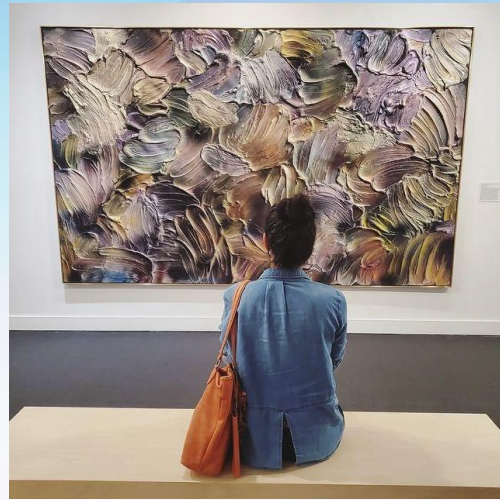


# On the Path: Reflections on Professional Identity through Art Therapy

Lourdes “Lulu” Figueroa  
Registered Art Therapist (ATR)





# About Me

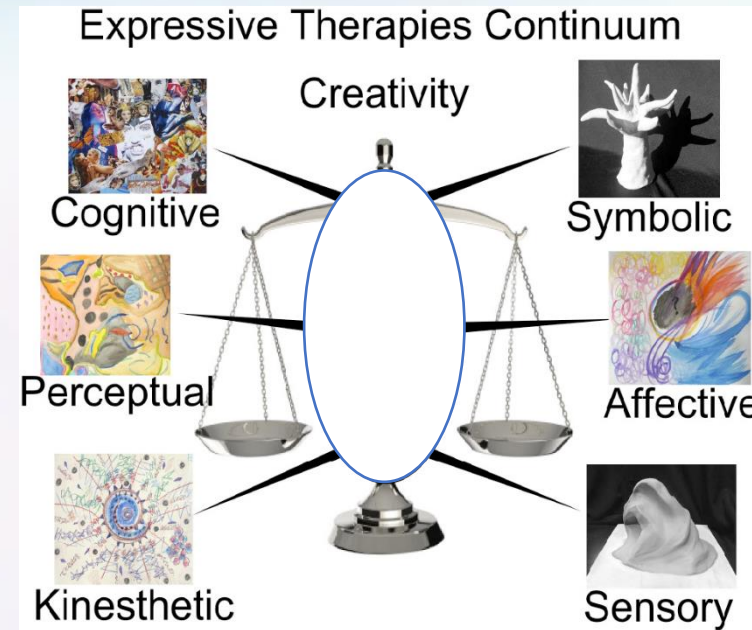


# Art Therapy

Art Therapy is an integrative mental health and human services profession that uses active art-making, creative process, applied psychological theory, and human experience to enrich the lives of individuals, families, and communities.

Pediatric art therapist must be able to recognize the developmental stages in children's artwork and possible indications of pathology, from emotional distress to organic brain damage.

Art Therapist are experts on the power of different art materials and use the expressive therapies continuum (ETC) as a foundation for choosing materials in a therapeutic context.



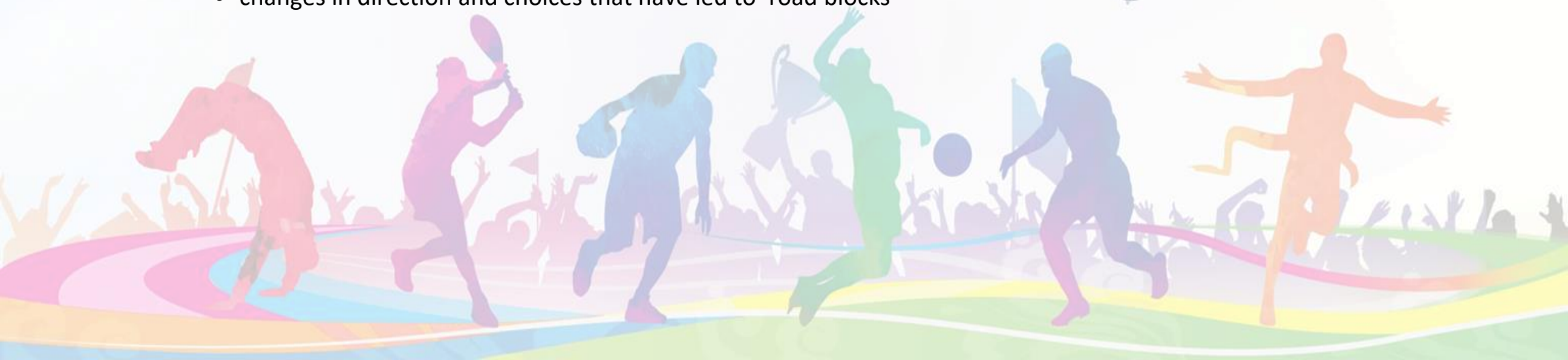


Today you will be participating in a classic art therapy directive known as a Road Drawing.

The road drawing is a directive used in art therapy to promote insight into the impact of one's lived experiences, their current state, values, and goals.

A road drawing provides participants the opportunity to explore different aspects of life, including:

- current decisions about the future
- obstacles or barriers that they have faced or anticipate facing
- changes in direction and choices that have led to 'road blocks'



# Road Drawing

## Draw a Road

- What type of road is it?
- In what condition is your road?
- Where is the road located?
- Who/What is on the road?
- Where is the road headed towards or leading to?



