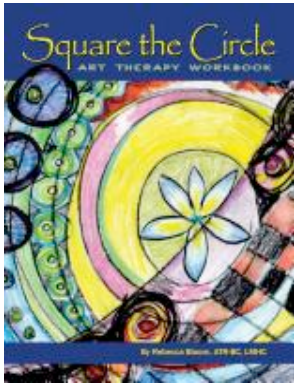


Square the Circle

ART THERAPY WORKBOOK



By Rebecca Bloom, ATR-BC, LMHC



SQUARE THE CIRCLE: Art Therapy Workbook offers easy to use coloring sheets and art directives to increase self awareness. Based on the principles of mindfulness and the current research on how the body holds memory, these art exercises allow old stories to be told in new ways. Rebecca Bloom brings humor and a down to earth style that comes from her fifteen years in the field of art therapy, working with adults addressing trauma, grief, and loss. Start honoring the divine artist that lives within all of us. Start making art that tells your story.

SQUARE THE CIRCLE

Art Therapy Workbook

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/7045.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

Your free excerpt appears below. Enjoy!



Square the Circle

ART THERAPY WORKBOOK

BY REBECCA BLOOM, ATR-BC, LMHC

Copyright © 2013 by Rebecca Bloom

ISBN: 978-1-62646-663-0

Published by
Booklocker
www.booklocker.com

All rights reserved, including the right to reproduce this book or portions thereof in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher. All inquiries should be sent to Booklocker.

First edition

Cover image by Rebecca Bloom

Cover design by Pamela MacFetridge

Photographs by Rebecca Bloom

Illustrations by Rebecca Bloom, Pamela MacFetridge, Laura Carothers
and Jen Mystkowski

Library of Congress Cataloging-in-Publication Data

Bloom, Rebecca

Square the Circle : Art Therapy Workbook

Dedication

In memory of Patricia Richert

Rebecca —

More art supplies

Can you use them
or know someone
who can —

Patricia

Acknowledgements

WHEN I BEGAN sketching the ideas for this book, I had no idea it would take seven years to finally get it into print. There are so many people to thank. Jen Mystkowski turned my original thoughts on the chakra's into amazing word collages and mandalas. Carey DeMartini taught me how to properly say chakra, like chocolate, and co-led countless yoga and art workshops with me. The participants in those workshops were so generous in their feedback and deeply improved the quality of the illustrations found here. Janice Hoshino, the chair of the Art Therapy department at Antioch Seattle allowed Laura Carothers to be my graduate assistant for two quarters, which was one of the highlights of my eight years teaching there. All the students and faculty of that program let me test out these ideas, they are my inspiration for finding the divine artist within all of us. And then I roped in Pamela MacFetridge who did her graphic arts wizardry on the endless text and images, making look amazing.

I also need to thank Girl Friday productions for their help on early drafts and the wonderful eye of Gail Newman, Alle Hall and my dearly departed friend Patricia Riechert. My wife and son allowed me the endless time it takes to do a project like this, although it gave them time to rock climb and so I don't think they minded.

And finally to all the clients I have worked with in agencies and private practice, for sharing their stories and trusting me enough to make a doll to explore attachment issues or make a mandala to explore anxiety. I am in awe that I get to do this work and so thankful that we can test out the paths away from our struggles by making marks on the page.

Contents

Dedication	iii
Acknowledgements	v
Introduction	1
How To Use This Book	6
The Different Approaches to Art Making	9
For the Perfectionist Art Maker	9
For the Fearful Art Maker	9
For the Shamed Art Maker	10
For the Choatic Art Maker	11
Getting Started	13
Creating Time and Space to Make Artwork	13
Knowing Body	15
Chakra Mandala Series	15
Chakras, Color and Struggle	19
Crown Chakra	21
Crown Chakra Diary	23
Third-Eye Chakra	25
Third-Eye Chakra Diary	27
Throat Chakra	29
Throat Chakra Diary	31
Heart Chakra	33
Heart Chakra Diary	35
Solar Plexus Chakra	37
Solar Plexus Chakra Diary	39
Sacrum Chakra	41
Sacrum Chakra Diary	43
Root Chakra	45
Root Chakra Diary	47
Struggles Associated with Each of the Chakras	50

Body Part Coloring Sheets	61
Brain Coloring Sheet	62
Tear Coloring Sheet	63
Neck Coloring Sheet	64
Heart Coloring Sheet	65
Stomach Coloring Sheet	66
Pelvis Coloring Sheet	67
Self-Awareness	69
Self-Role Hat	70
Drawing Your Boundaries	71
Hourglass	72
Butterfly Life Cycle	75
Reverse Collage	76
Gift of the Wounded Body Part	77
Pipe Cleaner Doll	78
Things that Are Broken Have Value	81
Envelope Art	83
Honoring the Divine Artist That You Are	84
RESOURCES	85
REFERENCES	85

Introduction

“The opposite of war isn’t peace, it’s creation” -Rent

As I worked to put together this series of exercises, the project had many titles. First it was Creative Reflections. This title was so bland, that it ended up holding no meaning. It seemed like it would hold weight, as it was an honest title of what these directives allow. You will, indeed, be creative and reflect. But together the two words felt like nothing. When I brought up the title, no one was excited by it. Even I soon lost interest. It was clear it was just a working title.

