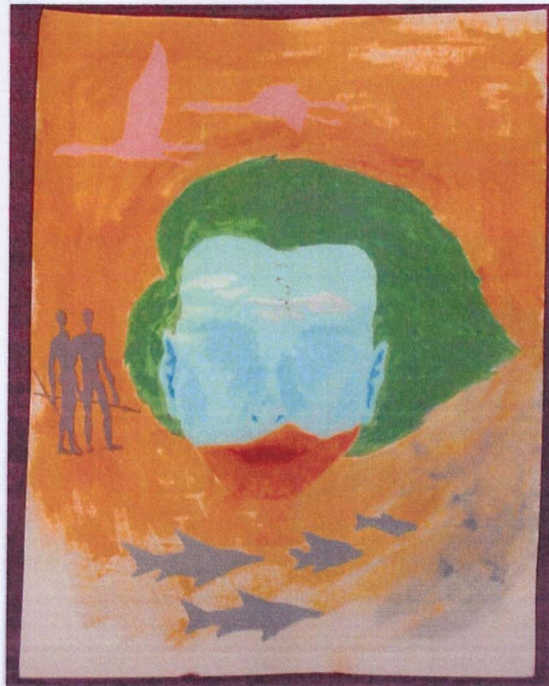


APPENDIX A



An example of Art Therapy  
(Permission: F. Moolman)



Foot-in-Mouth-Faces  
Exercise 2



Examples of Clay work  
(Permission: K. Rabie)



Clay and Figurative Sculpture  
Exercise 4  
(Permission: K. Rabie)



Mandala examples



Spiritual Art  
Exercise 6  
(Permission: L. Geyer)



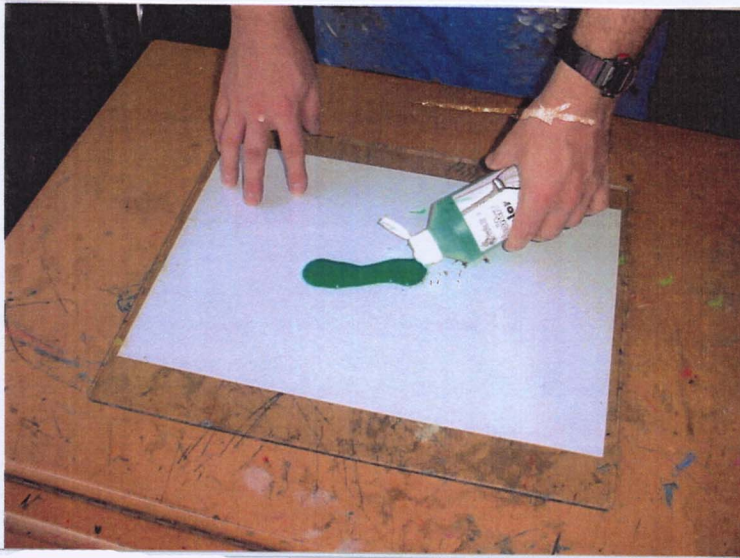
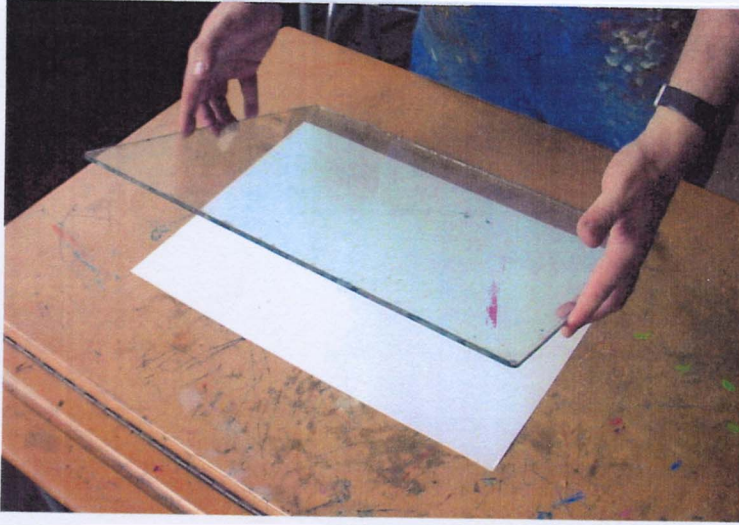
Sandplay Scene

