
Building a Bridge

Building a Bridge is a three-part activity. Review with the client the instructions listed on each of the following three pages one at a time. Do not move on to the next step until the previous step has been completed. The client should be in agreement as to when an activity or image has reached completion.

After each part is completed, challenge your client to engage in discussion and describe his/her image. Ask the client about the feelings they experience when they view the completed image. You might also invite the client to give each part a title and offer time to journal about the activity and the image created before moving on to the next step. To assist in this process, you will find dialogue questions at the bottom of the page for each of these three parts.

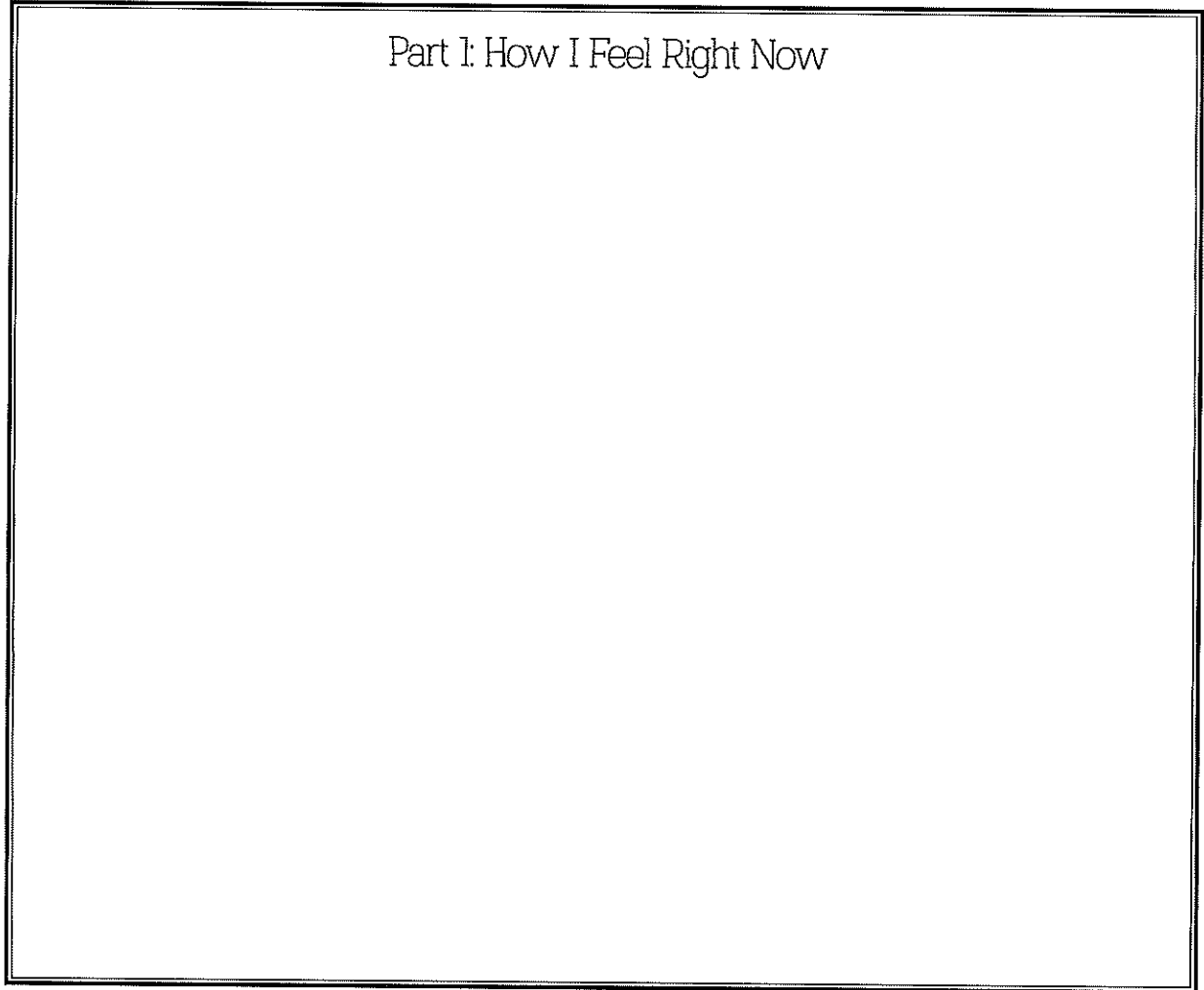
Once completing Part 3, you could expand the exercise by offering for the client and caregiver to collaborate in filling the space under the bridge with “obstacles” from life that seem to create challenges for the client to move through to the other side of healing.

Building a Bridge

Part I: Present

Draw an image of a landscape in the box below that depicts how your current life feels. Keep in mind current challenges or feelings.

