

Research Paper

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

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### ABSTRACT

The Action research project entailed the application of Arts Based Therapy on a group of mothers with special needs children on a one-on-one basis. The five mothers are in the age group of 43 -51 years. Four of the mothers have a single child and the fifth one has one neuro typical child. Due to the Covid pandemic, these mothers were solely handling the children. They all were fatigued and stressed. The Action Research Project was conducted over a period of 4 months (September, October, November and December 2021). The sessions were conducted on a one-on-one basis of 30-45 minutes duration. The various artistic skills like Body, Rhythm, Voice, Visual art, Games and Exercises were utilized to work on the Therapeutic Domains (TDs) and specific Therapeutic Goals (TGs) identified during the Pilot Project. There was no control group for this study. The ABT interventions showed a positive outcome on the TGs emphasized for this study i.e., body image, communication skills, self-esteem and destructive emotions. It also showed a shift in other domains as well, especially Mindfulness, Expression and Relationships. The study also helped them release their stress and be more relaxed. It helped them look within and brought the focus to themselves, their mental health. Udaan is the first step for these mothers to freedom and each of them have commenced the journey of self- awareness. ABT is not just therapy, it is a lifestyle. It brings changes physically, emotionally, mentally and spiritually. ABT provides both qualitative and quantitative evaluations, which becomes vital as often the shifts are more subtle than obvious in a shorter duration of the study. We can infer that ABT is an effective holistic intervention for mothers of special needs children to improve body image, self-esteem, communication skills and destructive emotions.

**Keywords:** *Arts Based Therapy, Body image, Self-esteem, Communication Skills, Emotions*

### 2.1 THE LARGER PROBLEM

Mothers of special needs children aged between 43-51 years of age. The major problem areas with this client population include

- Due to the pandemic, the mothers of special needs children were facing unique challenges. For example, as social distancing was and is promoted to avoid the transmission of Covid-19, the schools had shut down and the therapies were stalled. Apart from the house chores, professional work (for a few), and these mothers had to

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be totally hands-on as teachers and therapists in the house and micromanage every minute or activity in the day for their children. This resulted in these mothers being overworked and completely frazzled ensuing a burnout with no respite or time-off.

- Controlling and micro- managing things related to children and their surroundings.
- They were guilt driven for being even a little amiss in taking care of their offspring.
- Losing control over their emotions (example- Anger) (Expression- within).
- No 'Me-Time'- no time to pursue what they like or to look after themselves.
- Focus and worry about the future of the special needs child.
- Relationship with husband or family members (feeling of lack of help).

### ***2.2 LITERATURE REVIEW OF ALL ARTS-BASED THERAPIES:***

Self- awareness through Arts based therapy or creative arts is one of the most beneficial and safe mediums for mothers or primary care givers of special needs children to explore and manage their emotions, handle stress, alter their negative body image and become more mindful.

In a study, group art therapy intervention on psychological well-being of 44 Korean mothers of children with disabilities was done (Ji Hyun Lee, 2017). The group was divided into a control group (CG) and Art intervention group (AG). The AG group showed a greater reduction in parenting stress, perceived stress, and depression than those in the CG. But in terms of perceived social support, no significant difference was found between the AG and the CG. The DAPR (Draw-a-Person-in-the-Rain) assessment supported the quantitative results of the art therapy intervention on decreasing stress of these mothers (AG) which shows the effectiveness of the group art therapy.

A study was conducted in India on twelve caregivers of children on the autism spectrum using Dance Movement Psychotherapy (DMP) (Supritha Aithal, Vicky Karkou, Gnanavel Kuppusamy, Pushpavathi Mariswamy, 2019). The parenting stress scores had reduced after 6 DMP sessions. The result also suggested that the integrative approach to DMP may be an effective option to support the caregivers of children on the autism spectrum to maintain their state of wellbeing.

Another study done on a writing group of eight mothers of children with special needs, where the group met every week for 10 weeks to examine and share their life experiences and feelings through a series of written assignments (Harriet Greenstone 2006). All the mothers benefited from writing. The study brought in focus that the writing improves the communication between the mothers and the other professionals who deal with their children and be more empathetic. It also aids them to cope emotionally. It examined, their self-image, self-confidence, role identity, comfort and the feelings of inadequacy, guilt, anger, and frustration, especially those engendered by good mother/bad mother social judgements, to which mothers of children with special needs are particularly vulnerable. They were so empowered that they continued writing for individual therapeutic effect and also advocated to others.

There may be many more researches which verifies that different forms of arts therapies can help the care givers of special needs children at a multidimensional level.

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### 2.3 HYPOTHESIS:

#### Clients 1, 2, 3 – Robin, Swan and Eagle

ABT can significantly alter negative body image and help to understand and manage the destructive emotions of the selected mothers of the special needs children.

#### Client 4. Dove

ABT can significantly improve communication skills and help to understand and manage the destructive emotions of the selected mothers of the special needs children.

#### Client 5. Parrot

ABT can significantly help to create a balanced self-image- confidence/esteem and understand and manage the destructive emotions of the selected mothers of the special needs children.

## METHODS

### 3.1 ELIGIBILITY CRITERIA FOR PARTICIPANTS:

All selected clients are mothers of different special needs children. Due to the pandemic and being totally hands-on, these mothers were overworked and stressed out.

The first client was my patient, who was extremely hassled juggling between work, home and the child. It got worse in the pandemic where her health deteriorated even more. This prompted me to choose them as my client population for the research. She got me reference of the other mothers whose kids were in the same school as her child initially. One client resides in the same vicinity as mine, where I had often seen her with her child. All of them looked like they were coping well with the stress on the surface, but their bodies were sharing a different story.

I started with 6 participants, but 5 continued till the end. The sixth one was Covid positive and did not reciprocate when contacted.

#### Demographics of the group:

AGE	43- 51 years
GENDER	All females
BACKGROUND	3 from affluent backgrounds 1 from middle class 1 with financial stresses
OTHER RELEVANT INFO	2 mothers are working women and other 3 are home makers. One mother has a younger neurotypical child.

### 3.2 LOGISTICS:

**Location & Settings:** I conducted sessions of three clients at their houses in their bedrooms- one room is big and very well ventilated, the two clients rooms are small but well ventilated, one client's session was conducted at her mother's house in the living room – big with a balcony but not very ventilated and the last one at her neighbor's house in the living room – small but very well ventilated. There was enough space for us to move around though.

The client and I were alone while we did the sessions and there was privacy for the same and could take video and audio recordings.

**Start date:** 31st August 2021

**End date:** 21st December 2021

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**Duration:** One-on-one session, 13 forty-five minutes to an hour sessions were conducted with each client individually. Sessions were done once or twice a week depending on the availability of the client, travel plans (client or me) and the pandemic restrictions levied.

**3.3 DATA SOURCES & DATA COLLECTION PROTOCOLS:**

The data collection formats, standardised scales, observation checklists, ABT Assessment tools and Video recording formats were used to track the changes in the individual clients.

**DATA COLLECTION FORMATS**

The data collection formats used to assess the progress of the TGs identified in the individual clients:

1. Dresden Body Image Questionnaire (DBIQ), English version.
2. List of self-care questions from the book ‘The Art of Extreme Self-Care: Transform Your Life One Month at a Time’ by Cheryl Richardson for body image.
3. Observation checklist by Neutral observer – body image, understanding emotions, communication skills and confidence. The checklist scoring based on the observation of the neutral observer. List of statements depending on the observation are rated as Always- good positive image (highest score) Sometimes- sufficient, neither noticeable nor excellent Never- has a negative body image (least score). Higher scores indicate a better positive body image.
4. Observation checklist by the ABT practitioner – body image, understanding emotions, communication skills and confidence. The checklist scoring based on the observation of the ABT practitioner (scoring same as the neutral observer checklist stated above).
5. Perth Emotional Reactivity Scale (PERS)
6. Emotional Intelligence: Personal review adapted from Robin Grille.
7. Salisbury University Conversation Skills Rating Scale Interpersonal Communication Report.
8. Rosenberg Self-Esteem Scale

	<i>CLIENT</i>	<i>DATA COLLECTION FORMAT</i>	<i>FREQUENCY</i>
1.	Robin	A1- DBIQ (self-administered) A2- Self- care questions (self-administered) A3- Observation by the neutral observer. A4- Observation by the ABT practitioner. A5- PERS (self-administered) A6- Emotional intelligence (self-administered) ABT tools- Body map Simulated PSM	Pre & Post Action research
2.	Swan	A1- DBIQ (self-administered) A2- Self- care questions(self-administered) A3- Observation by the neutral observer. A4- Observation by the ABT practitioner. A5- PERS (self-administered) A6- Emotional intelligence (self-administered) ABT tools- Body map Simulated PSM	Pre & Post Action research

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	<i>CLIENT</i>	<i>DATA COLLECTION FORMAT</i>	<i>FREQUENCY</i>
3.	Eagle	A1- DBIQ (self-administered) A2- Self- care questions (self-administered) A3- Observation by the neutral observer. A4- Observation by the ABT practitioner. A5- PERS (self-administered) A6- Emotional intelligence (self-administered) ABT tools- Body map Simulated PSM	Pre & Post Action research
4.	Dove	A3- Observation by the neutral observer. A4- Observation by the ABT practitioner. A5- PERS (self-administered) A6- Emotional intelligence (self-administered) A7- Salisbury University Conversation Skills Rating Scale Interpersonal Communication Report. (self-administered) ABT tools- Body map Simulated PSM	Pre & Post Action research
5.	Parrot	A3- Observation by the neutral observer. A4- Observation by the ABT practitioner. A5- PERS (self-administered) A6- Emotional intelligence (self-administered) A8-Rosenberg self-esteem scale (self-administered) ABT tools- Body map Simulated PSM	Pre & Post Action research

**ABT ASSESSMENT TOOLS (APPENDIX B):**

1. **Appendix B1:** Body Map and narration. Body map used to assess the body image and to understand the destructive emotions in the clients.
2. Metaphor logbook by the client.
3. Simulated task of 6PSM Ph- story narration. This tool was altered in relation to my hypothesis, to understand their coping mechanisms, to assess the client's communication skills- socially and personally and the confidence level.
4. **Appendix B2:** Session Record sheet (SRS).
5. Video recording plan-  
Purpose: to get records for pre- post sessions for the observation by the observer.  
Camera used: iPhone 11  
Original tapes/ digital format: preserve/ store carefully on my laptop hard drive.  
Recording duration and frequency: depending on the sessions.  
Recording focus: individual cases. Capturing sound: iPhone 11 Regular reviews: yes  
Editing: by apps like video editor.

**3.4 METHODS USED:**

The ABT sessions were planned keeping the individual therapeutic domains and therapeutic goals identified for the individual clients. 13 one-on-one session plans were planned with different activities integrating various artistic skills for the women. The same artistic skills were planned in a session for each client with slightly different set of guidelines and improvisations for some clients as per their TG. Like if visual art- collage was the activity, each client depending on their goal, got a different set of guidelines. Metaphors spotted by

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the client or therapist were used to plan the next session. An amazing intermingling of diverse forms of art were used in the sessions. Rhythm integrated with story narration or poetry recitation leading to a musical composition, or games leading to movement or visual art, drama, board games, exercises, puppets, movement, visualisation and drawing- all were used throughout the sessions. I created a feelings board game with emoji and also incorporated simulated existing games like 'Simon says', category game and a few more. Visual arts and drama were improvised like Ad campaigns, games and drama like finding objects in the house and creating a dialogue and a story around them. Puppets, clay and other articles made by me as an assignment were used as props. Rhythm, music were unified with visual art and drama. The key concepts of time management and self- love were also worked on in the opening and closing rituals.

All observations and improvisations were recorded on the post session notes of the SRS for my qualitative analysis. The video of each client- pre and post were sent to the neutral observer for their annotations. The data collection forms A1, A2, A5, A6, A7 and A8 were given to the clients to fill on the first session. The ABT tools like Body map with narration and simulated 6PSM Ph- story narration were administered in the first and second session as pre sessions and in the twelfth and thirteenth session as post sessions. The metaphor logbook maintained by the clients and the ABT practitioner were a part of all the action research project sessions. Video recording was done by the ABT practitioner.

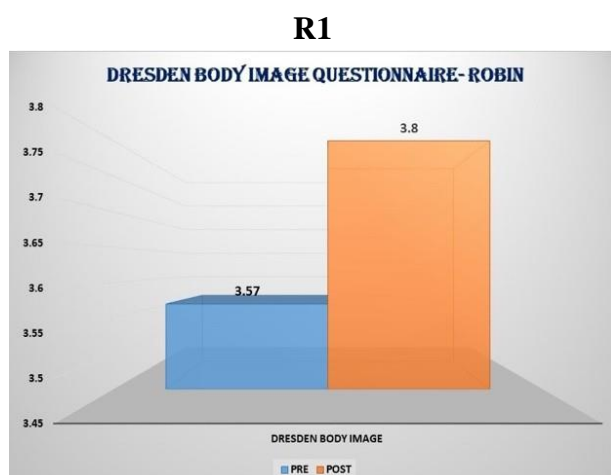
### RESULTS (OUTCOMES)

#### 4.1 RESULTS SUMMARY:

From the 'shackles to freedom', was my observation during the journey of the ARP. I observed a minimal overall shift across a few domains along with the TGs identified in all the clients making them more productive as per their perception. This movement is clearly visible across all the evaluation formats and the ABT tools. These were scored by the clients themselves. Refer the bar graphs below for the same. There was no control group for this research.

#### 1. Robin – Body and Self- awareness

The emphasis of the study was to alter negative body image and understanding and managing destructive emotions. There is a minimal improvement in their respective domains which is showcased in the bar graphs (R1, R2, R3, R4 and R5) below.



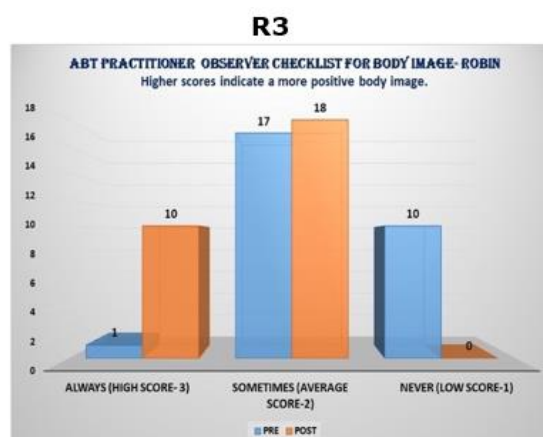
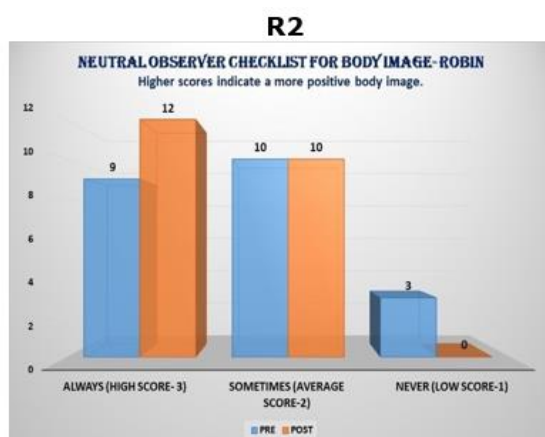
DBIQ pointed out (Refer graph R1)

- More acceptance of her body.
- An improvement in energy levels, physical ailments and more flexible physical movements.
- Satisfied with the appearance.
- Less uncomfortable with the body.

