

ART THERAPY FUNDAMENTALS

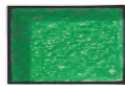
Fundamental elements to consider:

- All colors represent something different.
- Consider context and reoccurring themes.
- Amount of colors available during drawing.
- Specific color, use of variety or lack of color.
- Direction and quality of thick or thin lines.
- Figure and object placement within page.
- Page center and what draws most attention.

Color Psychology



Red - Excessive emotion, anger and enthusiasm.



Green - Controlled behavior, cycles of renewal and over-protectiveness.



Black - Controlled reactions, compulsive behavior, unconsciousness, depression and loss.



Orange - Good relationships, confidence, discomfort, lack of discipline.



Blue - Controlled reactions, self-restraint, distance and sadness.



Brown - Timidity and shyness, worthlessness and new beginnings.



Yellow - Hostility, dependency and infantile behavior.



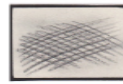
Violet/Purple - Paranoia, persecution and quietness.



White - Timelessness and concealing, clarity and synthesis.

The Art Therapy Sourcebook
-Cathy Malchiodi

Line Quality



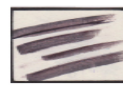
Crosshatching - Draws attention, shows anxiety.



Faint Lines - Lack of energy, depression, insecurity, inhibition, shyness.



Straight Lines - Determination, aggression, need for added structure.



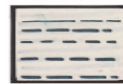
Heavy Lines - Strong attention, aggression, forcefulness.



Jabbing Marks - Inward or outward anger.



Pointed Lines - Intelligence.



Broken Lines - Concern for oneself, health issues.



Jagged Lines - High energy, anger, frustration.



Excessive Erasing - Draws attention, shows anxiety.

Signals from the Child
-Jean Coles

Page Placement

Base Lining - Placing figure at very bottom of page or running off page suggests drawer requires a need for added security.



Children Draw and Tell
-Marvin Klepsch

Underlining - Placing figure on top of patch of grass or other object or drawing heavy lines underneath figure is suggestive of lack of security or structure.



Very Top - Difficulty in reaching goals.

Right Side - Anticipates future, associated with activity.

Left Side - Reverts to past, associated with passivity.

Very Bottom - Insecurity issues.