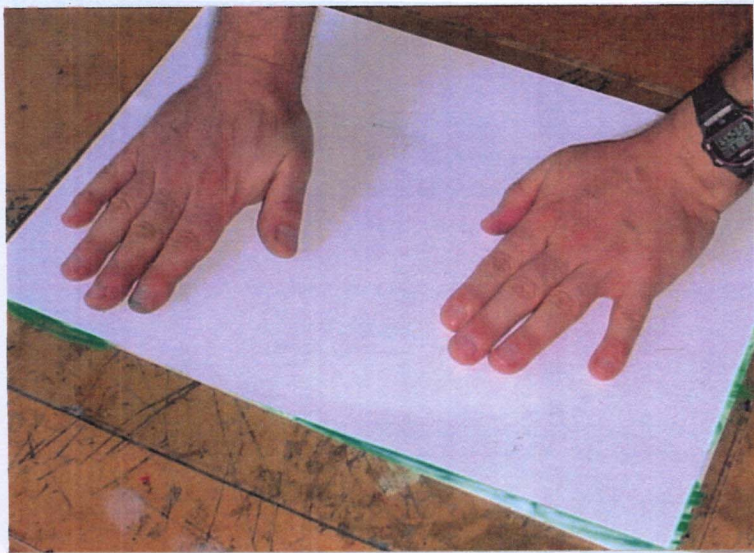
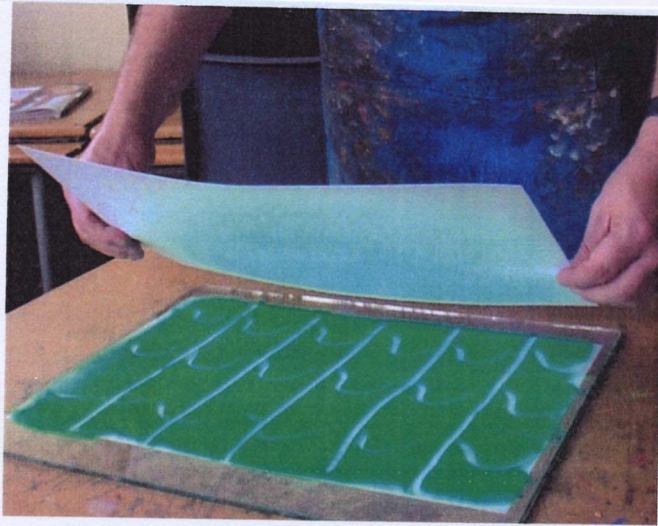
## **APPENDIX B**

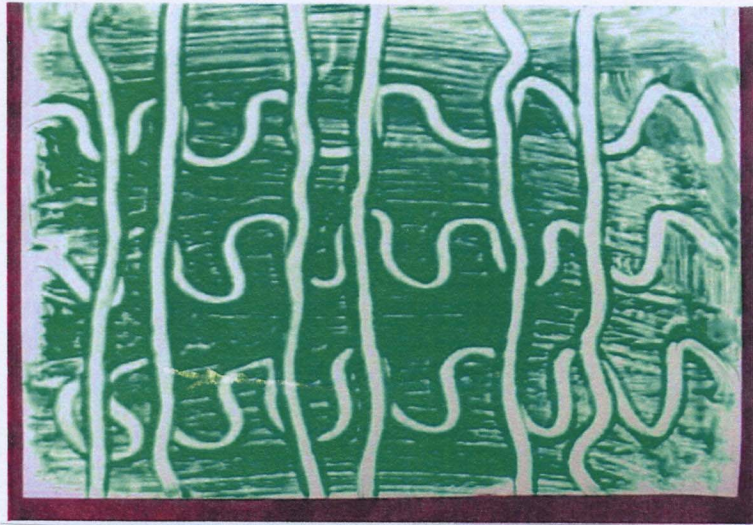
### **CONCEPTUAL VIDEO:**

The effect of self-generated multimedia, visual and expressive stimuli on the counselling process.

Mono print process - Step 2







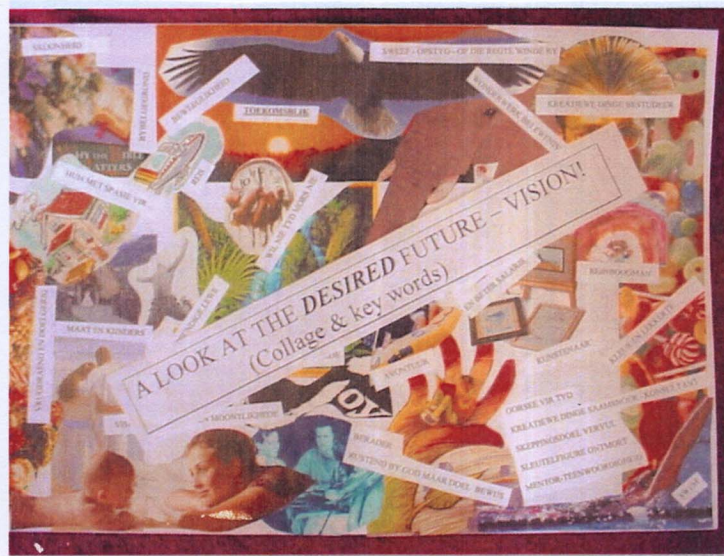
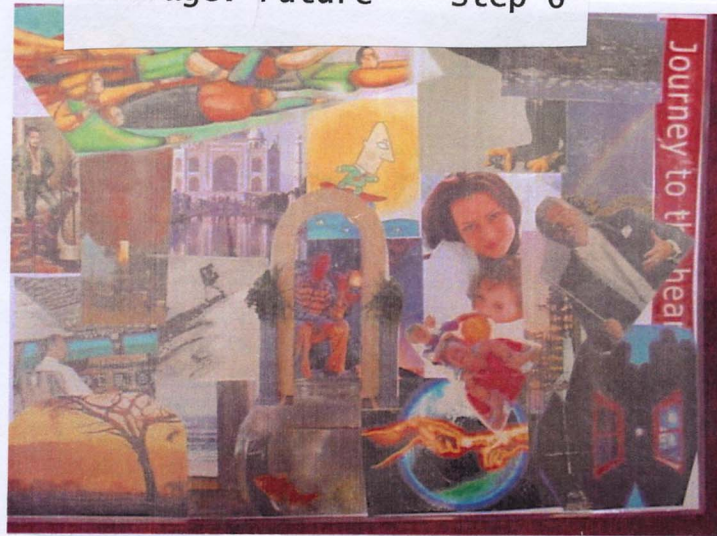


