



# Clinical Arts-Based Intervention Plan

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

## Existing Affinity for the Arts (What do they already like?)

Listening to music		Journaling		Dance		Photography	
Making music		Reading		Watching films		Collage	
Poetry		Theater		Creating films		Painting	
Fiction		Yoga		Mosaic		Crafting	
Drawing		Zentangle/ Doodling		Knitting/ Crochet		Clay	
Cosmetology		Jewelry making		Design		Other:	

## Post-Traumatic Responses (What symptoms are they displaying?)

Self-harm		Avoidance		Attentional challenges		Denial	
Attachment challenges		Nightmares		Inconsistent engagement		Memory impairments	
Psychosis		Dissociation		Mood lability		Aggression	
Fragmentation		Relational conflict		Difficulty with self-acceptance		Flashbacks	
Psychosomatic symptoms		Limited volume control		Emotional dysregulation		Other:	

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**Stage in the Treatment Process (Where are we in treatment?)**

Engagement		Assessment		Symptom reduction		Skill Building	
Problem identification		Treatment planning		Stabilization		Trauma processing	
Self-understanding		Regression/relapse		Future orientation		Termination	

**Agency Context (What system am I providing services in?)**

**Timeframe**

Authorization Period		Session Frequency	
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**Context**

Outpatient		In-Home		Community		Hospital	
Residential		School		Shelter		Other:	

**Modality**

Individual		Group	
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**Client Plan:**

Which arts-based interventions would you incorporate into treatment?

Why would you use these particular arts-based interventions?



What opportunities and limitations are inherent in the mediums you will be using and the setting in which you will be providing treatment?

What are your thoughts/feelings about the medium?

How would these arts-based interventions assist your client in reducing symptoms and coming to a better understanding of the self, others, and the world?

What other tools or techniques would be helpful to implement as you support your client with these arts-based interventions?

How would you introduce the arts-based intervention to your client?

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