Then, one day inspiration struck as I was driving through the streets of Seattle, up and down wet hills, passing yoga studio, after Starbucks, after yoga studio. If I wanted these exercises to reach the audience that might actually do them, the audience that was most self-actualized, I should repackage the whole thing to reach yoga-doing coffee drinkers. I should call it “Om Art”. People would line up to do coloring sheets after they had done their yoga practice, as they sipped their decaf soy lattes and they would know themselves so much better. It would all be so easy.

Om Art had legs for a long time, several years. My good friend Carey and I co-led full-day workshops of yoga and art. I used the coloring sheets. People got a lot from them. It seemed like I was on the right track.

But, something happened, because something always happens. I started falling out of like with the Yogic practice of the Ahsina's, or poses. Months, and years, would go by and I would do no yoga. Leading the workshops, I would explain that there are eight limbs of yoga and I would be talking about the meditative processes and the primary Himsa (Sanskrit for belief) of non-violence to the self. We would be honoring the divine artist within. But it became clear, if I would not stretch with the best of them, I could not sell "Om Art" to the vast yoga market.

In the meantime my own creative life had set fire. I had begun studying the 5,000-year-old art of handmaking felt from wool roving, and I was in love. For the first time in years, I was in my studio regularly, making shawls and hats, art to wear. I had the feeling that everyone should play with wool, that I could change the world by teaching this sustainable art form. The hats became full body pieces, taking months to finish. I was swimming in the value of the creative process. I was clothing my family. I was standing out from the crowd in a one-of-a-kind handmade piece, and I was bringing art into everyday life. The process was organic and chaotic and I felt alive.

It was connecting me to the world. I began taking workshops from Ulrike Brenner, a master felter who lives and works in Salt Spring Island, Canada. She taught me how to make the felt shear and light by combining in silks and purposeful holes. Still being a beginner, I plan massive projects, way beyond my skill level. I decide that I will make handmade fairy wings for my family to wear at the Oregon Country fair. The project turns out not to just need felt, but large gage wire and elastic to keep them on. They look a little crazy when worn, but they do say someone worked hard. At the fair, it's the vendors that stop me to ask questions. It's clear I've entered into the realm of working artist, and that I am getting props for being brave and putting my artist self out in public. I try on the identity of creator. I honor the divine artist within and it just feels good.

I am trying to balance my artist side with my therapist side. At this same time, I begin a yearlong process of taking the first level of certification in Pat Ogen's SensoriMotor Psychotherapy. The work looks at the body's experience of traumatic memory and how to process those memories staying true to the body's physical impulses, and increasing mindfulness versus the rational mind's need tell the story. As the work goes on I start invigorating my therapy practice with clients to include body-based experiences in session. I look again at *Om Art*, and think, "You're a book about mindfulness, and you're a body-based art therapy book. You are me at the apex of clarity and confusion. You are what happens when we 'Square the Circle'".

The ancient Greeks first pondered the concept of finding the mathematic formula that would allow a square and circle to take up equal area. It was puzzled over for literally thousands of years. It was finally solved in the 1800s. I was curious what this solution had meant to the mathematic world. According to the most approachable, Oxford-trained math whiz I knew, "It didn't change much." It seems that the solution was less important than the act of pondering. It seemed then ever more fitting that *Square the Circle* should be the name of this book. Often people come to therapy with questions like, "Will I ever have the strength to leave my marriage?" or "Will I ever be happy?" My work as a therapist, using art as a tool, becomes about strengthening the individual's ability to problem solve, by offering small, in session art tasks with little attachment to outcome. Pat Ogden calls these experiments and finds them crucial for building a sense of attachment between counselor and therapist. Can we trust each other enough to get lost in the session? Then the magic happens for the client when they realize they find the answer themselves, in their own language, be that body-based, visual or verbal. Mathematicians seem to be fine with problem solving, knowing there may be many ways back to the solution, and that showing your work is the most important aspect.

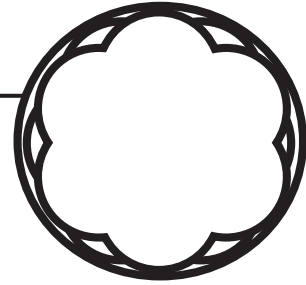
Throat Chakra Diary

What this Chakra means to me:

Which colors and feelings are connected to this Chakra for me:

What I want to explore further:

THE HEART CHAKRA



The heart

GREEN

Relationships

Reaching out/taking in.