Brainstorming - Step 3 & 4





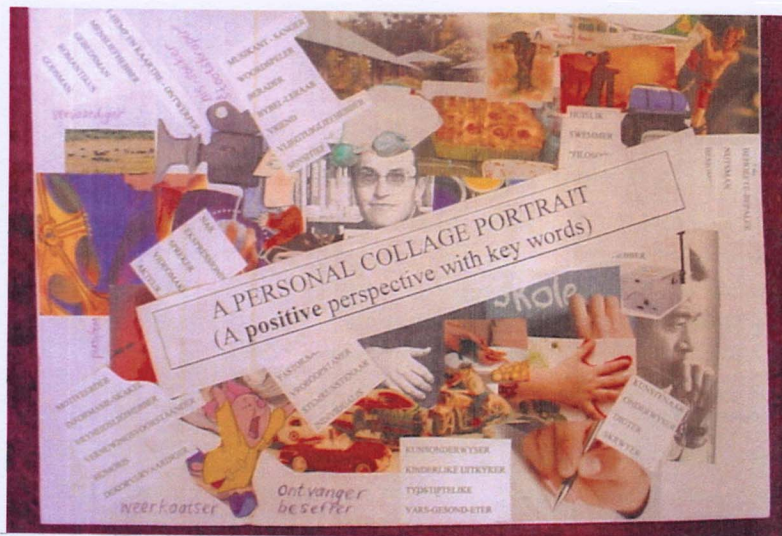
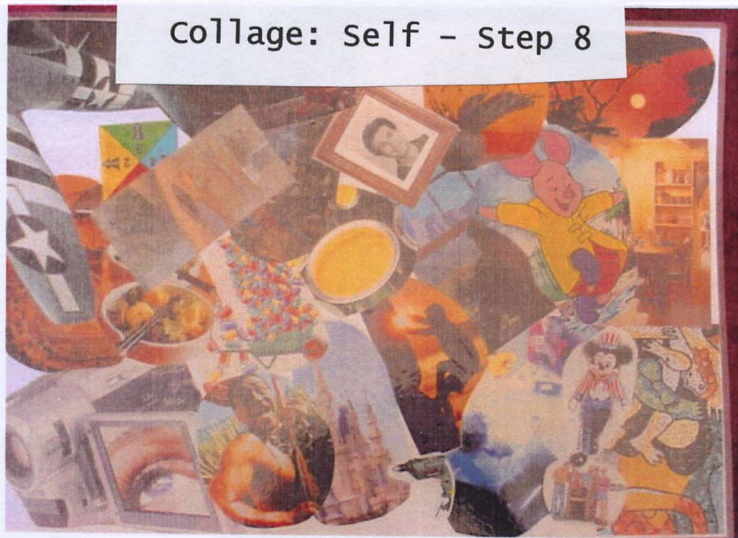
Collage: Future - Step 6