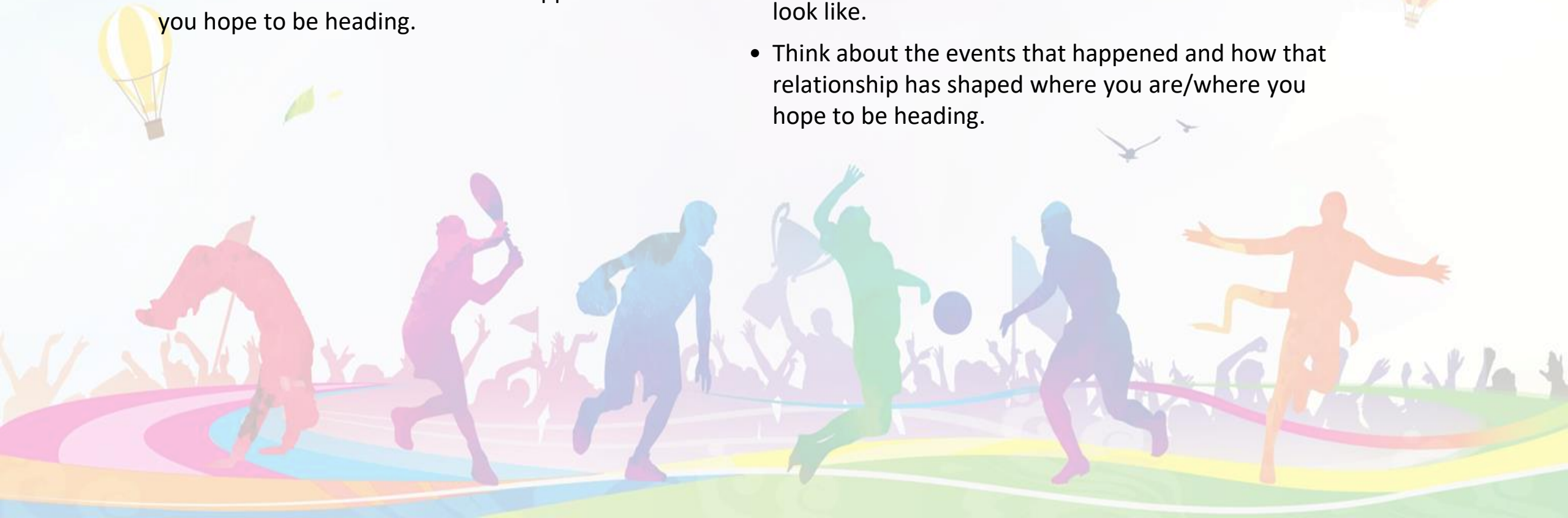
# Road Drawing

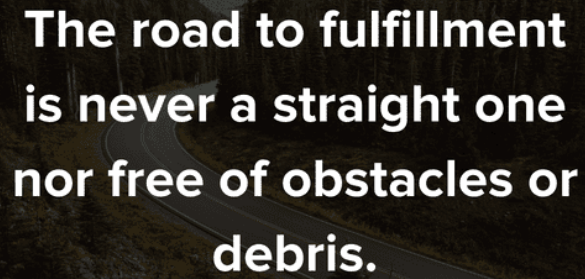
Reflect on your path as a Child Life Specialist:

- Imagine your journey as a child life specialist is like a road. Draw a picture that represents what this road would look like.
- Think about the events that have happened and where you hope to be heading.

Reflect on a patient whose journey was especially meaningful in shaping who you are as a child life specialist:

- Recall your journey being “on the path” with them. Draw a picture that represents what this road would look like.
- Think about the events that happened and how that relationship has shaped where you are/where you hope to be heading.



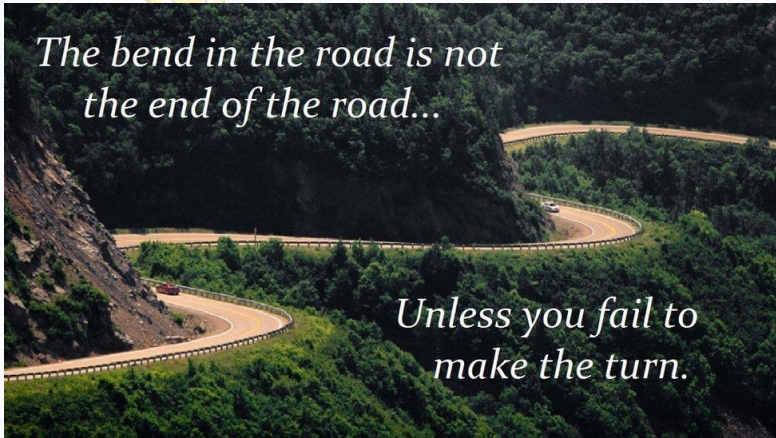


**The road to fulfillment  
is never a straight one  
nor free of obstacles or  
debris.**

Jeffrey Duarte

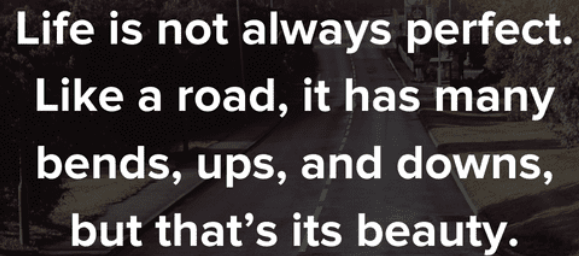
EVERYDAY POWER

**Thank You!**



*The bend in the road is not  
the end of the road...*

*Unless you fail to  
make the turn.*



**Life is not always perfect.  
Like a road, it has many  
bends, ups, and downs,  
but that's its beauty.**

Amit Ray

EVERYDAY POWER



## THE ROAD NOT TAKEN

BY ROBERT FROST

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I —  
I took the one less traveled by,  
And that has made all the difference.

**Please remember to go  
on event and fill out the  
session survey!**