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The neutral observer and the ABT practitioner also corroborated the above findings. (Refer graphs **R2 & R3**).

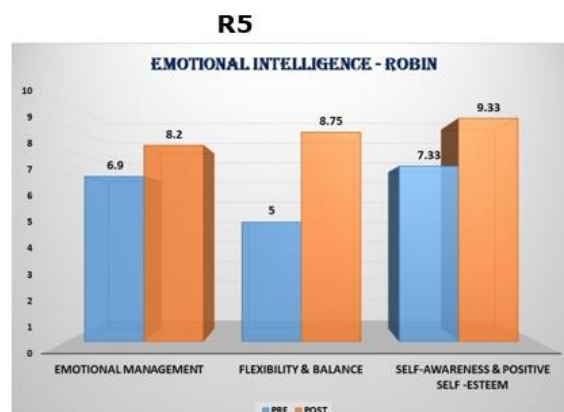
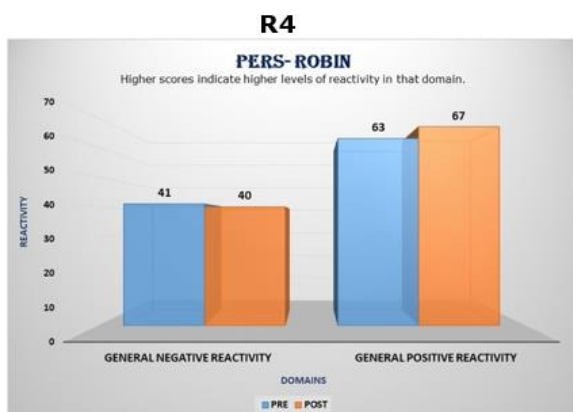
- Slouching less
- More energetic and better flexibility in physical movements.
- Focusing on taking care of the body (self-care), exercising and eating right for health rather than worry about what others commented about the body.
- Ignoring others or speaking out if body shamed.



List of self- care questions from the book ‘The Art of Extreme Self-Care: Transform Your Life One Month at a Time’, were given in the pre session and post session. It is a subjective tool of how the client perceives her body image. It clearly showed a shift in the way Robin perceived self, was more joyful and peaceful.

The other observations point out at the improvement in other domains too.

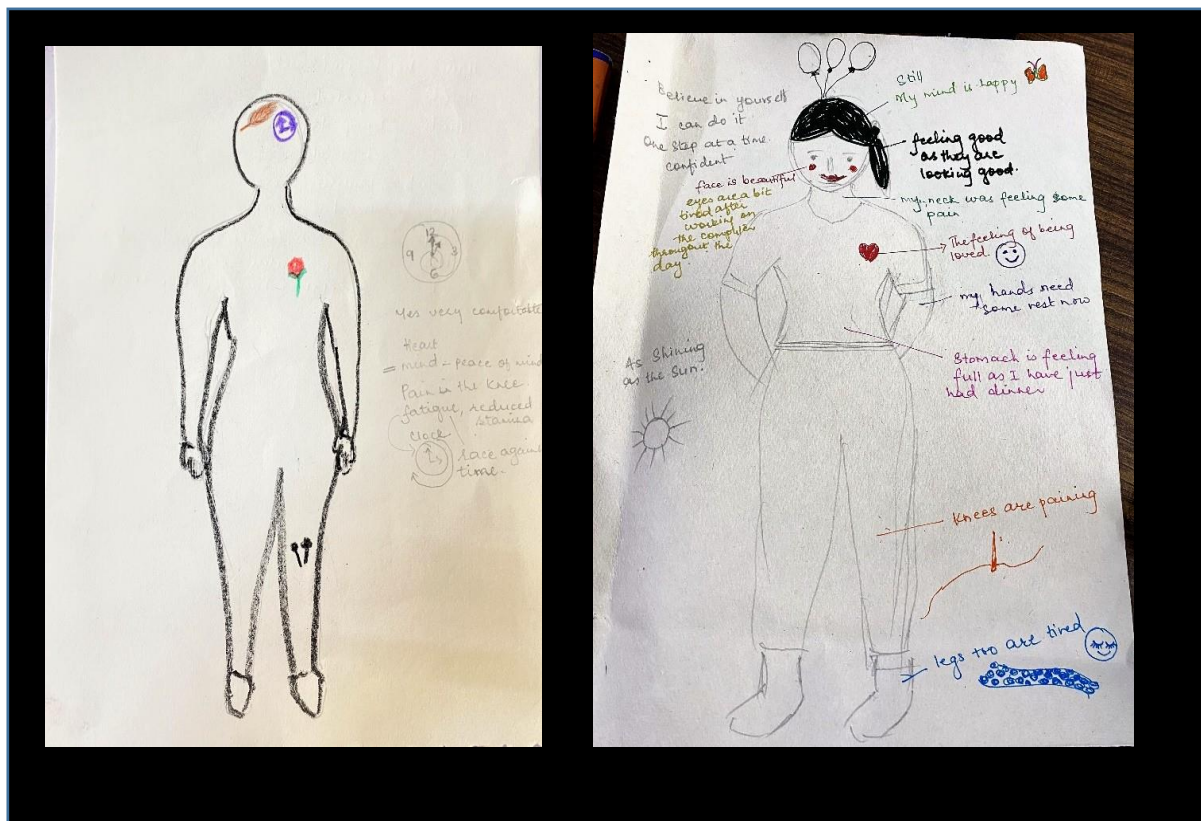
- The self- awareness domain also showed a shift- The negative emotions reactivity like anger, sadness and other emotions had diminished, was more aware of the emotions and able to step back and act and not react.
- Hitting her child lesser than earlier and spends quality time with husband and son. Able to handle emotions better, more joyful, flexible, balanced, feels grateful, loved and confident. Calmer and less reactive (Refer graphs **R4 & R5**)



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The **ABT tools** Body map and Simulated PSM administered also confirms the findings from the data formats above.

### a. *Body map of Robin for body image-*



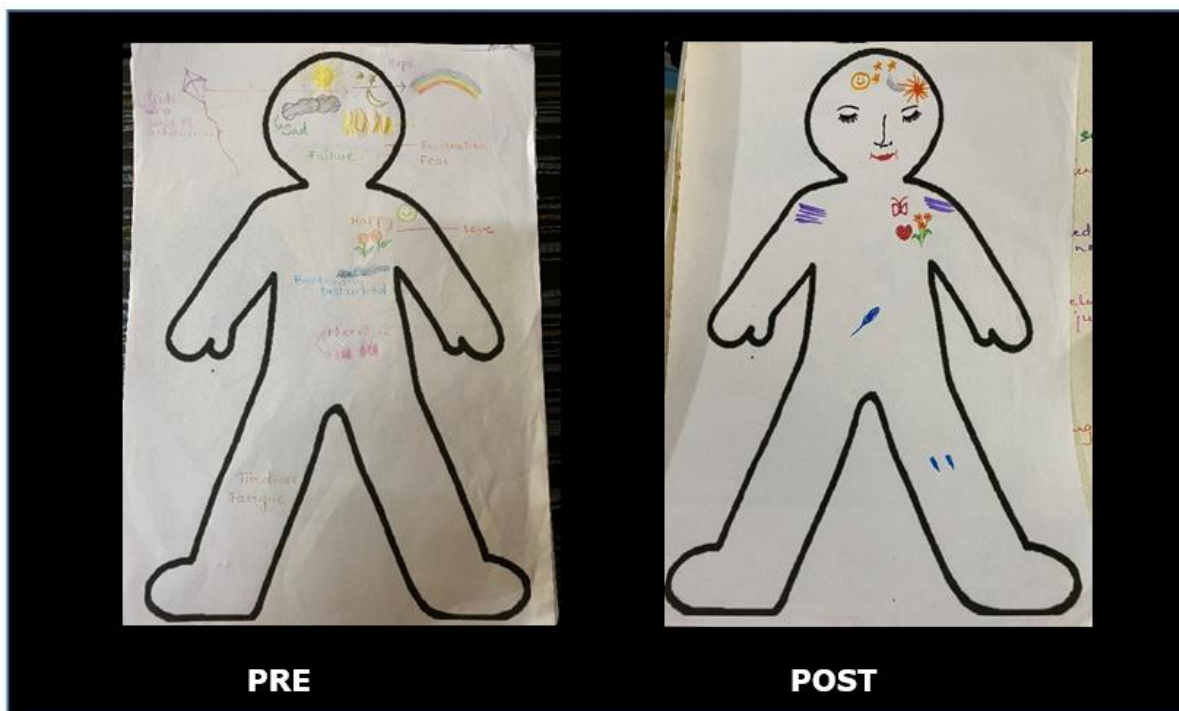
- In the pre-test, the body map was empty and not truly reflecting her true body outline, there was no detailing on the map even though she repeatedly spoke about how much weight she had gained.
- In the post test, the body map looks very descriptive and detailed. With pain in the feet and the knee, still she is happy, optimistic and confident. Improvement in her hair as she was indulging in self-care. Is aware she needs to lose weight but still loves her body, her figure and herself.

### b. *Body map of Robin for understanding and managing destructive emotions*

- In the pre-test she wrote down all the feelings and said that her situation was rough, despair when not achieve something, failure, anger is hot flames where lose control of thoughts and don't realize what you are doing, like slapping son. She is a mix bag of feelings.
- In the post test she has used only visual symbols to express. It shows improvement in the self- awareness domain. She feels being loved, wanted. Only physical ailment is knee. The stomach feels lighter, she has accepted whatever shape her body is and she is working on it. She is happy (smiley face) and feeling at peace. She mentioned earlier had the feelings of anger, fear, but now with meditation doing positive reinforcement. She has not put any negative feelings as compared to the pre-test as she was not feeling them in the recent times.



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### c. Robin Simulated PSM- story narration

- In the pre-test Robin made a story of a girl whose mission is to pass the final exam but obstacles are money, social pressures, and competitions. So, feeling tensed and fatigued. She is earning, studies late night and solves her problems. Finally passes the final exam. The story was deflected from her.
- In the post-test she created the story about herself, realistic who is happy and physically tired, wants to spend time with her son. But her mission is to keep herself fit so decides to join the gym or do some exercises, relax, do what she enjoys- music, walks, any form of art, gets support from husband. Only obstacle is time, so learning to plan activities for the day. Finally, she makes time to take her son to the beach. Her life has changed for the better, can see some sunshine in her life. Planned family get together, stress level has come down, feeling relaxed, happy in her life. She is exercising and feels more energetic. Outlook towards life has changed. Though she has a child who is handicapped, tried to manage her own ways.

The story narration clearly shows before the ABT sessions she was not in touch with her reality, but post ABT sessions the story is a proof of her progress.

### 2. Swan – Body and Self-awareness

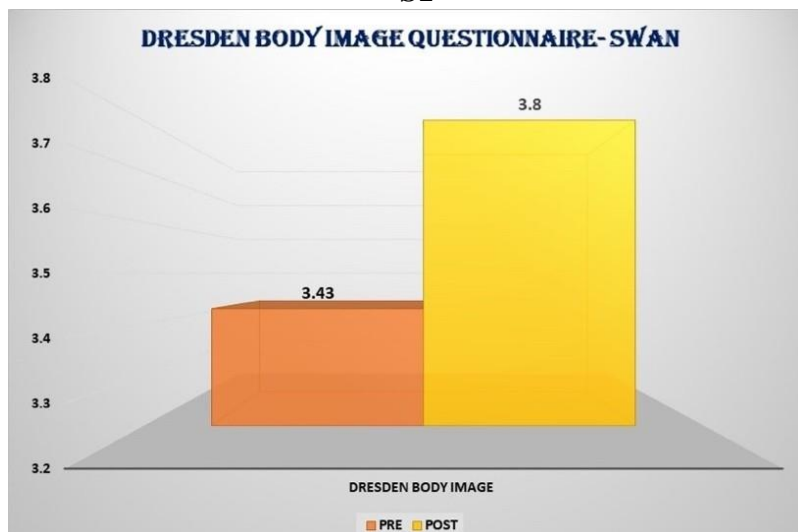
The emphasis of the study was to alter negative body image and understanding and managing destructive emotions. There is a significant visible improvement in their respective domains which is showcased in the bar graphs (S1, S2, S3, S4 and S5) below.

DBIQ pointed out that (Refer graph S1)

- More energetic and motivated to take care of the body.
- More appreciation of her body.
- Dressing is not dependent on others' opinions.

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S1

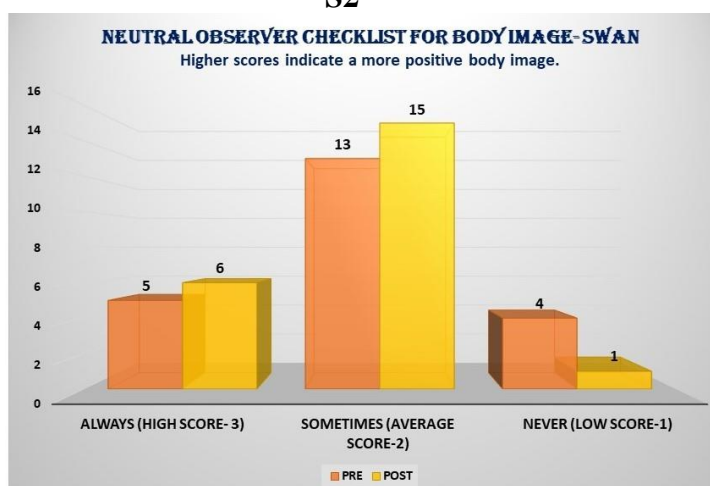


List of self-care questions from the book 'The Art of Extreme Self-Care: Transform Your Life One Month at a Time', were given in the pre session and post session. It is a subjective tool of how the client perceives her body image. It clearly showed pre ABT Swan was focused on how she looked or dressed so she would not look fat, but post ABT her focus was more on loving herself and the loved ones.

The neutral observer observed (Refer graph S2)

- Flexibility was better but still limited because of her physical ailment.
- Still conscious about how she looks and what she wears.
- Body dissatisfaction has reduced in comparison to the pre sessions.
- Extremely motivated to take care of the body and exercising.