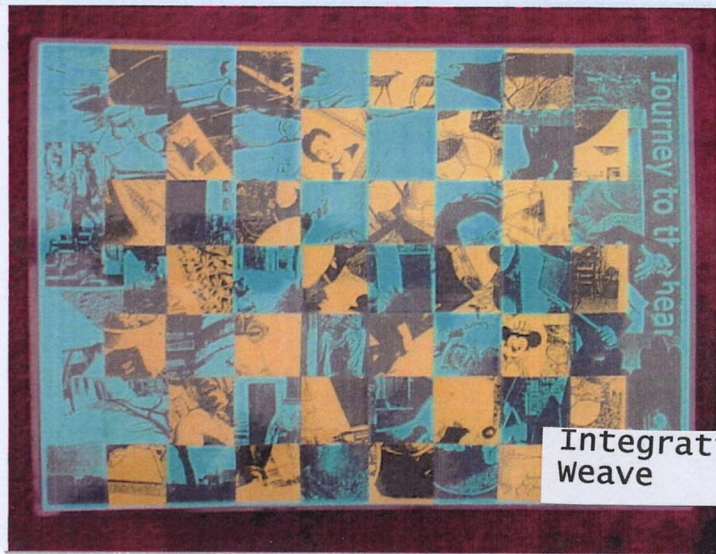


University of Pretoria etd - Pienaar, P A (2005)  
Photographic Session - Step 7

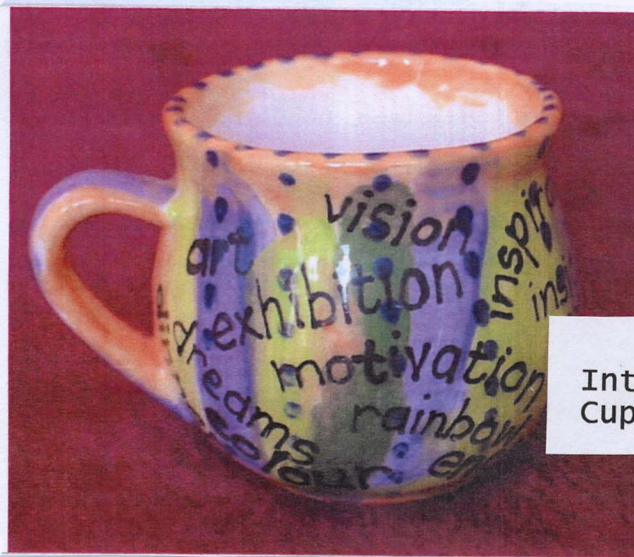


Collage: Self - Step 8





Integration art work - Step 10 Weave



Integration art work - Step 10 Cup



Integration art work - Step 10 Styrofoam print



Integration art work - step 10  
Two-tone cutout



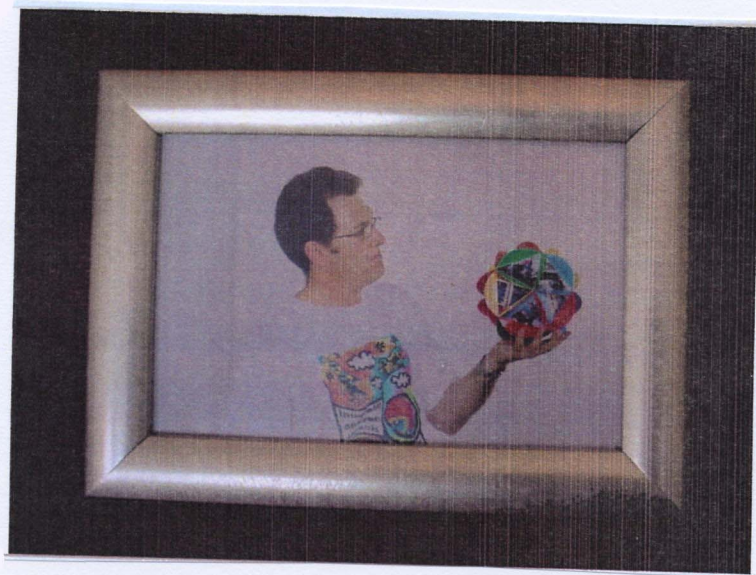
Integration art work - step 10  
Church window design



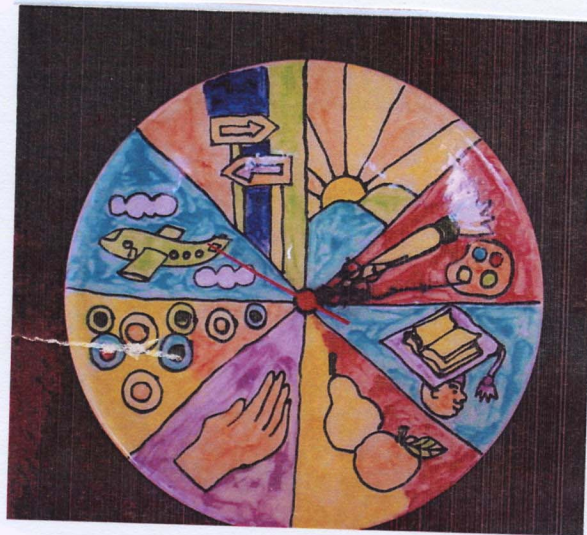
Integration art work - step 10  
Decoupage box