Part I: How I Feel Right Now



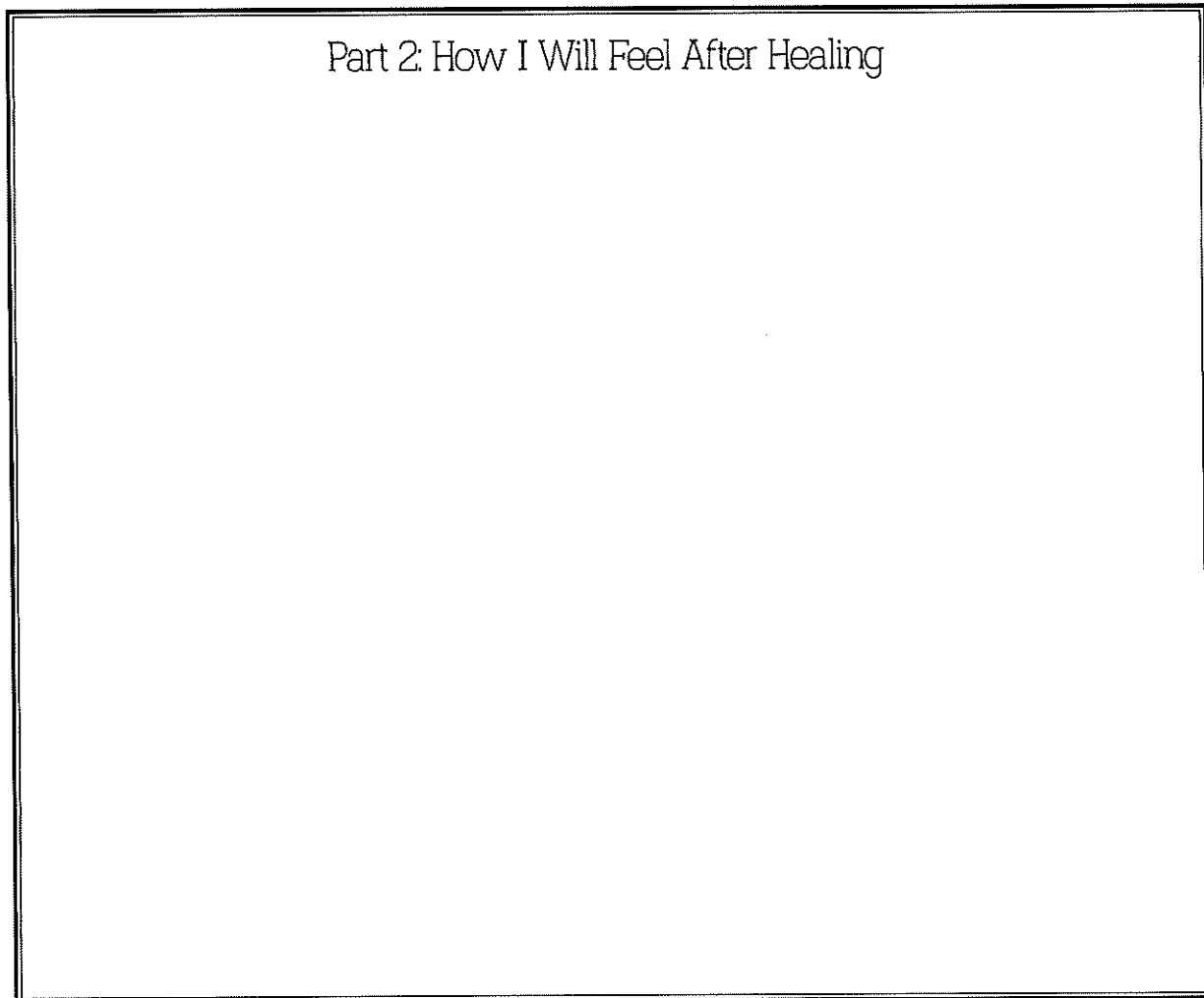
Describe your image. What feelings do you have when you look at this image?

Building a Bridge

Part 2: Future

Draw a landscape image in the box below that depicts how you would like your life to look and feel after you have healed from this trauma.

Part 2: How I Will Feel After Healing

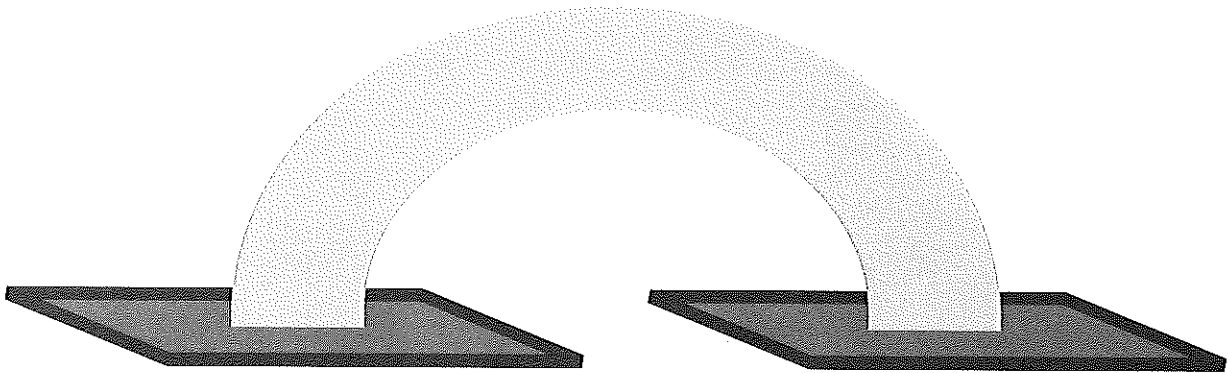


Describe your image. How will you feel, and who or what will help you cope with future challenges?

Building a Bridge

Part 3: Collaboration

Enlist the help of a caregiver or another supportive individual. Work together on building a bridge to connect your two images from Parts 1 and 2. Consider using additional art supplies such as twigs, paper towel tubes, popsicle sticks, pipe cleaners, twisted or crumpled sheets of paper, or other found materials. Be as creative as you would like.



Describe your decision-making skills in designing and building this bridge. What was it like to work together on this project? How did you offer each other support? Do you think this bridge is sturdy? Discuss or draw possible obstacles toward healing under the bridge. Discuss the ways your caregiver and other supports in your life will help support the "bridge" during the healing process.