S2



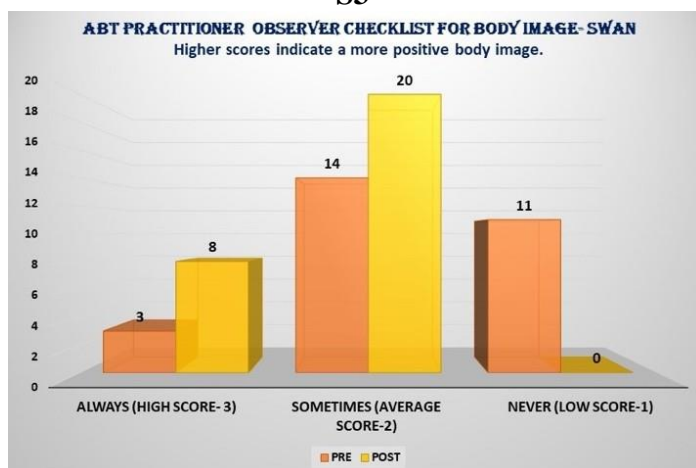
Through the 13 sessions the ABT practitioner found a slight shift (Refer graph S3)

- In perception of her body image, more accepting of her body and physical ailments. Still conscious about the clothes she wears and wary of wearing a certain kind of

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clothes amongst strangers out of fear of being judged. But the intensity of that has reduced. Extremely motivated on eating right and exercising every day.

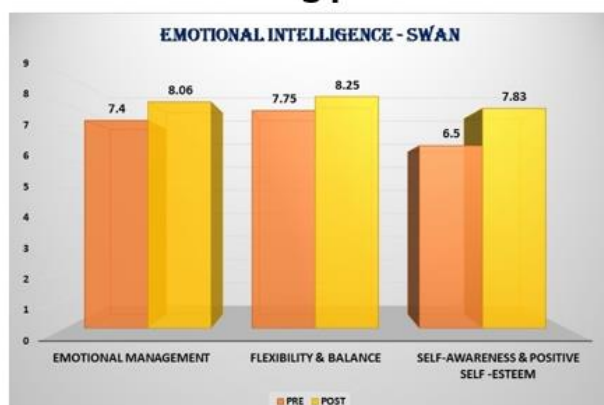
### S3



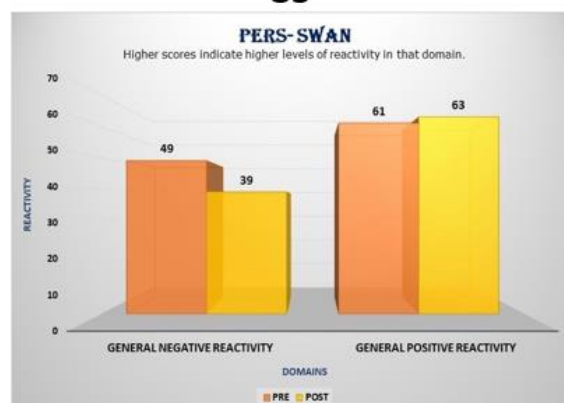
The other observations point out at the improvement in other domains too. The self-awareness domain also showed a shift (Refer graphs S4 & S5)

- Observed a sense of calmness which was missing before the ABT sessions.
- Emotionally better- Better control over her reactions to situations. Not fixated on things as much now, letting go even if it's not her way.
- Much happier now and optimistic.
- Expectations reduced which would occupy her mind totally and cause distress.
- Irritability and expectations with respect to husband still there, but slightly improved.
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### S4



### S5



The ABT tools Body map and Simulated PSM administered also confirms the findings from the data formats above.

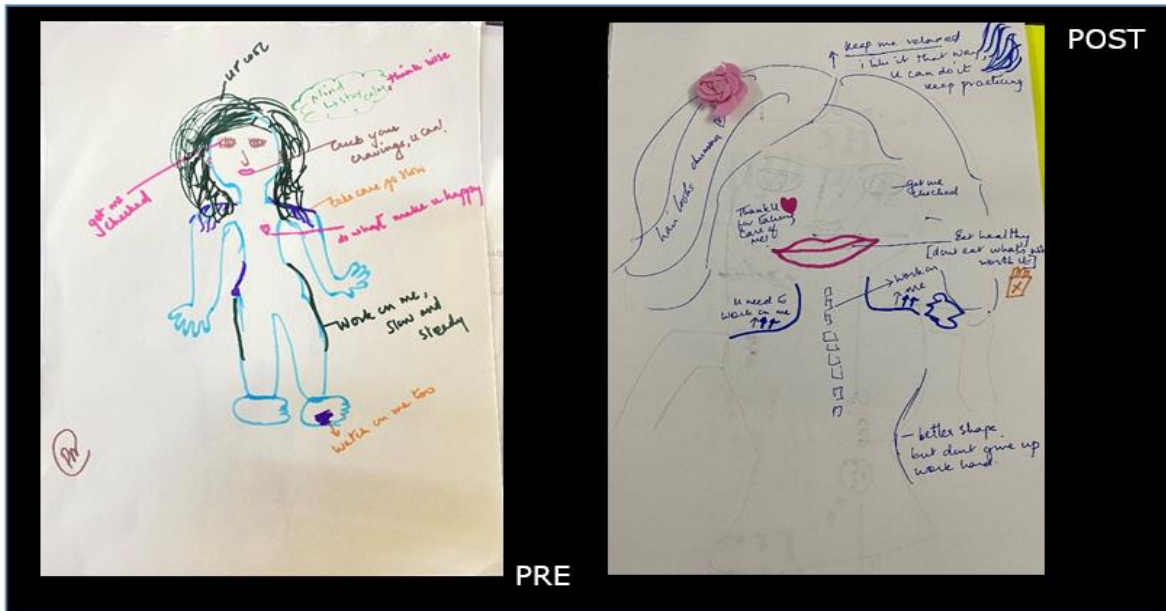
#### a. *Body map of Swan for body image-*

- In the pre-test of body map, can see the problematic areas physically- her waist and hip area which she needs to work on. Wants to look good in clothes, fit into them. Is aware if she exercises and curbs her cravings, she will be fitter and happier. There are emotional outbursts. Focus of the narration was food and exercise for weight

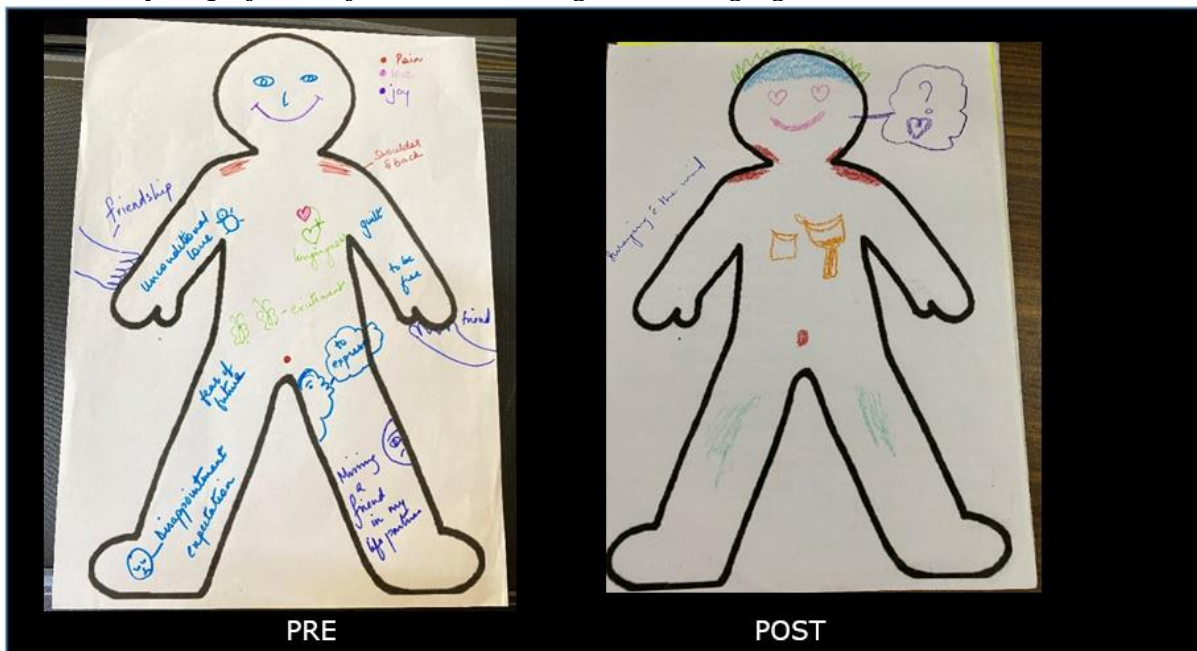
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loss. Desire to wear young college going clothes. Conscious about wearing a bit revealing clothes with some people. Calls herself 'gola' (round).

- In the post- test she was happy to mention that her waistline was better in shape than it was but has to still keep working on it. Very consistent with her exercises. She compared herself to the ugly duckling who has turned into a swan. Definitely more comfortable with her body. Taking care of her skin and hair. Still has some physical ailments. Her body is much stronger, losing weight is one of the by-products. Consciously segregating work and planning activities for son. Body map is much brighter than what it was, much happier, relax and not snap easily. However ugly you are, if you work on it the beautiful thing does come out. Was known as an ugly duckling, when friends see her today, they don't believe it's her. This shows a visible shift in the body image.



**b. Body map of Swan for understanding and managing destructive emotions**



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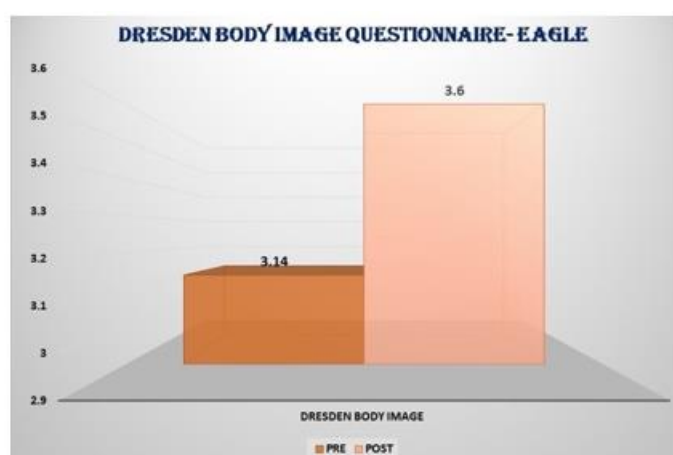
- In the pre-test of body map there is disappointment from family, feeling of guilt, fear for son's future and her own health. Feeling of being unloved and unwanted (husband). High pitched voice or very strong while speaking about her husband. Love, Anger and annoyance also revolves around husband and deep down feels unhappy.
- In the post-test she was happy to say she has lost weight and wanted to wear a different fit jeans. Mind is calm and relaxed but irritated with husband. She is not getting angry, just letting go. Saw a transformation in her conversation about the husband. Earlier would get hyper about it, now pitch is normal and speed is normal. Innovative with solutions which is helping her to get time for herself and entertaining the child. Loves the feeling of being in love which keeps her high. Missing physical affection with the son. Calmer like a relaxed field.

### c. *Swan Simulated PSM - story narration*

- In the pre- test, the story is about herself whose main goal is to be healthy and lose weight to wear a certain kind of clothes. Obstacles are time, so planning and executing would help and sharing her feelings with her husband.
- In the post-test, she is not animated or high pitched. Looks calmer. Story is about a girl who loves nature. Live life to the fullest by accepting all events as they come-being calm and rational. Prioritise self, workout and self- care. Hindrance is times, sometimes pain and people. Solution is talking to loved ones, meditating for calm mind, workout and self-care. Feeling paused as in a very ok space. The story portrays her calmness in speech and is more solution oriented.

### 3. *Eagle– Body and Self- awareness*

The focus of the study was to alter negative body image and understanding and managing destructive emotions. There is a visible improvement in their respective domains which is showcased in the bar graphs (E1, E2, E3, E4 and E5) below.



#### E1

DBIQ indicates (Refer graph E1)

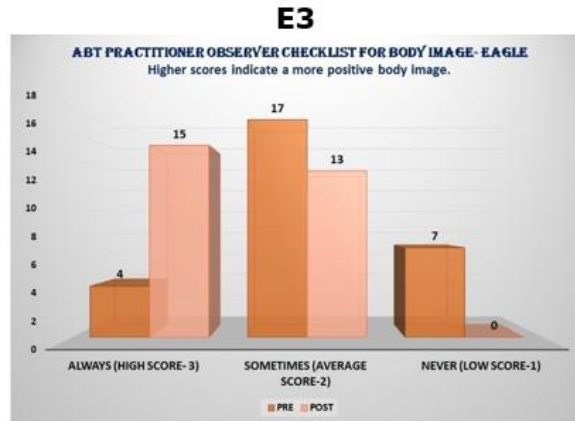
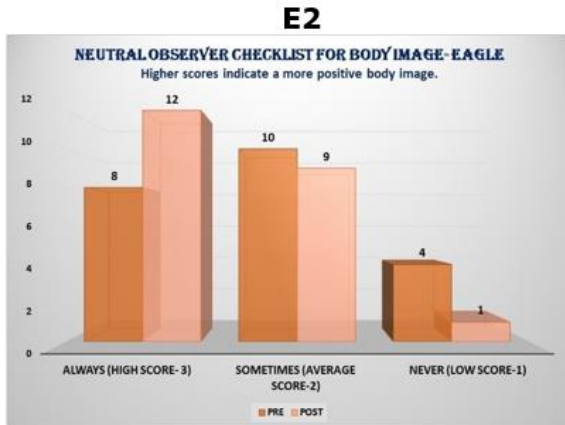
- More physically fit.
- Moves gracefully.
- Less uncomfortable about body.
- Wears clothes comfortable to her, not worrying about how others perceive it.

List of self- care questions from the book 'The Art of Extreme Self-Care: Transform Your Life One Month at a Time', were given in the pre session and post session. It is a subjective tool of how the client perceives her body image. It clearly shows that nothing could deter Eagle from loving her body and herself.

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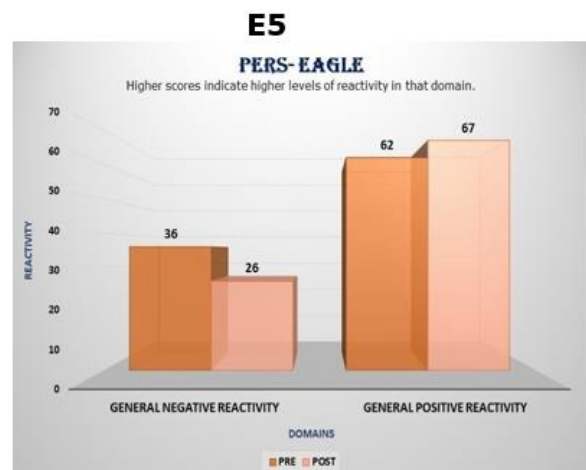
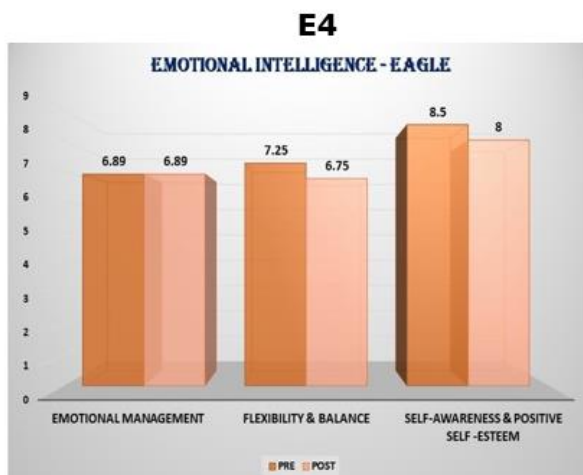
The neutral observer and the ABT practitioner also documented the above findings. (Refer graph E2 & E3)

- Pains in her legs, put on weight but comfortable in the way she looks, not obsessed about losing weight. Wants to do it in a healthy manner to be fit.
- At times conscious as adjusting clothes and hair.
- On the toes, energetic and active in the movements compared to past.