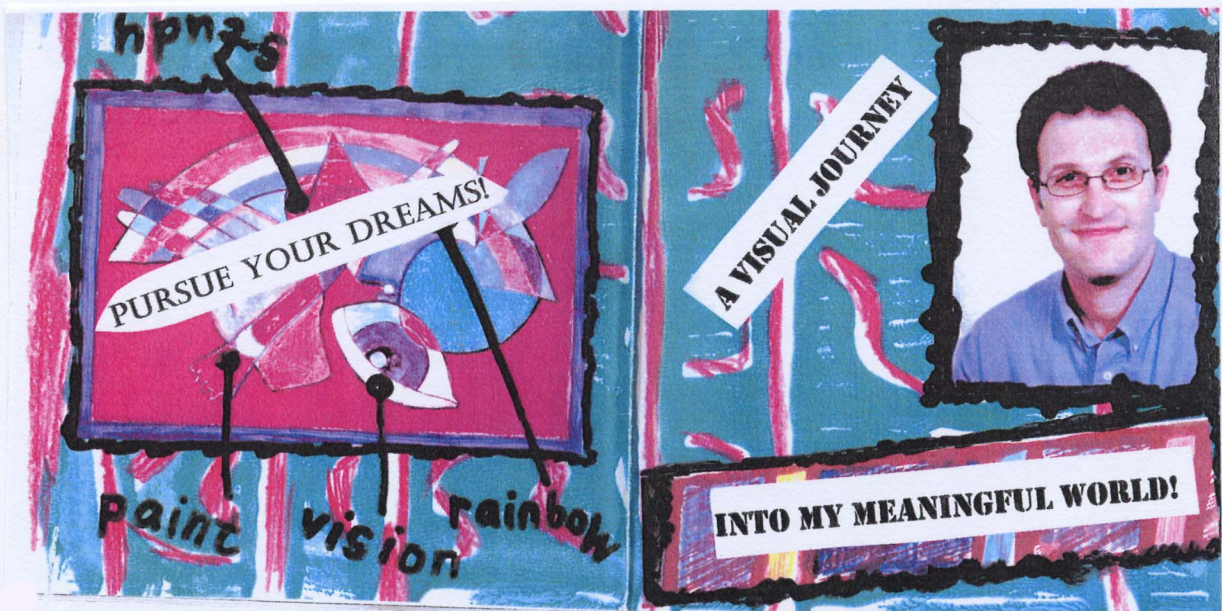
Self-world ball - step 12



T-shirt design: Step 15



Clock: Step 13



Advice to Myself

It is time for adventure!  
Look for meaningful challenges.  
**Invite people to dinner more often.**  
Do not waste time – focus!  
**Be prepared to work hard.**  
Add colour to your environment.  
**YOU NEED TO LAUGH MORE OFTEN!**  
SEEK JOY!

CD-cover design: Step 16

## APPENDIX D

### ***Step 1: Video introduction***

*Write a paragraph in which you provide an overview of your (present) circumstances and your present state of mind. Explain what you would like to achieve with this process or counselling programme. (What is that you would like to learn about yourself?)*

*After you have completed the paragraph to your satisfaction, you will explain it first to the counsellor, so that blurred meanings may be corrected, before you explain it to the video camera.*

### ***For discussion:***

- *How did you experience the explanation you made to the camera?*
  
- *Are there any interesting remarks or impressions that you would like to record in writing?*

***Step 2: Monoprints***

*You will make two prints on the glass panel, as explained by the counsellor. Thereafter, you will decorate the two prints in two different ways with pencils and ink.*

***For discussion:***

- *How did you experience the making of the prints?*
- *Have you ever made a print before?*
- *Can you see other uses for this art technique?*
- *How do you like the colour photocopy?*

***Step 3: Brainstorming exercise***

*Write down all the different issues and aspects [dreams, fears, goals, work, assignments, problems...] of your life on separate stickers (as explained by the counsellor).*

*Headings that might assist you to remember the different aspects of your life may be supplied, if it appears that you have exhausted your thoughts (too early). When you and the counsellor are satisfied, you will copy the same list of issues onto a second set of stickers, using a different colour pen.*

***For discussion:***

- *How do you feel now that you have tapped your mind? Do you feel in any way different about all the various aspects of your life?*



- *Are there any important tasks or elements that are catching your attention?  
Things you have forgotten about?*

***Step 4: Brainstorming exercise stuck on monoprints***

*You are going to take one set of stickers and stick them onto the colourful monoprint background. The other set of stickers will be separated and grouped and headings that you will choose will be supplied. These will be stuck onto the two-tone monoprint background. The second step should enable you to view the separate sections and the relevant issues of your life at a glance.*

***For discussion:***

- *How did you experience the execution of this step?*
  
- *Do you feel any different about the various sections, aspects and issues of your life?*
  
- *Do you think you have gained a greater measure of insight into your personal world by means of the visual layout?*

***Step 5: Discussion***

***For discussion:***

- *Do you feel that your thoughts are now better organised? What is the feeling that you are experiencing at this moment regarding the many aspects of your life?*

- *Where do the greatest challenges, problems, joys and ... lie, according to the previous exercise?*

*Record a few impressions on paper regarding the “organised” aspects of which you want to remind yourself. In other words, you need to write a short message to yourself regarding the “things” you regard as important, so that you may live a more effective life, according to your judgment. Once you and the counsellor have agreed on the message, you will explain it to the camera.*

### ***Step 6: Collage of the future***

*Page through the magazines provided and tear out the pictures that speak to you regarding your future – or seem like elements you would like to see in your future. You must imagine that you can see these images come to life over the next months, years and decades.*

*Once you have collected enough images and pictures, cut them to the desired size, evaluate them, organise them on an A3-page and then stick them on. Afterwards, a colour photocopy will be made and you will label (or clarify) the images and pictures and explain them to the counsellor.*

## APPENDIX F

- Was the process too long?
- Was there too much repetition?
- Did the steps logically build upon one another?
- Could you distinguish between the different meanings embedded in each step?
- What did you like the most?
- Did you experience the pace of the process as being rushed?
- Would you have preferred to receive a list of materials you needed to have before the process started?
- How did you experience the workspace?
- What do you think would be the ideal place or space in which to represent this “workshop”?
- Were the art materials and equipment sufficient to complete the assignments?
- What was the core message of the process – to you?
- Who do you think would benefit from this process?
- How suitable do you think the process is for a group setting?
- For which age group would you recommend this process?
- Was the process at all worth the effort? Provide reasons for your answer.
- How do you feel about the type of artworks or constructs the process employs? Were you satisfied with the results?
- Can you think of any other interesting art projects that are suitable for this counselling workshop environment?
- Do you think the two collages were meaningful or must the second one be replaced with a different activity that will describe the identity?
- Do you think the way video was used in this process can make any contribution to self-discovery?
- Would you have liked to use still more or other media?
- How did you experience the final screening of the edited video?
- Have you made any inner progress of which you are already aware?

