Del Giacco Art Therapy (DAT) - A Neuro Art Therapy Program

**Therapeutic Drawing Series**

**Beginning Level of Three:**

![Image of shapes]

**Step 1:** In this first step of the drawing series I worked with a man named R (case study 1). Together we copied the shapes (hand over hand), painted them, and then I cut them out. The original picture was taped to the wall and a blank sheet taped beneath it. My goal with R was for him to use his fingers (small motor movements) to grasp each shape and to place it in a position corresponding to one of the positions in the original drawing. To engage R cognitively and to help him understand more about the shapes and their proximity to each other, I changed the space distance between the shapes so we could make comparisons. Helping R to practice spatial relationships was important since he was losing his sense of spatial orientation in the environment.

**Beginning Level: Step 2**

![Images of drawings]

**Step 2:** Five elders in a group session in the memory division at a Senior Living Center drew and painted step 2 in the Therapeutic Drawing Series. Each participant copied the drawing in front of them (drawing on the left), wrote in the first letter of the color for each shape, and then painted or colored the shapes. Patterns can also be colored in to fill the shapes. The woman who painted the one above was determined to draw a perfectly shaped oval. All of the elders were very challenged by this activity and yet all completed their drawings. They stayed intently occupied for a full hour. Amazing for 80 and 90 year olds!

This kind of copying activity can be used as an assessment tool or to enhance the sensory and cognitive functioning level of an individual. There are other art therapy assessments and activities that can be used to work with the imagination, or recall, and that build skill. The activities help to keep minds sharp, rebuild lost skills, or prime the mind for higher functioning work. A recommended schedule of consistent weekly visits is advised for a minimum of two months for greater outcomes.