Through the 13 sessions the ABT practitioner found a noteworthy shift of prioritising herself in the self- awareness domain but the client comprehended the questions and statements differently. Thus, the scoring was more neutral as she felt balanced emotionally. The inference made below is more from a qualitative point of view. (Refer graph E4 & E5).

- Vocalises her opinion and displeasure politely. Does not have an essential need to please people anymore unlike previously.
- Decluttered and minimalistic.
- Happier, Calmer and content in speech and actions.
- An organic change of prioritising her needs over others wants and at the same time being available when her help is required- balanced.
- Emotional negative reactivity has diminished, no anger episodes and less hassled by situations around her.



## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

The ABT tools Body map and Simulated PSM administered also corroborates the conclusions from the data formats above.

### a. *Body map of Eagle for body image-*



- In pre- test of the body map- not very expressive through visual symbols. The body map of herself is expressing more about how she would like to look (leaner). She felt like a tree just offering shadow. She feels she cannot move, has to be where she is. Happy but needs a hair makeover, throat sensation makes her anxious, needs to exercise, had started feeling lighter and would like to maintain it so feeling encouraged to work on self. It is essential to be healthier. Lot of pain in fingers and feet. Overall, a need to pamper self.
- In post- test of the body map -used material for visual symbolisation as did not want to clutter. She felt she is growing, blooming, lighter as not holding on too much and vocalising herself. Feels creative, heavy on the stomach as put on weight and still has pain in the feet.

The shift is more visible at the perception level, at the emotion level where she is calmer and more focused on self. She is comfortable the way she is but wants to lose weight for health purposes and wants to feel better and wear good clothes. Though there is no direct pointer to show that her body image has improved, but her perception of the body has shifted. She has become steadier.

### b. *Body map of Eagle for understanding and managing destructive emotions.*

- In pre- test of the body map- feels creative, desire to fly, anxiety felt in the throat, cluster of feelings in the stomach as knows she is doing the right thing yet has anxiety if doing anything wrong- self- doubting. Heaviness on the heart wanted to put a stone. Frustration/ anger at home front not expressed openly. Wants to be grounded but feels stuck as can't move the way she wants to. Feelings of guilt - that she is not giving as much time to her son or relationship.
- In the post-test she feels lighter and free, not holding on to things as being vocal about her feelings, which was not happening earlier. Confidence level is much better.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

Pain in the legs, put on more weight but comfortable with the way she looks, not obsessed about losing weight as wants to do it in a healthy manner. Emotionally a mental shift, more powerful and in control of herself, taking one step at a time to achieve her goals. Is mindful of her creativity and wants to apply it in her work. The anger, fear, anxiety are not there now. She feels so resolved and carefree like a bird.



### c. *Eagle Simulated PSM- story narration*

- In pre-test PSM she narrated a story about herself who is confident, creative and responsible and would like to bring some changes with hair or exercise to lose weight. Mission to have her own house, family and friends around (happy). Obstacles being lot of responsibilities around and lack of management at the home front (her in laws). It's their house so does not have a say there- let it be but at times feel it isn't fair. Have to remove time for husband, other responsibilities, just can't flow anyhow. Want different shades of life, not just working so being self-reliant and taking decisions will help – feel confident.
- In the post test also, she narrated about herself who lives where there is love and affection, feeling bright and powerful. Mission is of family being together but giving back to the society- spread love. Family strength and more earnings will help in giving more. Obstacle being her mindset because of time constraint, be more proactive and more confident to achieve the goal. It's a journey, far from being over, feeling motivated to improve self.

The shift is very obvious from being stuck and burdened by responsibilities to be free and driven and spread compassion and love to the society.

The self-awareness domain is definitely more progressed than the body domain but it's interdependent, so her perception of how a body looks is individual to her.

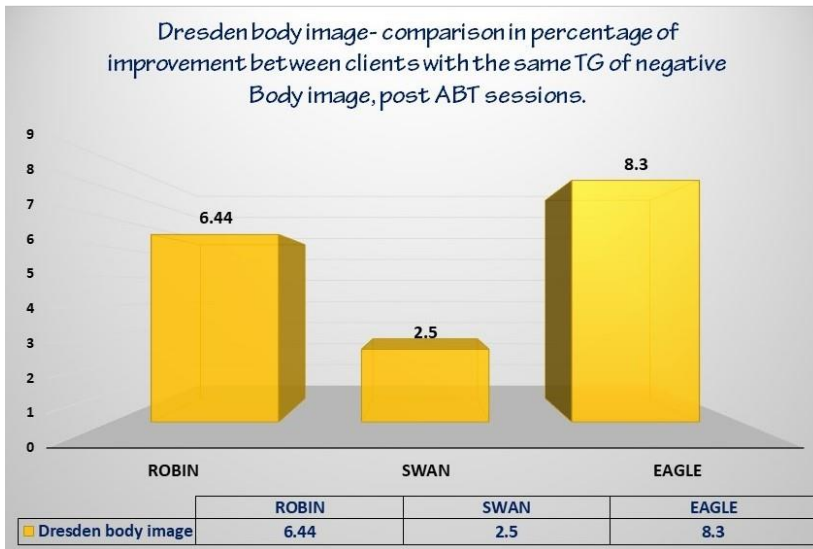


**Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children**

**COMPARISON OF IMPROVEMENT IN BODY IMAGE BETWEEN ROBIN, SWAN AND EAGLE**

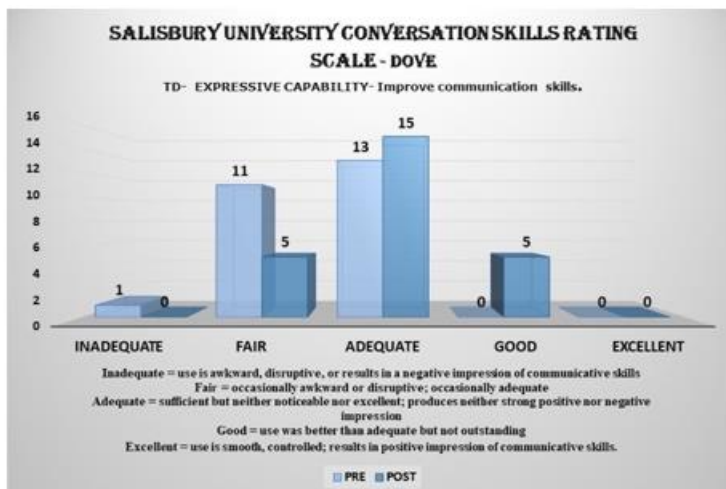
The graph **RS I** indicates the comparison of the scores (in percentage) of the progress of the three clients, Robin, Swan and Eagle with the common therapeutic goal of altering negative body image. There is a clear understanding from this graph that the ABT intervention has helped in making a positive progress in the Body domain for the specified clients.

**RS I**



**4. Dove – Expressive capability and Self-awareness**

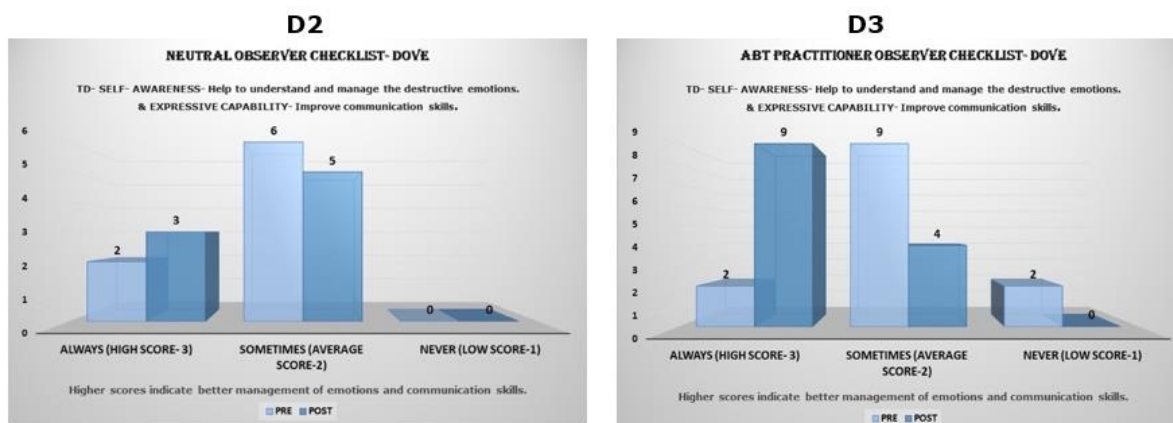
The focus of the research was to improve communication skills and understand and manage destructive emotions. There is a significant visible improvement in their respective domains which is showcased in the bar graphs (**D1, D2, D3, D4 and D5**) below.



**D1**

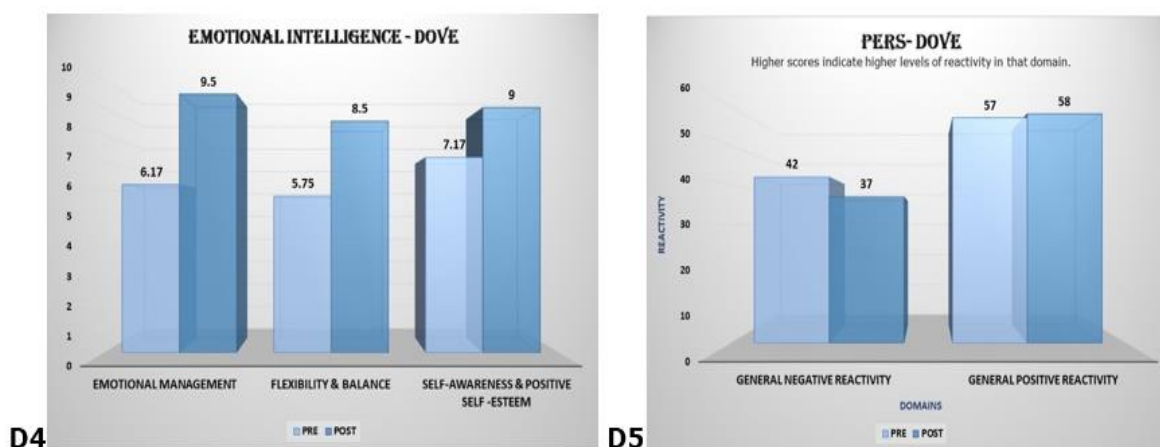
- The Salisbury rating scale shows a slight progress in the communication skills.
- The neutral observers and the ABT practitioners observation checklists had a few pointers that highlighted on a significant improvement in the Expressive capability and Self-awareness domain.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children



Through the 13 sessions the ABT practitioner found a change in the self- awareness domain. The inference made below is also confirmed by the standardised scales. (Refer graph **D4 & D5**).

- From the pre-test there were abstract symbols and at the end there were more concrete symbols as she wanted to communicate the progress, she felt in a way I could comprehend.
- She was irritable and agitated initially but more calm, seeking zen and bliss, felt more fluid.
- There is an awareness of herself and the reactions. Is trying to look at situations in a neutral manner. There are obstacles but trying to go with the flow, and enjoying the present.
- Observing relationships in a neutral manner where there is no expectation which would earlier lead to anger and irritation. Is trying to be more honest in her relationships now.
- Has also written down her feelings in a form of poem which shows that her communication is better.



The ABT tools Body map and Simulated PSM administered also corroborates the conclusions from the data formats above.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### a. *Body map of Dove for understanding and managing destructive emotions.*



- In pre-test, Dove put all the feelings in one area on the body map. Love fills the entire body which sometimes comes out as anger- head is fuming. Lot of mixed emotions as lot of things together which cannot be demarcated, they just flow like a river in the body. Ugliness on the face when angry like a witch. Everything is smudged, no boundaries except love. Does not know how to handle her emotions, either silences up or cries it out. Lots of ups and downs.
- In the post- test, she said, she was fluid enough to take any shape as and when required and felt versatile. Not feeling any other emotion. She gets angry but can bring it in check faster. She is trying to detach, so she reacts less. Consciously breathing and stopping herself- from 15 minutes of ranting in anger it is 7 minutes now. Bliss is an ongoing journey. Compared to the past she spoke quite a lot to express what she was feeling.

I see a definitive shift in her, more communicative and less reactive. She is more aware and is on the journey within. She feels intense compassion, which needs to be extended to family, friends and the world equally.

### b. *Dove Simulated PSM- story narration*

- In the pre-test, she was reluctant to narrate the story. This girl is quite happy by herself in her own mind palace. The mission is, people stop judging each other, have faith in one another, live and let live. She expects it from people around her and does not get it then there is imbalance. There is biasness and unnecessary presumptions, so no point in proving self- so bottled up everything. One can't change anybody so better to not get affected and bring the change within. People don't have faith in you, judge you, as the character has no communication skills, no vocabulary to convey their side of the story or the simple biasness on the person's part that the other person

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

is not going to understand. So, change your own way, find your own peace. So, if you are calm inside it doesn't matter with the waves outside. Well, it's a whole circle- breathe- you find your peace – joy, bliss- makes your breathing easy anyways. Relationship issue with husband, feels she is the problem.

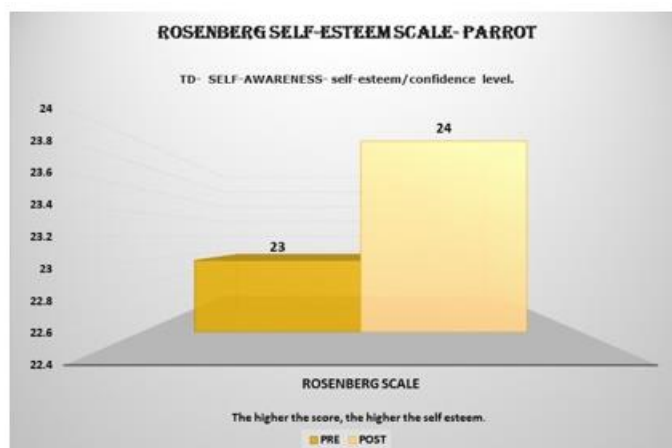
- In the post- test PSM, she looks calm and composed while narrating. She narrated the story for a much longer time compared to the pre-test. This character lives in her or his mind. The basic goal is encompassing, look beyond just ourselves. Be compassionate, so if you encompass the whole thing, innate entanglement is gone. It can only happen by you, yourself, no blame games. If I can look beyond myself I can do it, it sounds hunky dory and don't know how practical it is, but it's a start, take baby steps. The person is his/her own enemy or friend. The basic truth we are born to be happy. So, it's our choice, to choose to be happy or sad. Past is a memory, future is imagining worries but present is in front of me now is what is it now. It's a journey that does not end. She said I spoke so much today. She is not looking at anything in form of transactions anymore.

