

Therapist:	Date	Client:	Session No.
Skill	✓	Comments	
Prepares the space, materials, self etc.			
Confirms session length and time keeping, note taking, art and ownership, process and/or product			
Obtains client contact details, emerg. contacts health issues /allergies/risks etc			
Assures client of confidentiality and limitations			
Establishes clear goal for A/T and documents. The goal is a measurable act of change.			
Sets 1st art process (focus on deficit, witnessing)			
Purposefully selects mediums (resonates with task set and therapeutic aim for art work)			
Observer can see clear therapeutic aim in ALL art works			
Establishes externalising terms			
Privileges the unconscious			
What do you see? Don't see? Rotation? Enlarged? Reduced? Near? Far?			
Establish further art works with clear therapeutic aims			
Engages art in service of other models of therapeutic intervention (CBT,DBT, Mindfulness, Family systems etc.)			
Refers back to the goal in further processes			
Identify, Cluster themes and clarify			
Maintains externalisation (except in summarising)			
Non-judgemental / Unconditional Positive Regard			
Maintain logical structuring of process			
Paraphrases			
Use of minimal encouragers			
Use closed questions for clarity and closure			
Summarises, reflecting on initial goal			
Appears authentic confident and empathic			
Manages time keeping			
Checks in for client's wishes in closing			
Improvement points			