

ART THERAPY RESOURCES

REMOTE WORK PRODUCTIVITY

10 Tips for a productive remote art therapy session

Below are some suggestions to consider when establishing a remote work practice in art therapy.

- 1. Prepare Ahead of Time:** Set up your art therapy space in advance with all necessary materials, including art supplies, paper, and any additional tools or resources you may need.
- 2. Test Technology:** Ensure your internet connection is stable and that your software is working properly before the session begins. Test your audio and video settings to avoid technical disruptions.

REMOTE WORK PRODUCTIVITY IN SESSION

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- 7. Facilitate Reflection:** Encourage your client to reflect on their work during the session, asking open-ended questions to help them explore their thoughts and feelings.
- 8. Incorporate Mindfulness:** Use mindfulness techniques to help your client stay present and focused on the creative process. Encourage them to pay attention to their breath and bodily sensations as they engage in art making. This will help also with any technical frustrations.
- 9. Explore Symbolism and Metaphor:** Encourage your client to explore symbolism and metaphor in their artwork, discussing the deeper meanings behind their artistic choices and how they relate to their personal experiences.
- 10. Set Homework Assignments:** Assign homework tasks between sessions to help your client continue their creative exploration outside of the therapy session. This could include journaling prompts, art exercises, or reflective activities related to their artwork.

BLOG POST LINK: <https://arttherapyresources.com.au/remote-work-productivity>

Beginner Remote Work Productivity Tips For Teachers

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