In relationships she is more honest, not entirely shying away from saying things, it's a learning curve still. She is trying not to get affected and at the same time if she has to say something she is putting it in a very non-committal way, and believes 'your perception is your perception'.

The shift is beautifully seen in the ABT tools, her art and writing. She has been more communicative with her husband and expressed all her emotions openly in the 11th session which she did not do earlier. She wanted to speak instead of art which was very unusual for her. The domains expressive capability and self-awareness are interdependent and see a progress in both the domains.

### 5. Parrot – Self- awareness

The focus of the research study was to help to create a balanced self-image-confidence/esteem and understand and manage destructive emotions. There is a slight shift in their respective domains which is showcased in the bar graphs (P1, P2, P3, P4 and P5) below.



P1

The Rosenberg scale points out (Refer graph P1)

- A very small shift in her confidence level.
- Still doubts herself but she is aware of her achievements so far and giving herself due credit for it.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

The neutral observer found more changes in other emotions compared to confidence in the self-awareness domain (Refer graph **P2**).

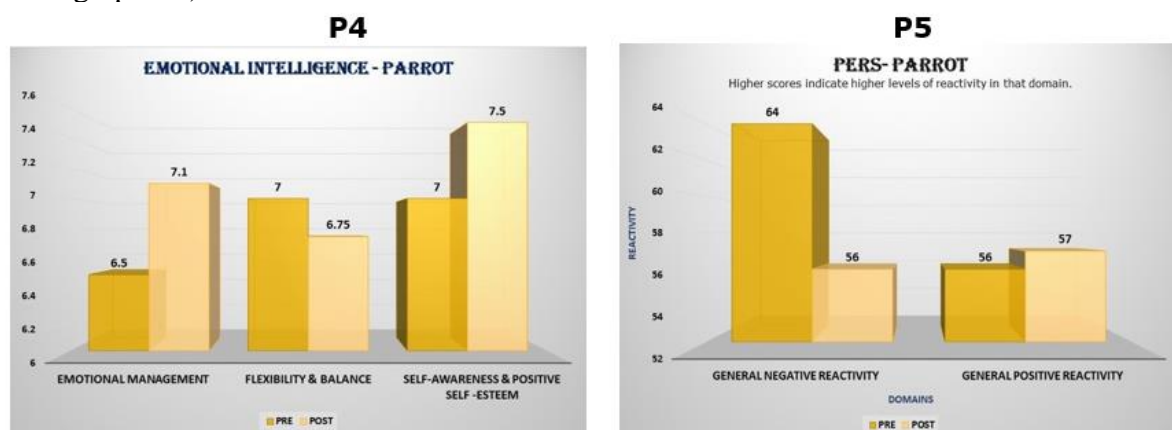
- Parrot was hesitant and expecting to make mistakes (for e.g., ‘searching for eraser before the pencil’).
- Has more positive thoughts, is open to challenges, has a sense of achievement and appreciates it, aware she can do even better.



Through the 13 ABT sessions, the ABT practitioner observed that Parrot is better at managing her emotions which is also noticed in the scales below (Refer graphs **P4 & P5**).

- Emotionally more balanced. She can keep a check on her reactions. Her anger has reduced so more peaceful. Compared to earlier she has more positive thoughts. She has a sense of achievement as she has done a course for herself (prioritised herself). She is more open. Has come to the realisation she does not have to shoulder all the responsibilities, she can stop and rest. More positive thoughts and approach.
- Still judges her drawings or any activities and doubts herself but is aware that she has accomplished much more and appreciated herself for the same. If she has doubts does not shy away from asking for help or gaining knowledge.

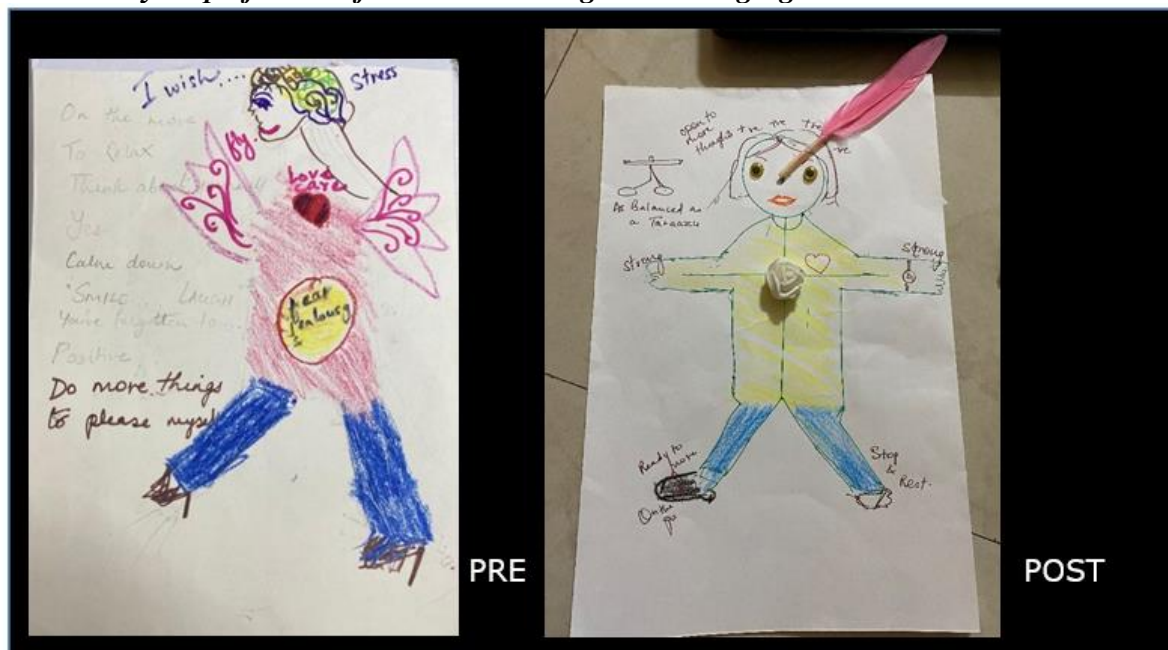
The Emotional intelligence questionnaire clearly shows that Parrot can manage her emotions better but still not very flexible in situations and self-esteem has minimally increased. (Refer graph **P4**)



The ABT tools Body map and Simulated PSM administered also corroborates the conclusions from the data formats above.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### a. Body map of Parrot for understanding and managing destructive emotions.



- In pre-test she was not sure of the first body outline so she drew another one. A feeling of, wish she could do it but can't. She felt suppressed. She was devoted to others more than herself. Unsure of words. She was independent, responsible but thought more for others than doing what she wanted to. She felt she was like a thinking tank. Head had ideas, pressure and stress- good or bad. She wanted the smile back on her face and be jovial which had disappeared. Wishes to fly, explore but unable to do it on her own, dependent. Heart always loving and caring. Expectations from only husband and child, which when not met got angry. Anger was intense- no control on words. Feeling of guilt and jealousy as she was not able to have fun. She felt she was always on a move. Was more reactive than being a proactive person.
- In the post- test on the body map, she has more positive thoughts and open to more thoughts. Has a sense of achievement and is more open. She wants to move but is aware that she needs to stop and rest, not be in a hurry as everything (responsibilities) is not on her shoulders. Feels strong, positive, and open to challenges. She wishes to spend time on herself and is more balanced. More creative than earlier.

### b. Parrot Simulated PSM- story narration

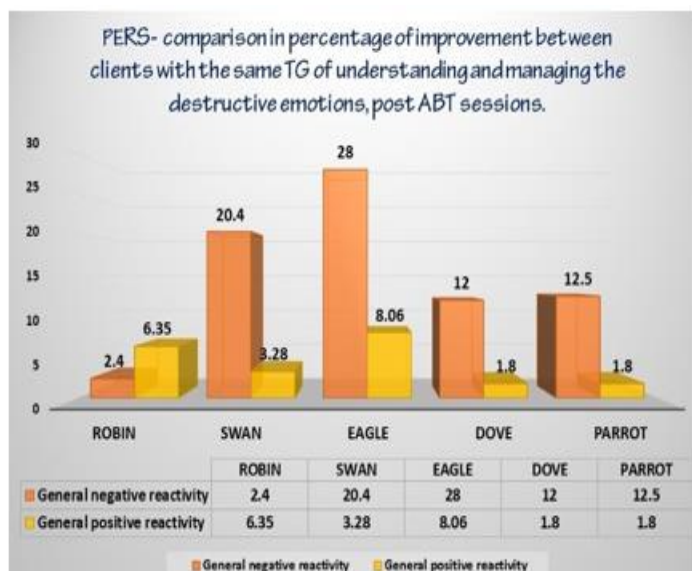
- In pre – test she narrated the story of her niece who is critically ill at a young age yet extremely confident and cheerful. She doesn't reveal her emotions. Her goal is to fulfill all her wishes and make her daughter independent. Has good support from the family and doctor. She is always with her family members. She is always positive whatever her condition is. There is no surety of future and she keeps walking on her journey. But if she were in the nieces' place, she would not be so carefree. Mentally she is strong as has a special needs child, she has prepared herself. If she had such a physical ailment, she would not have been so confident, would have stayed in pessimism. She is unsure of the family support she would have and would be on her own. Take right decision by consulting the right people.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

- In the post session she portrays her character in the story as confident and she can do things. This shows she has an awareness of her capability to do things which wasn't seen in the pre –test. The character Cinderella is confident and talented who has fears. Strength and weaknesses are her family. Finance can be a weakness. Goal being making daughter more independent. Support from spouse, school, institutions and society. Sometimes we are not confident of taking daughter, what will others say? So, society has to include them. Obstacles are my fears of not knowing what to do. Knowledge and dependency can help me. Feeling positive, I have a path with 2-3 ticks, I have achieved but still have to do more. Financially dependent on husband. Since I have learnt a lot of things my self- esteem is high. Earlier I was told you should have done this, another child would have helped, so self-esteem was low but today it's high.
- She started with projection and then narrated her own story.

The shift is subtly seen in the ABT tools. Her emotional reactivity has diminished and is aware of her weaknesses like low self-esteem but also aware of her strengths which helped her achieve in life. Thus, a sense of achievement.

### **COMPARISON OF IMPROVEMENT IN UNDERSTANDING AND MANAGING DESTRUCTIVE EMOTIONS BETWEEN ROBIN, SWAN, EAGLE, DOVE AND PARROT.**



#### **RS II**

The graph **RS II** indicates the comparison of the scores (in percentage) of the progress of all the clients, Robin, Swan, Eagle, Dove and Parrot with the common therapeutic goal of understanding and managing destructive emotions using PERS scale. The general negative reactivity has decreased and the general positive reactivity has increased so the graph shows the percentage of improvement in these domains.

There is a clear understanding from this graph that the ABT intervention has helped in making a positive progress in the Self-awareness domain for the specified clients.

## **4.2 RESULTS DETAILED:**

### **CLIENT 1**

#### **4.2.1a. Background and creation:**

**Name of the client: ROBIN**

**Family Background:** 51 year old married woman who lives with husband and only son who is 23 years old (Cerebral palsy, borderline ASD, many complains) and is home since 4-5 years, no school. She is the sole breadwinner of the house, working in a school. Husband is unemployed and has lot of health issues. They live in very simple conditions in a standalone small house.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

**Academic background:** B.Com, Post-graduation in Advanced Diploma in Computer Software System Analysis & Applications from Aptech.

Strengths: She likes to sing, paint, embroider and listen to music.

**Medical background:** Diabetes Mellitus, hypertension and complains of knee pain as has put on weight (as she said). She has colds and coughs on and off. She has put on a lot of weight.

**Creation:** She is overworked and craves for some time off for herself as she feels she has no help for her son. Currently she feels there are challenges on the financial front. The clients' main area of concern is time for herself, her body image and lacks self- motivation to focus on her health. Also needs to focus on regulating her emotions and reactions (anger). In the pilot session she has been very expressive about herself and her situation and she enjoyed exploring the different artistic skills.

### **Inference:**

*Robin's journey from a racing clock to a flowing river.*

In the pilot and the pre-ARP sessions Robin was extremely hyper and racing against time, always in a hurry as she had too much to be done in a little span of time. She had no time to exercise or take care of herself or spend time with her husband and son. This resulted in stress, anger, she put on weight and developed health concerns. The rating scale on assessment highlighted the two goals of negative body image and understanding and managing her destructive emotions.

When we began the ARP sessions, she was looking forward to it as she was committing an hour for herself and me. She believed that life is like seasons with its bright sunny days, grey cloudy gloomy days and many more, it has both good and bad. Initially she was not confident, had pains in the knee, low in stamina but optimistic and hopeful. She was very conscious about her clothes and repeatedly mentioned she had put on weight but was not motivated to exercise. With all this and hectic schedules she was always on hot flames, she would hit her child out of anger and get irritated with her husband. Otherwise, she is a very cheerful person so this reaction made her feel guilty. Her worry about her child's future was eating her up and health was not supporting her either. She did not feel loved or wanted. She was like an overflowing cup with no respite.

But as the sessions progressed I saw a change in her body language, speech and tone of voice. From hurried and speaking too much she was calmer, slower and speaking to the point. Her anger and hitting episodes reduced, she was able to step back and stop herself. She was confident, happier and enjoying spending time with her child and husband. She started taking care of her body, exercising, meditating, self- care like looking in the mirror and applying creams. There were good and bad days but she was more productive. Her stamina level improved. Knee pains still persisted but shoulder and fatigue had reduced.

She was seeing life with a different magnifying glass which looked as bright as the sun, she felt loved and cared for. She wanted to spread her wings and fly like a bird. Decided to meet her friends and take a break, go for a holiday with her family, which she did. She was transforming into a butterfly, where she felt like a child and carefree. She was planning her time better. She was erratic with exercising but had started 5-minute meditation everyday which contributed to her feeling cheery and peaceful. She created an embroidery piece of art



## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

work for me, which she had not done in years. She was motivated and reiterated the motto of 'let's do it!' to herself. I saw a glow on her face. She felt light-hearted. She was consciously choosing positive emotions over negative. She was appreciating her looks, her hair and was in acceptance of her body shape. 'It is as it is and I am comfortable. Need to exercise to be healthy.'

To infer Robin showed subtle changes at multifaceted levels or domains. Negative body image was better, emotional reactivity was better, was more mindful, relaxed and free. She is aware that there will be ups and downs in life but she can continue to happily flow like a river.

