

DRAW YOUR WORLD

A Solution-Focused Therapeutic Tool for School Counseling,
Private Practice, and Brief Counseling with Children



WRITTEN BY
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About the Author

Courtney Rios has been a certified school counselor in Texas since 2011. She started her career working with children and adolescents in a residential treatment facility for both mental health and substance abuse. She then went into the world of education and became a middle school teacher. After finishing her master's degree, she began her counseling career as a high school counselor. Today, she is an elementary counselor working with school-age children and is also employed with a foster care agency working with children of all ages that are placed in foster care.



Draw Your World

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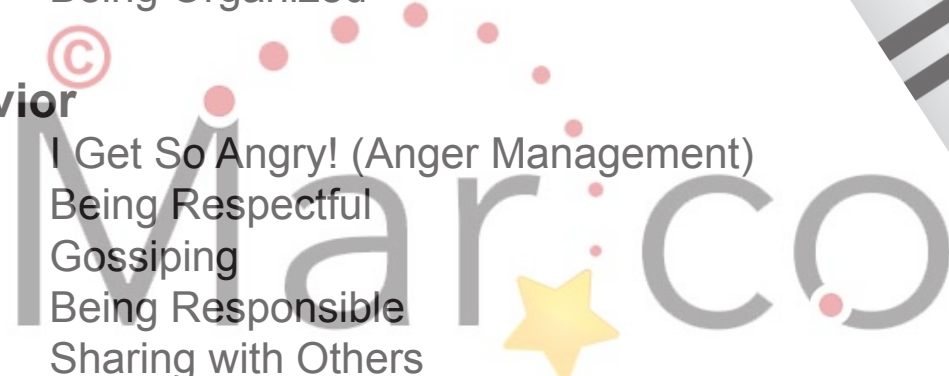
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Instructions for Using the CD

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Overview

This book is a tool/technique in which to incorporate solution-focused drawing techniques when counseling children. It does not take a substantial amount of time and can be considered brief counseling, which is developmentally appropriate for school-age children.


For each chosen template, have the child draw his or her response to the question or statement in each section. As the drawings are completed, ask the child to elaborate on what he or she has drawn. The elaboration by words can be done section by section or after the child has completed the entire page. As the counselor/therapist, you will get an inside look into what is going on in the child's life/world/head through art, color, and pictures as the child explains and describes his or her drawings.

The counselor/therapist will then interpret the drawings to:


- gain insight as to what may be problematic in the child's life,
- help the child to gain a better understanding of his/her surroundings, and
- find ways in which to resolve the issue(s) that he or she may be facing.

The value of this art technique is that the child is able to express his or her feelings and emotions in a therapeutic setting in ways that he or she may not be able to explain or express in words.

Treat People the Way You Want to Be Treated

 What does it
look like when
you are not nice to others?

What does it
look like when
you are nice to others?

 What could you do or how could you act
to get along better with others?

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That's Not Yours!

Draw a picture of how your body would look and how you would feel if you took something that didn't belong to you.

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Draw a picture of how your body would look and how you would feel if you resisted the temptation to take something that didn't belong to you.

Reach for the Stars!

My Goal:

What steps can you take to reach your goal?

© Draw a picture of how you will look and feel when you achieve your goal.

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ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

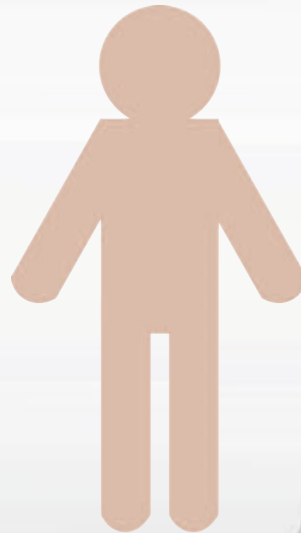
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The logo for Marco features the word "Marco" in a grey, sans-serif font. Above the letters, a series of red dots forms a curved path that starts above the 'M', goes up and over the 'a', and then curves down towards the 'o'. A yellow five-pointed star is positioned below the 'r' and 'c', appearing to be part of the trail of dots.

I Get So Angry!

Draw a picture of how you look when you first start getting angry.

Where in your body do you feel anger?



In the past, what have you done to calm yourself down?

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Stop the Arguing!

Draw a picture showing how it looks when the arguing begins.

How do you feel when you hear the arguing?

What would it look like in your home if no one ever argued?

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