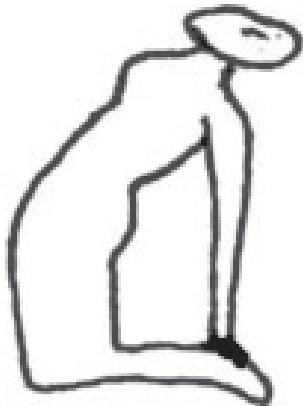
*I love myself,
I accept others*

Being present.
Letting go of
acting a certain
way in hopes
of getting
specific results.

*Growth.
Serene.
Hope.*

COMPASSION

Caring with compassion from a
grounded place. My heart fills with love.



THE CAMEL
YOGA POSE

l g r i e f

Care

Creating social identity,
finding gender identity.

Drawing spontaneously like in a waking
dream, dipping your figures into the
collective unconscious.

Jade

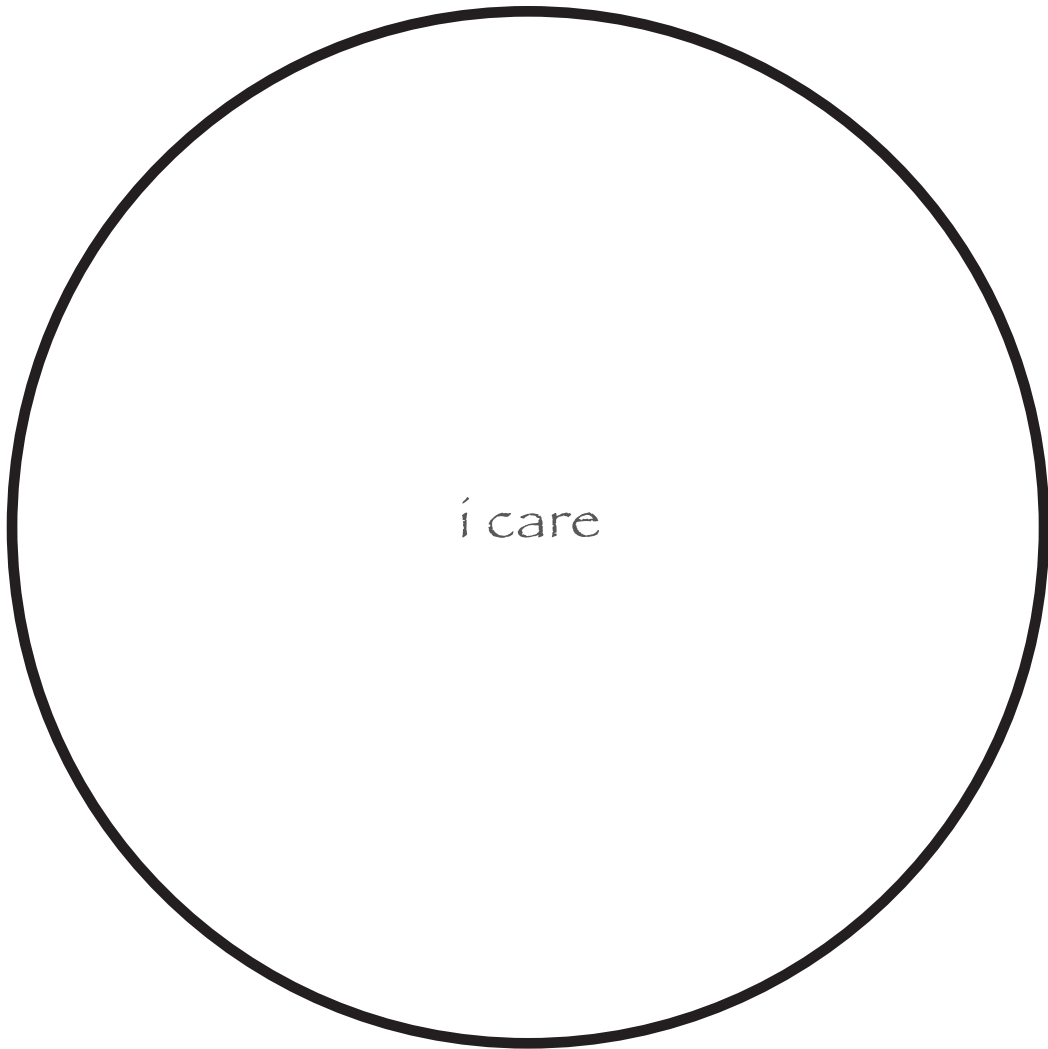
BALANCE

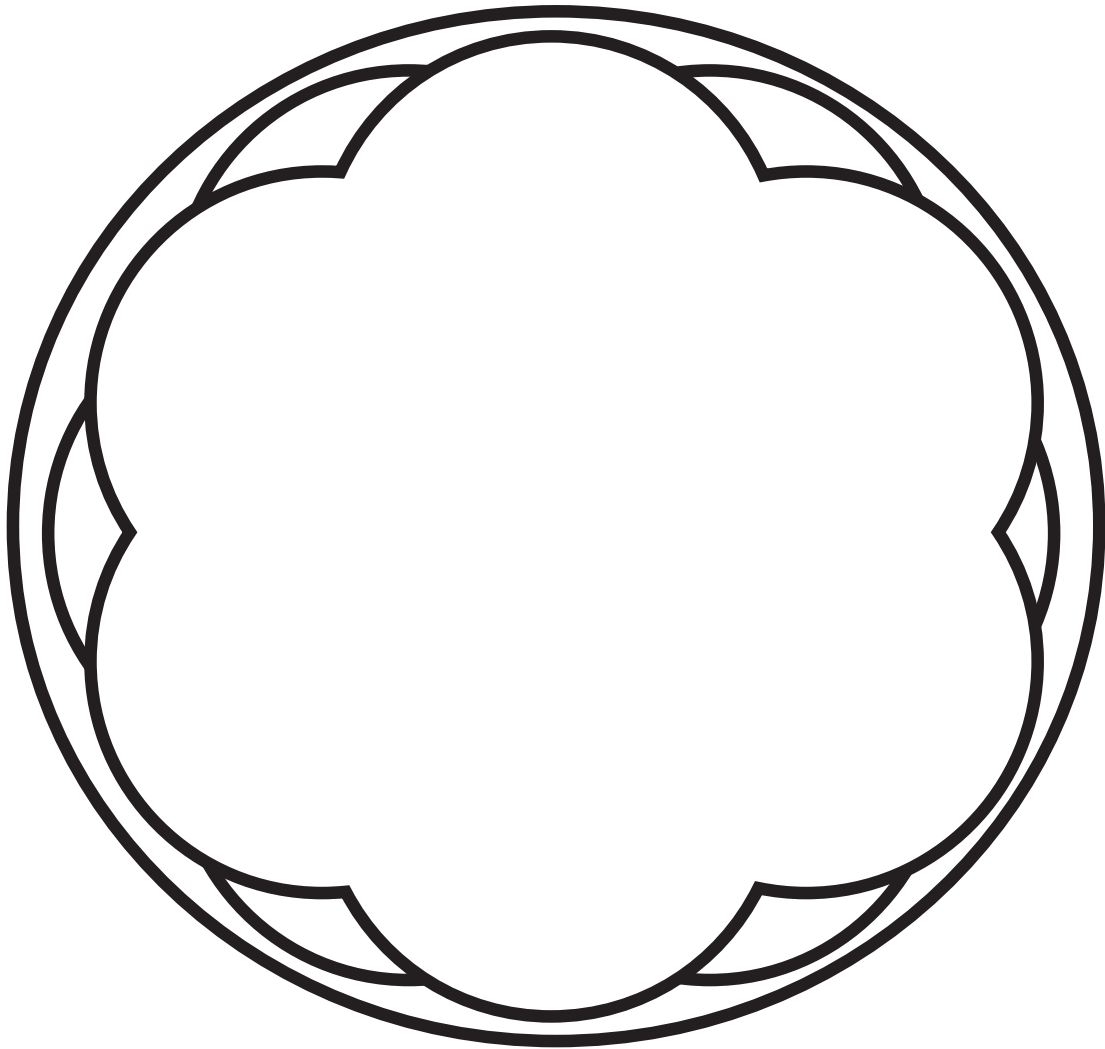
Forgiveness

The midpoint
of the Chakra system.

© REBECCA BLOOM

Heart Chakra



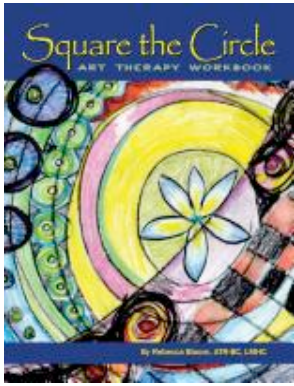


Heart Chakra Diary

What this Chakra means to me:

Which colors and feelings are connected to this Chakra for me:

What I want to explore further:



SQUARE THE CIRCLE: Art Therapy Workbook offers easy to use coloring sheets and art directives to increase self awareness. Based on the principles of mindfulness and the current research on how the body holds memory, these art exercises allow old stories to be told in new ways. Rebecca Bloom brings humor and a down to earth style that comes from her fifteen years in the field of art therapy, working with adults addressing trauma, grief, and loss. Start honoring the divine artist that lives within all of us. Start making art that tells your story.

SQUARE THE CIRCLE

Art Therapy Workbook

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/7045.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**