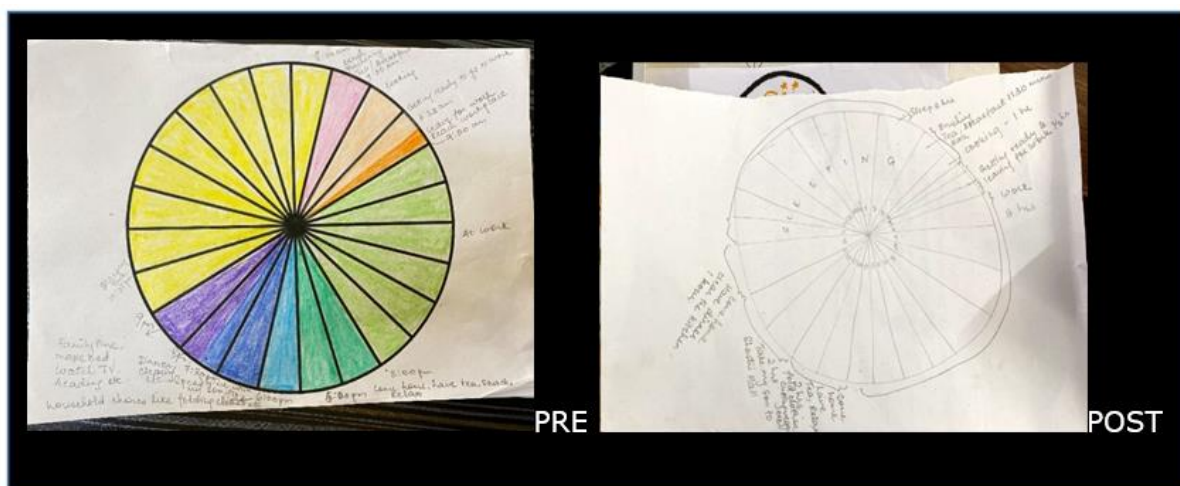


Feelings map- feelings felt during the journey of a plant and the opposite feeling as a visual symbol as compared to her life.

### 4.2.1b.: Comparison of the results of the domains:

The client was better in understanding the emotions and feelings which reflected even in her own perception of body image. The other domains also showed a small but a significant shift- meditating (Mindfulness and Attention), relationships and physical coordination was better.

The key concepts of time management and self- love have also improved. Time wheel-



## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### 4.2.1c.: *Differential assessment:*

The Dresden Body image questionnaire, the neutral observer and the ABT practitioner observation checklists all speak the same story. She is in more acceptance of her body.

The PERS, Emotional intelligence questionnaire and the observation checklists also show a similar improvement in the self- awareness domain.

The ABT tools were qualitative analysis and they showed a much more improvement than the numbers shown on the graphs.

## CLIENT 2

### 4.2.2a. Background and creation:

**Name of the client:** SWAN

**Family Background:** 43 year old married woman who lives with husband and 13 year old son (Cerebral Palsy), a help comes and goes. They just moved to a new house a few months back. She is a home maker. She lives in a very comfortable house and is financially sound.

Academic background: B.Com graduate. Has worked as an assistant manager customer service and operations.

Strengths: She likes to chat with her friends, read positive quotes and listening to music.

**Medical background:** She gets headaches, chronic neck pain and is sensitive to sunlight. She ruptured her tail bone, before that she ruptured her tail bone in 2007 also. She has put on weight.

**Creation:** She spoke about her weight and how she can't control her eating habits as she is a foodie. She makes sure she does her skin routine every day and go for her walks. She is stressed handling her husband and son. She craves her husband's time and attention all the time. She feels she has no support with her son. She is low on patience and gets angry very easily and upset with her husband's attitude and behaviours. So, the main area of concern for her are body image, management of emotions and her relationship with her husband.

### **Inference:**

*Swan's commencement of the journey from the ugly duckling to the swan.*

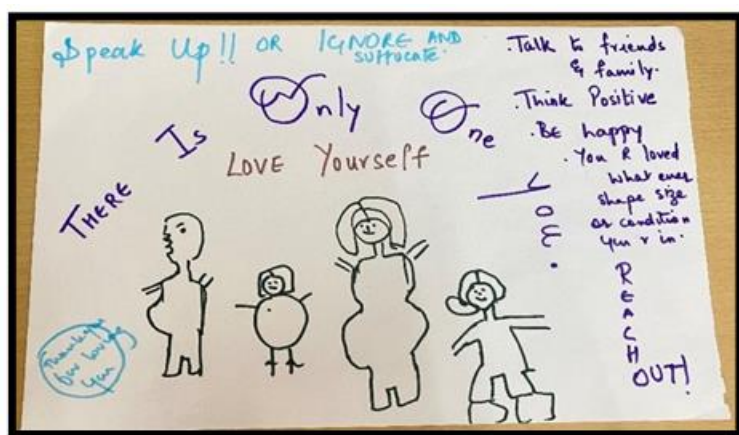
In the pilot and the pre-ARP sessions, Swan was like a tree who only kept giving without moving anywhere, whatever it went through it still stood strong so could give shade. She was weary and her only focus was how she wants to lose weight, wear good clothes and how annoyed she was with her husband who would not give her the attention or the love she desired. She had tail bone pains, shoulder pains and was low on stamina. She often used negative connotations for her body. She was conscious of being judged so wore clothes to mask her weight. Felt she was tied down, no freedom and no help from the husband for the son. Guilt would eat her up if she wouldn't spend time with her son. Was getting very angry and always on the move and in a hurry because could not manage her time.

With the progression of the sessions, I saw a movement in the positive direction. Emotionally, she has better control over her reactions in situations. Her anger was more like an annoyance, but reduced. She just expresses her feeling especially to her husband and let go of her ill feelings even if things are not her way. Much happier, optimistic and hopeful of something better now. She has started living in the moment and is aware life has its ups and downs but she is a survivor. She envisioned herself as a warrior who is strong. She became

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

innovative- she started planning schedules of the day in an organized manner, in which she had time for her exercise, self-care and also included son's activities and quality time with her husband. She is trying to change her viewing glass and accepting the way her husband is. She makes sure she fulfills all her responsibilities and then has time to focus on herself. She does not feel guilty about doing it anymore. She feels carefree and wants to fly like a bird. She is still a loveholic, which extends to her family and friends without being excessively disappointed if it's not reciprocated. There is a sense of calm in her which was not there earlier, it was visible in her body gestures which are less animated, speech tone and pitch has mellowed down.

She compares her struggle of losing weight to the struggle from the cocoon to a beautiful butterfly. She has put in a lot of hard work to improve her waistline, pains, stamina. She has lost weight, stamina levels are better and physical ailments are also lesser and is positive about making further progress there. She is extremely driven to work out and eat right cause even if you are ugly, you can work on yourself and get better. Still uses negative terminology to describe her looks but she is doing her bit and swaying with the wind happily.



*Ad campaign by Swan*

To infer, Swan has shown good changes in the self-awareness domain, she is calmer, happier and managing her emotions and reactions better. She is more aware of other people's perspective and working on her relationships. In the body domain her physical complains are slightly better, body image is slightly better and stamina is better. Her friends are amazed to see this ugly duckling transform into a beautiful swan.

### **4.2.2 b.: Comparison of the results of the domains:**

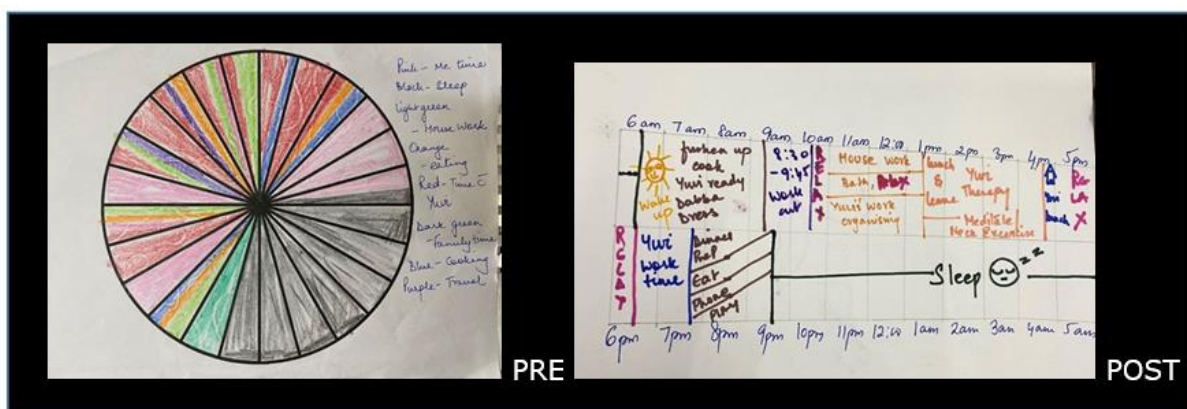
The shift in the self-awareness domain has also brought about the cognizance of accepting the way the body is but focusing on becoming more balanced emotionally. The therapy had a better effect on the self-awareness domain than the body domain. The other domains also had a shift which is not tangible and hence not denoted in the bar graph.

- Expressive capability- was innovative in her expression through art skills versus animated verbal expressions earlier. Speech tone and pitch sobered down.
- Relationships- is able to make a better strategy to improve relationships with her family. Less reactive with the husband and letting go off the anger. Plans the child's activities to spend time with him and find her me-time.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

The key concepts of time management and self-love have also improved.

### Time wheel-



### 4.2.2 c.: Differential assessment:

The Dresden Body image questionnaire, the neutral observer and the ABT practitioner observation checklists all speak the same story. She is in more acceptance of her body.

The PERS, Emotional intelligence questionnaire and the observation checklists also show a similar improvement in the self-awareness domain.

The ABT Tools portrayed the qualitative analysis and we can see a stark difference on the pre and post body maps. The progress was more convincing through the body language, speech tone and pitch and the different forms of art work through the sessions because the body does not lie.

## CLIENT 3

### 4.2.3 a. Background and creation:

**Name of the client:** EAGLE

**Family Background:** 45 year old married woman who lives with her husband, 13 year old son (Global Developmental Delay), Mother in law, father in law and a live in help. She is a freelancer designer and has been working on and off. They are permanently moving to Alibag in the coming year.

**Academic background:** Trained designer from SNDT.

**Strength:** She is very creative and a visual person. Likes to meet close friends but not socialize much.

**Medical background:** Hypothyroidism since 2007 on medicine and lower back pain. Has put on weight.

**Creation:** She said her main issue is time management and has no help for her son. Has issues with her in-laws and feels lack of space. She feels she is robotic and gets angry. Struggling to lose weight and not motivated enough to exercise. She has no time to look after herself.

So, the main area of concern are her body image, management of emotions and time management.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### Inference

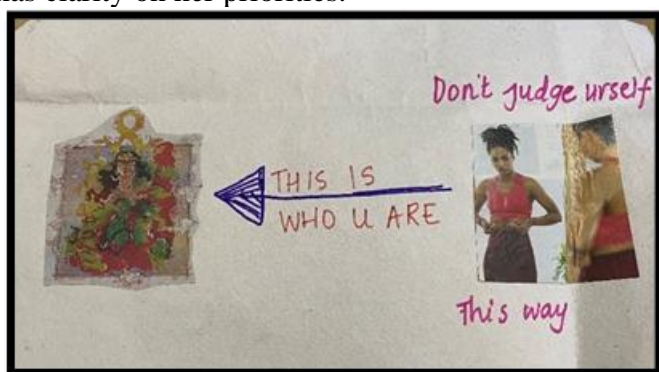
*Eagle's flight from a tree which cannot move to a horse who moves with power.*

In the pilot sessions she was very strongly opinionated about her mother-in-law and was always irritated with the scenario at home. But in pre-ARP sessions she sounded like she had started taking the reins of her life in her hand. She had started stepping out irrespective of what her mother-in-law felt. Ironically, she felt stuck like a tree but was always on the move, was unable to manage time and reach her targets scheduled. Emotionally she felt she was not taken care of as well as she does for others. She felt responsible for people and relationships around her. But feared she would do something wrong and felt guilty for not giving as much time to her son or relationship.

But as the sessions progressed, I saw a shift in her reactions to situation, she was pausing and not judging or reacting immediately. Almost magically there was a sense of calm. She was more confident; she wasn't bogged down by what people would say if she didn't cater to them. Earlier she would not vocalize what she felt, but now she voices honestly and politely, if she wants something she puts forth her opinion and if the opposite person is displeased with her decision, she is unconcerned like the flowing water, just flowing. She is happier and less pulled down by others as she is steady like the ship which remains afloat, however good or bad the weather around is. She is prioritising her wants over other people's wants, but if the other person has a need, then she is all out to help. There is immense clarity on what is her priority. She makes sure she is all there with her husband when they are spending time. Planning her son's activities, house chores, her work and removing time for her self-care. She does not feel guilty about taking time off and not doing anything or not reaching unto other people's expectations. She is happy in her home and her space. Her creativity has helped her sow many seeds of growth in her work or business. She feels solid as a rock and grounded.

She is aware her excess weight is causing the aches and pains, which are a notch lower but her stamina is better. She is motivated to exercise for health reasons and wants to lose weight with normal exercises and eating right. Will not over push her body and get obsessive about it as she is comfortable with the way she looks. She does not care a hoot of what people say about her body or as a person. She feels powerful like a horse with this insight, which motivates her to move on gracefully and freely.

To conclude Eagle is more focused, organised, less reactive, more accepting of herself and has clarity on her priorities.



*Ad campaign by Eagle*

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### 4.2.3 b.: Comparison of the results of the domains:

The self-awareness domain is definitely more progressed than the body domain but it's interdependent, so her perception of how a body looks is individual to her. Eagle's focus is about prioritising herself which includes taking care of her body and mental health.

The other domains also had a shift which is not tangible and hence not represented in the bar graph.

- Expressive capability- vocalisation of opinions and clarity in expressing through words and visual symbols. Speech tone and pitch sobered down.
- Relationships- working on spending time with her husband and being wholly present in the relationship and unconcerned by mother in law's behavior.
- Life purpose- more creative and exploring her forte to create more business out of her passion. Extremely joyous and motivated for her creative work.

The key concepts of time management and Self-love also showed a significant improvement.

### Time wheel-



### 4.2.3 c.: Differential assessment:

The Dresden Body image questionnaire, the neutral observer and the ABT practitioner observation checklists all show a very slight difference in the acceptance of the body. It could also be so because even before we started the sessions, she was already comfortable with her body, thus can't see a huge difference.

The PERS and the observation checklists show a similar improvement in the self-awareness domain. But the Emotional Intelligence personal review actually shows no change in the emotional management and a dip in the flexibility and self-esteem, which is not accurate. The ABT tools administered and the different artistic skills used during the sessions have a different story to tell.

The neutral observer and the ABT practitioner can see a stark difference in the way the client manages her emotions. It's definitely a positive change and the progress was more convincing through the body language, speech tone and pitch and the different forms of art work through the sessions because the body does not lie.

#### **CLIENT 4**

##### **4.2.4 a. Background and creation:**

**Name of the client:** DOVE

**Family Background:** 43 years old married woman who lives with husband and 2 daughters. Husband is a sailor so is away for 6-8 months. Those months her parents live with her.

1st daughter- ASD 13 years old (diagnosed at the age of 4) 2nd daughter- 5 years old neurotypical. She is a home maker and lives in a rental house in a huge society, was married in Vishakhapatnam but moved to Mumbai for her daughter. She is financially sound.

**Academic background:** She is a Homeopathic doctor but does not practice. Has done a course on counselling from St. Xavier's, but not practicing it.

**Strengths:** She loves painting, cooking fusion food and practicing yoga.

**Medical background:** Hypertension- on medication, had a knee surgery earlier on in life but no complains now, erratic periods but nothing significant and fibroids with no complains. Has hormonal changes so has mood swings.