- Did you experience the process (as it was presented) to be supportive of the inner person or was it degrading?
- Do you have any other suggestions?

***For discussion:***

- *Explain the great challenges your future holds.*
- *How does it feel to see your possible future like this, in front of you?*
- *Which images do you enjoy looking at the most and which ones provide you with great inner joy?*
- *Which goals would you like to reach first ... and later?*
- *Which goals are almost “impossible”?*
- *If you could choose one symbol or image with which to associate your idea of your future, what would it be?*

*Explain the five most important images – as you experience it now – to the camera. You may first want to rehearse your explanation on paper.*

***Step 7: Photographic session***

*A photographer, or the counsellor, will take two portraits of you. One portrait will be “serious” and the other will display your humorous side. You can decide what the second photograph will be about by the items you select to bring to the studio.*

***For discussion:***

- *How did you experience the photography session?*
  
- *How would you prefer your family to see you?*
  
- *How would you like to be seen by your friends and peers?*
  
- *To whom do you most frequently disclose your humorous side?*
  
- *What did you want to convey about yourself with the humorous portrait?*
  
- *What makes you laugh?*

*You may read a joke into the camera or tell briefly what, in general, you find funny or humorous.*

***Step 8: Visual identity collage***

*This step is a repetition of the methods used in Step 6 but, this time, you will collect images or pictures that represent you as a person. Your collage must answer the question: “Who am I as a person?”*

***For discussion:***

- *What catches your attention immediately when you look at your “ID collage”?*
- *Did you learn anything about yourself you were not aware of?*
- *Name your ten best qualities the collage has highlighted for you.*

*If you would like to address or encourage yourself at this stage, what would you say? Prepare a paragraph in which you encourage yourself, or you can simply explain a few of the images you like most to the camera.*

***Step 9: Discussion – comparing collages***

*The two collages are placed next to each other and comparisons and observations are made. Explain what you see in each collage and how they relate to each other.*

***For discussion:***

- *How does your identity compare to what you would like to achieve in the future?*
  
- *Do you detect any contradictions?*
  
  
  
  
  
  
  
  
  
  
- *Do you think you would have to make any adjustments to reach your goals?*

***Step 10: Photographic exercise or photo selection***

*Bring certain photographs to the counselling workshop, including the photographs that you took especially for this step. The counsellor will inform you in good time about what needs to be done.*

***For discussion:***

- *How important is it to you to take photographs or record important events in your life?*
  
  
  
  
  
  
  
  
  
  
- *How did you experience the photographic journey you undertook to complete this assignment?*



***Step 11: Self-world ball***

*Select the 20 most important photographs you want to use to represent your world. Then colour photocopies will be made that can be cut and pasted to form the ball. The counsellor will assist you in this regard.*

***For discussion:***

- *What were you thinking of when you were selecting the pictures?*
  
- *What can you say about your everyday life, when you look at the photographs?*
  
- *Is there something that upsets you about your world?*
  
- *Is there anything lacking in your world?*
  
- *Do you detect an over or underemphasis anywhere of elements you regard as important?*
  
- *Choose those photographs that make you happy.*
  
- *How did you enjoy the construction of the ball?*

*Explain the core elements of your world briefly to the camera, or comment on the joys in your life.*

***Step 12: Clock***

*All the previous steps will be briefly revised to make this step meaningful. In view of all the important organised aspects or issues of your life, your expectations of the future and your identity, how do you generally need to spend your time?*

*You are now going to design an “inspirational” clock face. The counsellor will assist you by showing an example. When you have completed the design, a colour photocopy will be made that will be laminated, after which a clock mechanism will be inserted, so that you can make good use of it!*

***For discussion:***

- *What is your favourite pastime?*
- *How do you generally spend your time?*
- *How do you divide your hours?*
- *Do you participate in activities that exercise your body?*
- *Did you gather any new insights? Explain.*
- *How personal and meaningful are the clock images to you?*

*Explain the meaning of your clock face images to the camera.*

***Step 13: Discussion – “My unique contribution to the world”***

*Seeing that you have had opportunity to look into the core of your personality and interests, you will now look away from yourself and regard the world or society “out there”.*

***For discussion:***

- *Name the talents you have that you can use to enrich the lives of others.*
- *How can you utilise your talents to serve mankind?*

***Step 14: CD-cover design***

*The colour photocopies that have been made throughout this process will now be used to decorate the CD case for the CD that will eventually contain the edited process. You are free to use other images or pictures, if you wish. The purpose of this exercise is to summarise the impressions you have gathered during the process and to illuminate your personal goals. The counsellor will explain the detail and show an example.*

