



Building a Resource Representation with Art Therapy
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Building a resource representation is a creative way to do “Resource Development”, (see Korn & Leeds, 2002 below). You may want to offer the client a variety of tactile choices for creating their symbolic resource like beads, (including letter beads if possible), polymer clay, string, fabric, stones, etc...

Based on: Korn, D. L., & Leeds, A. M. (2002). Preliminary evidence of efficacy for EMDR resource development and installation in the stabilization phase of treatment of complex posttraumatic stress disorder. *Journal of clinical psychology*, 58(12), 1465–1487.
<https://doi.org/10.1002/jclp.10099>

1. ***What is a situation you are struggling with where it may be hard to manage it the way you want to?***
 2. ***What resource might help you handle this situation successfully?*** If needed discuss “resource” as a quality or kind of support and offer examples. **Resource:** _____
 3. **Some examples:** [Use *Resource List* if needed] Strength, patience, hopefulness, focus, or courage, a connection to a strong part of oneself, a reminder of a good memory or time when things worked out, a link to a supporter who has/had your back, a spiritual symbol or symbol of nature
 4. ***How might this resource be symbolized? What color or shape would it be?*** If needed, offer a menu of possibilities as needed: symbol, shape, animal, word with colorful letters, emblem or badge, something that can be worn like a bracelet or necklace.
 5. ***Take a moment to imagine this representation of your resource. How does it feel to imagine it? Does the representation fit your resource? How would you like to refer to it, name it, or label it? Name of resource:*** _____
 6. ***Would you like to create this representation using the art materials here today?*** If “yes”, discuss how to use the materials to represent the resource.
 7. At this point engage with the client in the creation of the representation of the resource giving them time to create. Offer help as needed to support the client’s efforts, but otherwise stay out of the way.
 8. ***Now take a moment to test your [resource name]. Imagine using it. Does your representation feel finished? Is anything needed?*** The client may want to add or alter as needed.
 9. ***Join with [resource name]. Imagine all the positive feelings, thoughts, and beliefs that this resource symbolizes.*** Add BLS if desired to install at this point.
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10. Ask client if they would like to test the resource reminder by bringing up the challenging situation and then using the resource and running the movie of the predicted future challenge.
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Resources

Compassion	Gratitude
Honesty	Empathy
Acceptance	Armor
Integrity	Strength
Openness	Warmth
Support	Insight
Connection	Empowerment
Clarity	Control
Safety	Health
Forgiveness	Energy
Focus	Special person
Presence	Special object
Kindness	Special ability
Understanding	Special power
Protection	An animal
Mediation	Nature
Perseverance	Creativity
Authenticity	Boundaries
Equanimity	Justice
Fellowship	Expertise
Generosity	Courage
Patience	Assertiveness
Commitment	Spiritual connection
	Spiritual guidance