**Creation:** She said she has control issues if things don't go according to her plan as there are time constraints so she feels annoyed and snappy. She feels she has a volcano or a tsunami within her (she uses a lot of metaphors to explain her situation) and wants to sail through it but feels emotional, vulnerable and out of control, wants to find peace. She is going through a tough time with her husband (she has to do everything on her own, have some relationship issue and is exasperated by it as she feels she can't get through him). She has no time for even painting which calms her down or looking after herself, though she does her yoga so she can be healthy for her kids.

So, the main area of concern are her destructive emotions and managing them, control and a problem with her communication skills in relationships. Time management is another issue.

##### **Inference:**

*Dove's journey from a rollercoaster (not a steady path) to a flowing river (whatever may be the ups and downs).*

In the pilot and pre-ARP sessions she looked all over the place like she was on a crazy rollercoaster and all her hair stood up. Her life was like a rollercoaster, not a steady path which caused array of emotions like anger which all got mixed up and there were no boundaries. She was always pressed for time. She had a constant frown on her forehead. She hardly had words to express, would use water paints and do free painting. She did not voice out what she felt to her husband or anybody, could not say no and shouldered all the responsibilities. She was bottling up all her emotions like a can of soda and when she would have an altercation with her husband, she could not convey her side of the story efficiently, which caused more misunderstandings leading to her health issues.

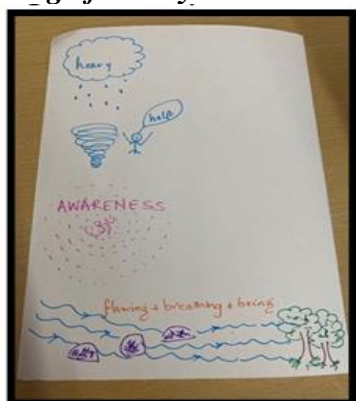
As the sessions progressed, she started seeing clarity in her chaos. From abstract she is getting more structured, she is doing more symbols with words to convey what she wants to, to give a definitive understanding to the other person. She is not that organised but managing to remove time for her painting and self-care or a short nap which she never did earlier. Her anger and annoyance is better. The tug of war in her head is bending more towards bliss, peace and love. She had not spoken about the relationship in detail earlier but in one of the sessions she spoke very clearly as to what she felt and what the problem was. She voiced her feelings to her husband honestly and could let it go. She felt calm like the

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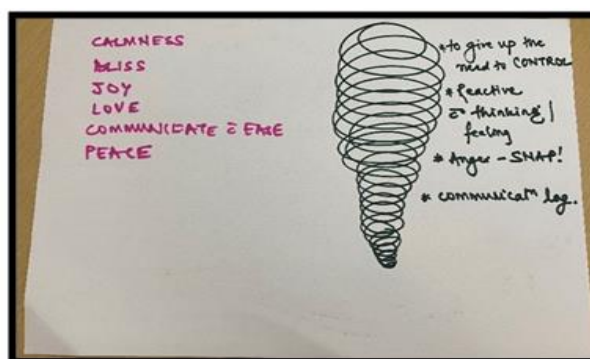
eye in the centre of the tornado. She said what she had to, now it was up to the other person to let it go. She is reacting less and acting more, so if she was ranting in anger for 15 minutes, she goes on for 7 minutes and pauses herself. She is less rigid or controlling, more fluid, quoting her, ‘Someone said define yourself- if I define myself, I lose the possibility of changing’. Definite has borders so if she has borders then she will not be able to change. She looks beyond herself, encompass everybody with compassion and love. She has broken the shackles of silence and has started moving on the path of awareness. Her health has improved as she is peaceful compared to earlier. She is drawing, painting and writing poems or thoughts to convey her feelings.

To surmise Dove is more aware, communicative and less volatile. She is in Zen mode as she would say humorously. She does have an amazing sense of humour, which she would use if she did not want to express something. If she is unperturbed nothing in the world will matter. She is flowing like a river in this never-ending inward journey with boulders but also enjoying the beauty alongside.

***Tug of war by Dove***



***Journey of feelings by Dove***



She wrote the following after the session-  
“You ask, ‘How can you be in love in just 4 meetings?’

I say, each felt like a life time of already knowing you and more.

You say love means different for you.

I say it’s the way you make me feel inside out, the way you remind myself to be me, the serenity of a calm ocean which runs deep.

You could lament and it would sound music to my ears, or you could be quiet and the time could stand still.

What I mean is that it’s not lust even though I’d like to kiss you at will.

You ignite a fire within that only you can extinguish with your presence or a thought of you in your absence.

Your entry into my life makes me appreciate you more than possible and although I cannot be the warmth of your sheets, I find solace in the fact we are two perfect pieces of the puzzle that could ever meet.

And if this isn’t love... then in my opinion it needs redefining.



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She mentioned- “Always known as a girl of very few words... but you get my ebb flowing.... Felt oddly liberating”

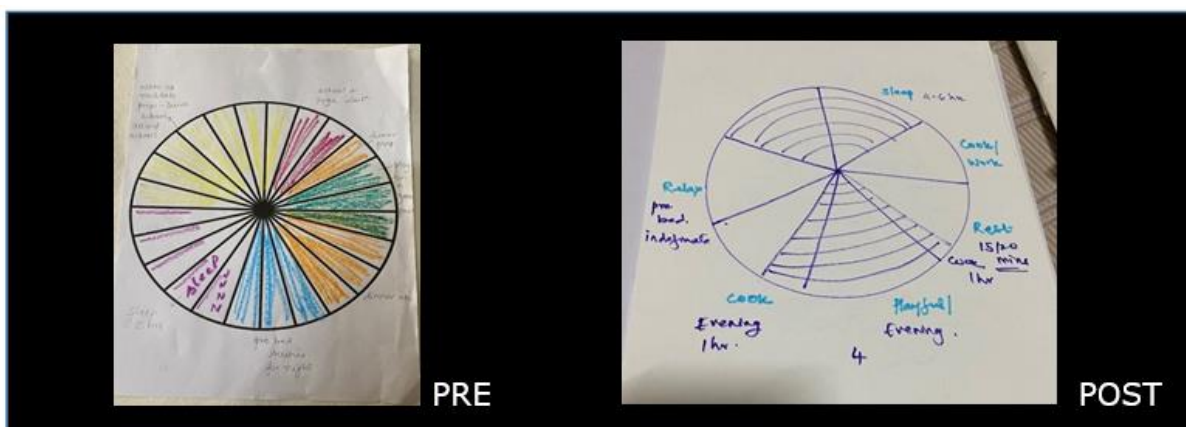
### 4.2.4b.: Comparison of the results of the domains:

The domains expressive capability and self-awareness are interdependent and a progress is seen in both the domains. There is almost equal improvement in the expressive capability and self-awareness domains. The emotions getting better brings clarity which automatically improves the communication skills. She sees clarity in chaos.

The other domains that saw an improvement were mindfulness and attention- less impulsive in her actions, narrative capability also showed a progress (story narration), and trying to improve her relationships and getting more social.

The key concepts of time management and Self- love also showed a significant improvement.

### Time wheel-



### 4.2.4 c.: Differential assessment:

The Salisbury University Conversation Skills Rating scale, the neutral observer and the ABT practitioner observation checklists all show a similar improvement in the communications skills.

The PERS, Emotional intelligence questionnaire and the observation checklists also show a similar improvement in the self- awareness domain.

The ABT tools also confirm the same findings, the journey from a rollercoaster to a flowing river is very visible through the various artworks.

## CLIENT 5

### 4.2.5 a. Background and creation:

**Name of the client: PARROT**

**Family Background:** 43 year old married woman who lives with one daughter of 10 years (ASD), mother in law and husband. She is a home maker who handles the financial portfolio of the family. Her husband was diagnosed with axial spondylitis and presently worried about who would look after them. She also handles and takes the responsibilities of the extended family who don't live with them. She is from a middle-class family and lives in a house in a commercial building with no neighbours or friends around.

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**Academic background:** B.Com. Graduate.

Strengths: She loves to gain more knowledge from the internet, read books and find solutions to problems. Loves to listen to music.

**Medical background:** Hypothyroidism

**Creation:** She does not have time to catch up with friends and misses that. She is reluctant to take her daughter for social events or any outings because of the daughters' unpredictable behaviors and concerned about what people would say. She is worried about her husband's health as he is the only earner of the house and gets angry at him for not listening to her. After every activity she would praise my skills and say she could not do any of that. So, the main area of concerns for this client is her self- confidence and management of emotions.

### **Inference**

*Parrot's journey from a thinking tank to a balance.*

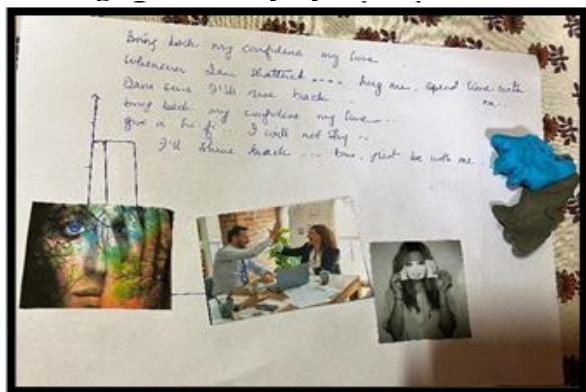
In the pilot and pre-ARP sessions Parrot always looked hyper and racing all the time like her racing mind. She would keep thinking about everything, family, daughter, husband, extended family, what others will say about her daughter, is she doing the right thing for her daughter or family and so on. Her thinking tank was overflowing which made her under confident, jealous and angry. She would hit her daughter and yell. Physically and emotionally repressed her needs (hunger, thirst, self-care) She would not always comprehend the activity to be done and had negative thoughts about her capability to perform the activity, portraying low self-worth. She always compared her art work with others and always needed the ABT practitioner's approval before an activity. She was like colourless water which can mix with anything. Was always dependent on others for decision making, and dependent on husband to take her out. Was afraid to take up anything new.

But as the sessions advanced, she took a big leap and started checking her reactions, she decided to put nails in the soft board whenever she felt really angry. In 1 and half months she put those nails only twice, so she is definitely better marginally but still reacting. She has more positive thoughts, is open to challenges (has enrolled for a course which she procrastinated for a while). She has put one more feather on her hat, as she has a sense of achievement and appreciates it. She recognises her strengths and appreciates herself for small victories. She is aware she can do even better. She is more confident as she took her daughter out without her husband (previously would only step out if her husband took them), confidence was reflecting in her body language and speech, in her art work- she only drew symbols (normally would doubt her drawing would be recognisable or understood) or acted without using words confidently. The frequency of asking the facilitator for an opinion or commenting about her art work being bad is less. She feels she is confident when her husband and she are bonded together. She is taking the initiative of making plans of going out as a family. She has started paying attention to what she wants also along with her family needs. The journey of change has commenced but has a long way to go. She is confident in some areas of life and seeks knowledge to get aware. She is working towards getting a balance in life, where right now one side is heavier because of her perception of responsibility and of being judged. Though intensity is less.

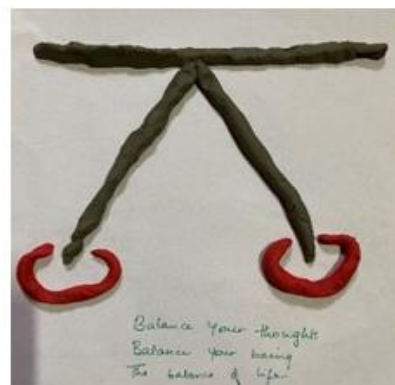
To conclude Parrot is more assertive, less reactive, little carefree compared to earlier and more mindful of what she needs to do. She is putting in a lot of hard work to make the balance right.

**Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children**

**Image cards story by Parrot**



**Balance by Parrot**



**4.2.5 b.: Comparison of the results of the domains:**

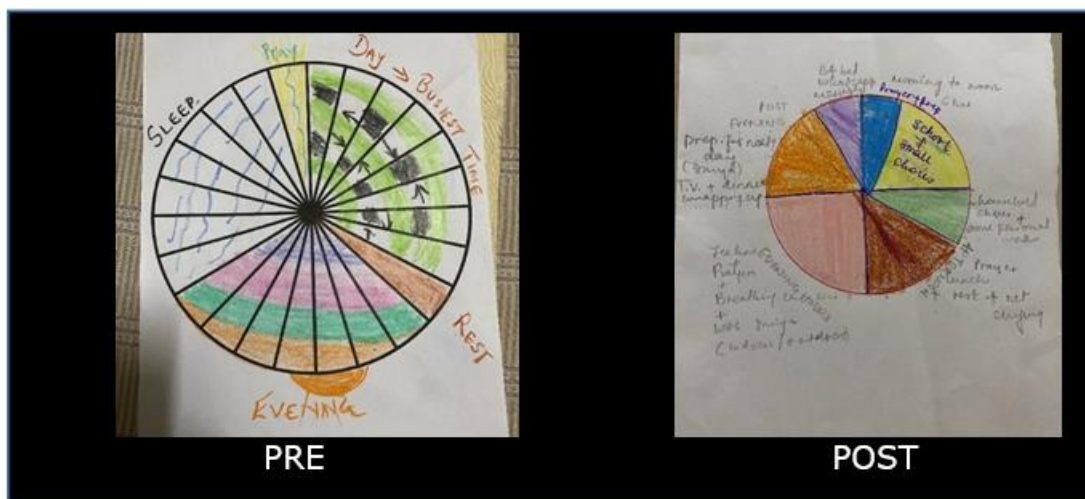
The TG confidence and emotions are inter-dependent thus see a progress in both TGs. Not only her TGs, but there is an overall improvement in the self-awareness domain like she is motivated and has set goals for herself (enrolled for a course), I also see pliancy of mind.

The other domains that showed a slight change is

- Mindfulness and attention, she is less impulsive.
- Body domain- her eye hand coordination looked better.
- Relationships – she is letting go with her husband when angry.
- Expressive capability – was more innovative in her artistic skill expressions, which she always doubted.
- Life purpose- exploring her interests and looking for more knowledge.

The key concepts of time management and Self-love also showed a significant improvement.

**Time wheel-**



**4.2.5c.: Differential assessment:**

The Rosenberg self-esteem scale, the neutral observer and the ABT practitioner observation checklists all show a similar rating in the improvement of her self-esteem. It is a negligible change but it's a start.

The PERS, Emotional intelligence questionnaire and the observation checklists also show a similar improvement in the self-awareness domain. The emotion management has improved and is more at peace.

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The ABT tools also confirm the same findings. The PSM story tells us she is aware of her potential and putting in effort to improve her confidence. The body gestures and speech are much calmer than it used to be.

### DISCUSSION

#### *Limitations*

I registered for the ABT course in January 2020, absolutely unaware of the forthcoming pandemic. Initially it was not so difficult but there were many hurdles in this ABT journey. The major limitation when we began the study was the client population. I had decided to work on teenagers in a school set up. But that was not possible as schools were shut. Thus, I selected the mothers of special needs children.

The physical limitation was travelling to the individual client houses with all the ABT material and following the Covid protocol. There were multiple scares of either me or my client getting Covid-19 infection. That wasted a number of days as we were following quarantine protocol and testing ourselves. In this period many sessions were cancelled because of the client or their child falling sick. As they had nobody to keep their children. Quite a few times, the children would walk in during the session as they were home bound. I could not have fixed days as the sessions depended solely on the availability of a care taker for the client's children.