***For discussion:***

- *How did you experience this “summarising” exercise?*
- *How do you feel about the personal motivational thoughts you addressed? (Do you think they indicate your personal course accurately?)*

- *Can you recognise any humorous aspects of yourself in the CD-case cover?*

*Explain the most interesting aspect of your CD-case cover to the camera.*

***Step 15: On-screen conclusion***

*Prepare a concluding camera appearance in which you explain what you have learned about yourself throughout the process. (Compare the notes of the introduction and conclusion and decide if you have benefited from the process.)*

***Step 16: Exhibition and on-screen viewing***

APPENDIX E

Visual construct 1



Visual construct 2



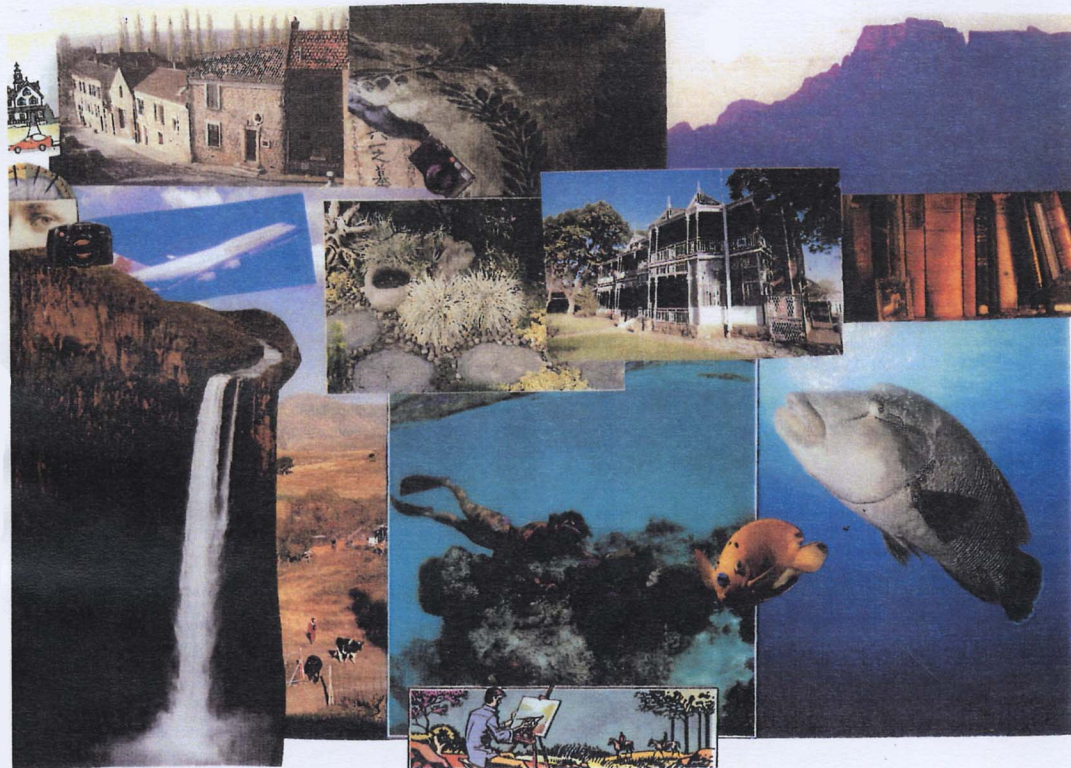
**Visual construct 3**



Visual construct 4



**Visual construct 5**

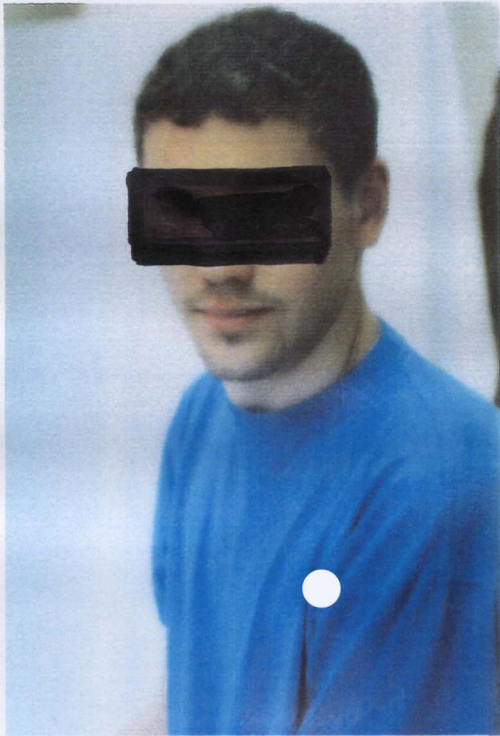


**Visual construct 6**





Visual construct 7



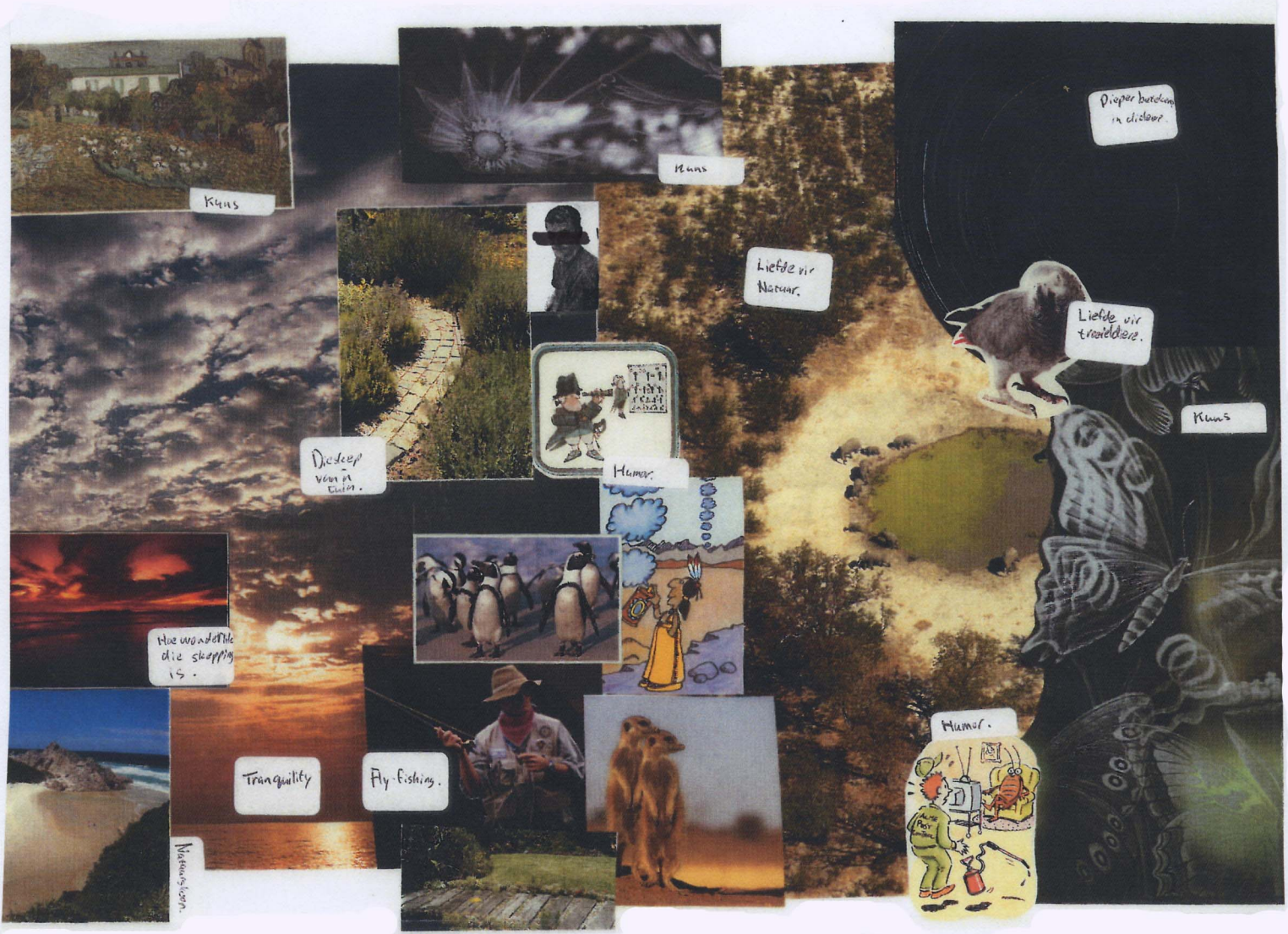
Visual construct 8



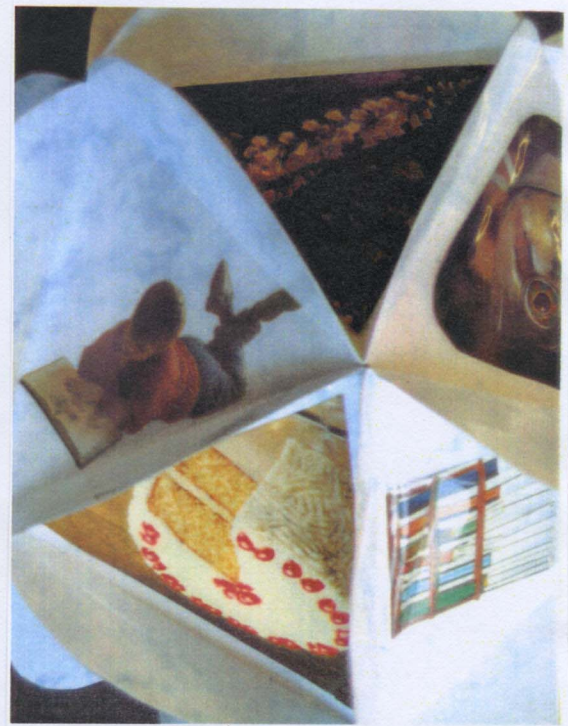
Visual construct 9



Visual construct 10



Visual construct 11



**Visual construct 12**



**Visual construct 13**



## APPENDIX F

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