used to prepare a variety of surfaces, so that paint will adhere.
10. Assorted markers, pastels, colored pencils and cray pas.
11. Acrylic paints, brushes, plastic containers for water and paper towels.
12. Watercolor paper and paint, brushes, plastic containers for water and paper towels.
13. Assorted fabric scraps, buttons, lace and trim.
14. Small box, tissue box, small gift box, or a shoe box – for three-dimensional collage.
15. Small to medium book ready to be repurposed, one that holds meaning. Consider a child's poetry book or old text book for your "Altered Book."
16. Let your imagination guide you and gather inspiring materials!

#### **DOLL MAKING:**

**Muslin Doll Bodies** can be found on many arts and crafts sites, feel free to look around. There are many sizes and choices. I recommend an 8 or 12 inch soft pliable doll form.

You can also create a doll body by wrapping fabric around a wire armature or by securing pieces of rolled fabric together to form a body shape. You are welcome to use your imagination.

### **Special Note: Skin Tones**

The muslin doll bodies come in a variety of skin tones, however they are sometimes hard to find. One option is tea or coffee staining a white muslin doll or getting a Rit Fabric dye. If you dye the doll body, please do this a few days prior to working on your doll, so it will dry properly.

### **Other Materials for Doll Making:**

1. Several muslin doll bodies, various shapes and sizes are nice to have on hand.
2. Assortment of fabrics. Clean your closet and repurpose unwanted clothing. Remnants at fabric stores are an option while Good Will and consignment stores are amazing sources for “old garments.”
3. Ribbons, buttons, lace, trim, feathers, embroidery thread, cotton balls and yarn for hair...use your imagination.
4. Scissors.
5. Needles and assortments of colored threads.
6. Sharpies – to draw a face on the doll if you decide to go that way.
7. Glue gun if you have one. It is an easy way to secure fabrics, decorations and hair - but not necessary.

### **MEMORY BOXES:**

1. A box of your choosing. Take your time choosing the size of your container.
2. Any small but sturdy box that you have in your home, such as a tin container for tea, a small Altoids Mint box, a tiny chocolate box, a small box from a jewelry store, or a cigar box. Avoid plastic boxes if possible. Any shape is fine.
3. A matchbox, if you want to work on a tiny scale.
4. Small and large paper mache boxes can be found on arts and crafts sites.
5. Any larger box, of sturdy construction will do, such as a shoe box.
6. Gesso - A white mixture used to prepare a variety of surfaces, so that paint will adhere. This will be useful if you use a tin or Altoids box as your Memory Box.
7. Glue Sticks, children’s school glue/ Elmer’s Glue, Mod Podge and/ or scotch tape.

Refer to the list of Collage Materials to gather additional supplies that you will need as you embellish your Memory Box.

### **WEBSITES FOR ART MATERIALS**

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

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

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

## PERSONAL PROCESSING AND PROCESSING IN PAIRS TOOLKIT

### **COLLAGE:**

#### **Preparation**

1. Close your eyes and take some deep breaths.
2. Let go into the willingness and curiosity that brought you here.
3. Welcome in your courage and imagination.
4. Rest here, in the present moment.
5. Ask: What is here – What am I feeling?
6. Take a few more deep breaths.
7. When you are ready, open your eyes and begin.

#### **Creation**

1. Leaf through the magazine and tear out what you are drawn to.
2. Notice your felt sense both positive and negative.
3. Create from a place that moves you.
4. Add words and images to your collage knowing there is no right or wrong.
5. Allow your image to emerge – listen and feel into the process
6. Your collage may have a life of its own... can you get out of your own way.
7. Work on your collage until it feels “finished.”

#### **Reflection**

1. Clean up your space and take a few deep breaths to ground and center yourself.
2. Take time to be with the image you created.
3. Embrace compassion, non-judgment and curiosity.
4. What is the felt sense of your image?
5. Notice the formal elements of your creation – line, color and form.
6. Is there a particular part of your collage that draws your attention?
7. What does that particular part say to you?
8. What does the image as a whole say?
9. Enter more deeply into the image and mine for deeper meaning by engaging in an “I am” process.
10. “I am” process: Select an element of your collage that draws your attention either positively or negatively. Step into it and speak as if you are that. Say “I am”.... and keep going until the process feels finished.  
Example: an image of a stormy sea  
I am....dark blue and foaming green  
I am....intense  
I am....ever changing, raising and falling  
I am....nature unbridled
11. Continue the conversation until you feel finished.
12. Take some time for reflective writing.
13. Close your eyes take some deep breaths and bring closure to your process.
14. Title and date your work.

## **Processing in Pairs**

### **Suggested prompts for non-judgmental, curious, exploration**

1. I am honored to be with you and witness your creation.
2. What can you tell me about your creative process?
3. What did you like/ dislike about this whole process?
4. Does your creation have a name?
5. What can you share with me about your “I am” process?
6. Is there a particular phrase from the “I am” process that stands out?
7. Would you repeat that phrase?
8. Is it alright to repeat this phrase back to you three times? Take a pause and proceed....
9. What is your felt sense?
10. What kinds of associations do you have to your creation?
11. I feel drawn to this part of your creation, can you tell me more about it.
12. This is my felt sense when I look at ....
13. These are my association when I look at .... (the facilitator associations may or may not resonate with the learner/ that is ok. If there is resonance, it may open the door to further deeper conversation. Trust your intuition and clinical skills.
14. Converse until the conversation feels finished and end in gratitude.

## **DOLL MAKING:**

### **Preparation**

1. Close your eyes and take some deep breaths.
2. Let go into the willingness and curiosity that brought you to this moment.
3. Welcome in your courage and imagination.
4. Rest here, in the present moment.
5. Ask: What is here – What am I feeling – notice your own body.
6. Take a few more deep breaths.
7. When you are ready, open your eyes and begin.

### **Creation**

1. Explore the materials you have assembled and work with what you are drawn to.
2. Notice your felt sense both positive and negative in your choices.
3. Create from a place that moves you.
4. Add embellishments to your creation, knowing there is no right or wrong.
5. Allow the form of your doll to emerge – listen and feel into the process
6. Your doll may have a life of its own... can you get out of your own way.
7. Work on your doll until it feels “finished.”

### **Reflection**

1. Clean up your space and take a few deep breaths to ground and center yourself.
2. Take time to be with your creation.
3. Embrace compassion, non-judgment and curiosity.
4. Does your creation have a name?
5. What is the felt sense when you hold your creation?
6. Notice the formal elements of your creation – color, form, fabrics, and embellishments.
7. Is there a particular part of your doll that draws your attention?

8. What does that particular part say to you?
9. What does the doll as a whole say? Does he or she have a voice?
10. What does your doll have to say to you? Enter more deeply into the form and mine for deeper meaning by implementing an “I am” process.
11. “I am” process: Step into your creation and speak from that place. Say “I am”.... and keep going until the process feels finished. Example:
  - I am....an embodiment of courage
  - I am...wearing red like a superhero, grief warrior
  - I am....growing stronger each day
  - I am....reborn from the ashes of loss
12. Continue the conversation until you feel finished.
13. Take some time for reflective writing.
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