Another major limitation was in data collection. The subtle changes in the clients were more subjective than objective which was difficult to rate with numerical data. Some of the statements and questions in standardized scales or surveys are very ambiguous. Each client had a diverse understanding of the statements which changed the scoring on the standardized scale. Thus, the score did not corroborate with the qualitative or subjective changes noticed in the art work or by the observer. The rating scales are more generalized. It also could differ depending on the state of mind on that particular day they are administering the test. It could be an extremely jolly day or a very gloomy one. The record of the results of that day could totally change, making it look as if the effect of the Arts based therapy is nullified. It's like one good day could give tremendous progress on the charts and one bad day could ruin it all. The only constant would be the client and the ABT practitioner to gauge the progress in the journey.

I also feel that the observations by the observers are all dependent on the observer's viewpoint which may be a different inference from the clients' perspective.

I'm a practicing Homeopath, so in these times workload had massively increased. The house chores, a child and his needs, my work and the planning, travelling for sessions got too tedious and overwhelming for me. It took a toll on my health and thus had to slow down and take a break.

The ARP duration of 3 months with 13 sessions just gave us a preview of all the possibilities ABT has, to bring about life changing differences. 13 sessions were not enough to see a leap in the progress of the clients. The research has to be continued for a longer duration to actually see visible quantifiable changes.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

### *Learnings:*

*“A smooth sea never made a skilled sailor.”*

– quote by Franklin D. Roosevelt

That’s my learning, it’s been a tough 2 years because of the Pandemic and studying. There were many hurdles during this ABT journey which overwhelmed me but I learnt perseverance and patience helped me sail through. The process of adapting with the new or change in the existing was an exhilarating experience. The days I have burnt the midnight oil, raced against time and fought to be healthy, all were worth it, cause I enjoyed my ABT sessions thoroughly. I learnt I was quite apt to plan all the sessions and bring it to its culmination beautifully. My self-doubts and anxiety were put to rest. I learnt never to underestimate myself and if I put my mind to it and I can achieve what I think is unachievable.

ABT is a holistic approach of learning. The SEG principles make lot of sense to me and substantiates from our daily life examples as simple as growing a seed and journaling it made me learn that nothing is permanent, everything is interdependent and change is the only constant. The ABT sessions touched a deeper nerve than any other form of therapy I have seen. I was surprised to see such a stark change in the clients and in me during this journey, though they are subtly visible. ABT has the potential of showing significant improvement where no other system might help.

I learnt living in the moment is valuable but planning is essential too, be it the session plans or time schedules. Time management is a skill which we need to hone to be more productive.

Perception is diverse for different people. The same instructions or questions put forth to each client was comprehended differently. For example, metaphors- tornado could mean mayhem and destruction to me but my client saw the silence in the eye at the center of the tornado.

I learnt expressing verbally is not the only way to express exactly what you want to say. My clients initially spoke a lot while sharing but as the sessions went by, I insisted politely to use creative skills to express what they felt and they beautifully used stories, clay, visual art and embodiment to express what they wanted to convey.

As highlighted in the Literature review above- the group art therapy intervention on mothers of children with disabilities showed a greater reduction in parenting stress, perceived stress corroborates with my current research, though I did an individual intervention. Arts based therapy does reduce the stress in these mothers and relaxes them. It is also evident in my current study that journaling, sharing stories helps immensely and makes them more empathetic. This is similar to the study done on a writing group of eight mothers of children with special needs, where the group met every week to examine and share their life experiences and feelings through a series of written assignments, from my Literature review. A study conducted in India using Dance Movement Psychotherapy (DMP) to support the caregivers of children on the autism spectrum to maintain their state of wellbeing also verifies similar finding in my study. I did movement on music with my clients and I saw that they thoroughly enjoyed it and were in a better state of mind.

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The learning that is specific to my research is that the mothers of special needs children can get fatigued very easily, physically and emotionally and have no me-time to recuperate. The common problem I learnt was bad time management and no self-care which was leading to frustration and fatigue.

Personally, the learning in this process has been profound for me. I enjoyed doing each session and brought the child out once again. I was my joyful self. There is a shift in my perception and able to let go effortlessly. I have learnt to give people a benefit of doubt and not judge people because I don't know the other side of the story. Perceptions are different. I am less stressed and the hard shell of long-lasting years of belief is finally cracking. All the beliefs, dos and don'ts are dissipating slowly. I learnt I am resourceful. Learnt new skills like creating my own songs, drama scripts or games- was very innovative.

Abraham Maslow had once said, "The ability to be in the present moment is a major component of mental wellness."

I am glad in this moment I chose to do this course, which brought direction in my life. This is the first step for endless marvelous explorations for someone who is seeking aid.

### ***Future***

I wish to continue this work further. I plan to work in an organization initially to gain experience under a skilled mentor. As I am already a Homeopathy doctor I intend to merge Arts based therapy with Homeopathy and offer my patients and clients in need, a holistic treatment under the same roof.

I wish to extend support to parents or primary care givers with special needs children as a support group for them to share and meet people with similar dilemmas. There are many centers or people focusing on the children but not the primary caregivers. I believe healthy and powerful mothers bring up healthy and powerful children.

The children today can be helped for a better future tomorrow. In this digital world connections are disappearing and thus not many people have support or help. Thus, I would like to extend my help to these children. I want to spread the intent of compassion.

**P.S.** Please find below the summary of the transformation of these clients using ABT in form of a poem.

### **UDAAN by Dr. Leena Parekh**

*"Boo-yah! Guess who has wings?"*

Wings I have, always had them, Yes aware, today I am!

The ABT journey I began was full of how and why,  
But asked and cleared every doubt without being shy.

Peers, teachers and family allayed my worry,  
Saying take the step, one at a time, as there is no hurry.

## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

With knots in my belly but high motivation,  
I called the mummies of special needs children.

Shackled and bound in their mind,  
They were ready for an expedition of a kind.

From a racing clock to coolly flowing like a river,  
Yay! She said, boulders there may be, yet flourish I will sooner.

The journey from an ugly duckling to a swan,  
Aah! Struggle was immense, she said, but fly I will, be it dusk or dawn.

From stuck as a tree to running with power like a horse, I am who I am, she stated without remorse.

A ride of ups and downs like a rollercoaster to the content flowing river,  
Breathe through this journey, she said, will help me see clearer.

The start of a changeover from a jittery thinking tank to a poised tarazu (balance),  
Learn and explore I will, she said, is my arzu (desire).

Broadened my vision through the journey with these splendid ladies,  
I wish to compassionately encompass one and all and rid us of the willies.

Help I do, with medicine and fulfilling as it is, Hand in hand with ABT, magic and miracles tis.

Yay! Here I am, all set to fly.

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#### *Data formats*

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### **Methods used**

- Guided meditation body scan by Thirsty for Art [https://www.youtube.com/watch?v=cWp\\_c4BfRy\\_U](https://www.youtube.com/watch?v=cWp_c4BfRy_U)
- ‘The Rainbow Fish’ by Marcus Pfister <https://www.youtube.com/watch?v=QFORvXhub28>
- Communication Barriers’, an animated adaptation of James Sherman’s “Hu’s on First?” <https://newsub.samk.fi/changemakers-eplatform/cross-border-communication/>
- Emily's Quills-A Story about Confidence and Self-Love Read Aloud [https://www.youtube.com/watch?v=S3RSDIK\\_3MU](https://www.youtube.com/watch?v=S3RSDIK_3MU)

### **Acknowledgment**

The end to a new beginning brings tears of joy to my eyes. This journey had its ups and downs, but there wasn't a single day I wanted to halt and say that's it, 'I'm done' however overwhelmed I was. Thanks to the people around me who made this possible for me. I would sincerely like to thank and express my deepest gratitude to my son and husband who felt like a single father, for being extremely supportive in my learning endeavour and bearing with my late-night shenanigans. I would like to extend my gratitude to Dr. Aditya Tiwari who introduced me to the ABT course and mentored me during the pilot phase of my research project. I would like to express my heart felt gratitude to Ms. Zill Botadkar and the entire ABT faculty who guided us through these 2 difficult years and patiently addressed my queries as I was the one always with a question mark on my forehead and hand raised in the air. A special note of thanks to my supervisor Ms. Kashmiria Vazifdar who held my hand through the ARP and never hesitated in clearing my doubts. She was extremely kind and overtly obliging all the time and reciprocated very fast to all the messages. It was a pleasure learning from her and will always cherish her. I thank a friend and colleague Dr. Khyati Kapoor, who volunteered to be the neutral observer for my study. She was very prompt in responding and sending her observations timely. Her observations were very beneficial to me to get an outsider's unbiased point of view. My clients Robin, Swan, Eagle, Dove and Parrot without whom I wouldn't have been able to complete my ARP. I want to sincerely applaud these clients, these mothers who go through a turmoil everyday but still manage to smile and move on. They inspire me to be a better version of me. Thank them for removing time from their busy schedules to see me and letting me in their loving homes. Also, would like to shout out a huge thank you to their children for being so cooperative during the sessions. Last but



## Utilizing Arts Based Therapy to Enhance Body image, Self-esteem, Communication skills and Emotions in Mothers with Special Needs Children

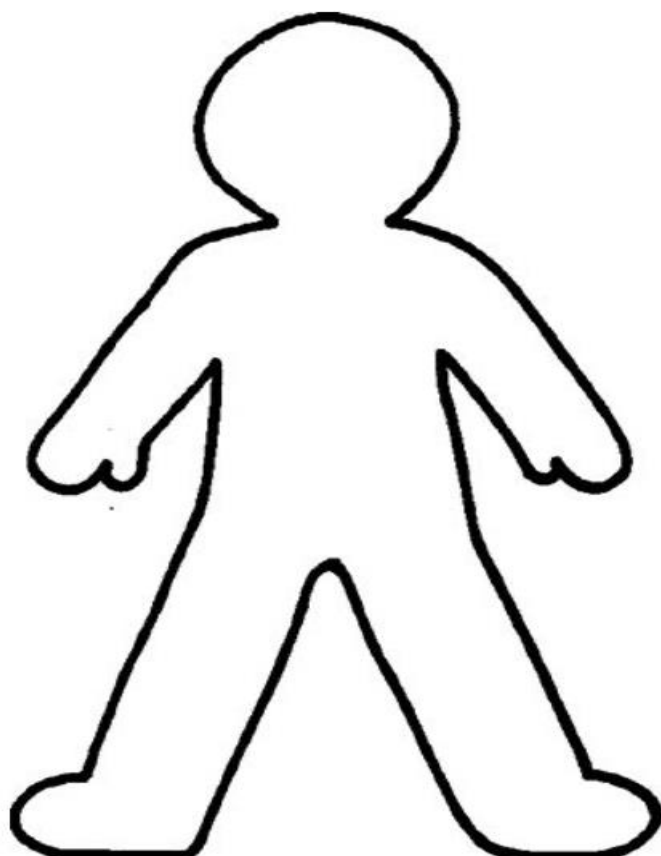
not the least, my peers like Shreya Haran, Aditi Ade, Yuti Doshi, Aathira Warriar and all the others, who have been with me supporting, jesting and all ears during the entire course. I would like to genuinely thank each friend from my ABT 2020-21-22 batch. A special mention for Anusha Neelkant who has stood by me and patiently fed my curiosity. She was my go-to girl who was kind and loving all the time and of-course we shared the same client population. So, we helped each other sail through this till the very last day. I would like to express my gratitude to Aditi Potkar, my travel buddy who always inspired me to finish work on time and pushed me to be more resourceful. Kajal Rambhia for helping me clear confusions and just having a light chat and motivating me all the time. A huge thank you to everybody's secret Santa, Nirali Gogri. I haven't seen a more compassionate person than her who is ever ready like a battery to be of help to people. I would like to thank Kavita Joshi for sharing wise cracks with me making me laugh and inspiring me to push myself beyond my comfort zone. I would like to thank myself, my body and mind to support me even though I thought I had lost it. I would like to thank my parents for giving me a platform to grow and flourish.

### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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### ***Appendix B1: Body map outline.***



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**Appendix B2: Session Record Sheet (SRS)**

Roll No:		Day & Date:		Session No:	
Facilitator/s:		Time:		Group:	
<b>1) SEG Practice (Please tick)</b>					
(1.a.) 30 minutes daily health practices	(1.b.) Daily meditation	(1.c.) Generating Right Motivation		(1.e.) Space Cleaning	
<b>2) Assessment Inputs (Please tick)</b>					
(2.a.) Observer	(2.b.) AV	(2.c.) Standardized Test		(2.d.) Mentor / ABT Guide Visit	
		(2.c.i.) Pre	(2.c.ii.) Post		
<b>3) Session Plan</b>					

<b>Most commonly occurring therapeutic Domains:</b>				
<b>Therapeutic Goals for today:</b>				
<b>Key Concepts (if any):</b>				
<b>Space and Material Preparation:</b>				
<b>(3.1) Communion:</b>				
Rituals:				
Skill Warm Up:				
Tick one or multiple options below & write description if necessary:				
Rhythm <input type="checkbox"/>	Voice <input type="checkbox"/>	Body <input type="checkbox"/>	Painting & <input type="checkbox"/> Drawing	Games Exercises <input type="checkbox"/>
Description				
<b>(3.2) Creation:</b> Tick or cross one or multiple options below & write details of activity:				
ARTISTIC SKILLS <input type="checkbox"/>	IMPROVS <input type="checkbox"/>	METAPHORS <input type="checkbox"/>		
<b>(3.3) Closure:</b>				
Disengage from the Creation (De-rolling)	Take home metaphors	Closing Ritual		

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<b>4) Post Session: ABT Practitioner's Notes</b>							
<p><b>(4.1) Actual session sequence:</b></p> <p>Use the <u>Grids Nomenclature</u> when referring to each Activity in the sequence. Write exact sequence of events as they unfolded:</p>							
<p><b>(4.2) Observations about Clients:</b></p>							
S.No.	Name	INDIVIDUAL THERAPEUTIC GOALS	OBSERVATIONS, ANECDOTES, DIALOGUES & DISCUSSIONS				
1.							
2.							
3.							
4.							
5.							
<p><b>(4.3) Group Observations:</b></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 35%; padding: 5px;">Therapeutic Domains / Goals</th> <th style="padding: 5px;">Observations</th> </tr> </thead> <tbody> <tr> <td style="height: 40px;"></td> <td></td> </tr> </tbody> </table>				Therapeutic Domains / Goals	Observations		
Therapeutic Domains / Goals	Observations						
<p><b>(4.4) Changes:</b></p> <p><b>Any TG which needs to be added or removed next time? A specific Non-ABT technique/tip which was useful?</b>  <b>A specific challenge area, which needs supervisory attention.</b>  <b>A specific skill up-gradation/theory reading required on the part of practitioner? Any specific deep-rooted habitual pattern/s to be worked on.</b></p>							
<p><b>(4.5) Ideas for Next Session:</b></p>							

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Appendix B3: Feelings board game created by the ABT practitioner.

