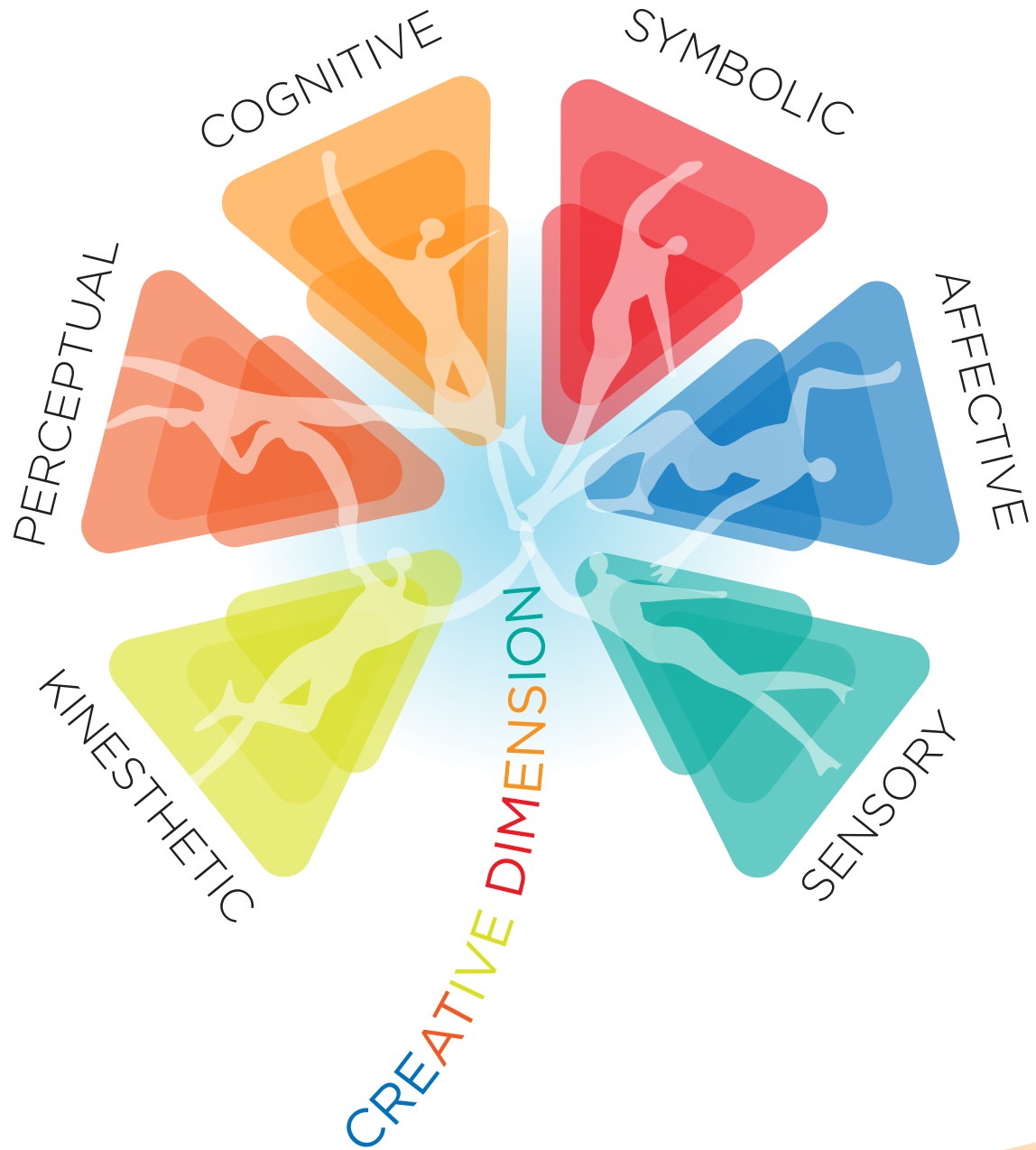


# EXPRESSIVE THERAPIST SELF-INQUIRY SCALE



# GUIDELINES AND PROCEDURE

The Expressive Therapist Self-Inquiry Scale (ETSI) evaluates the physical, emotional, and intellectual integrative structure of the human and the artistic experience. It is grounded in the theory of the Expressive Therapies Continuum (ETC).

The ETSI involves using a range of artistic media, from very fluid to highly resistive, from traditional fine arts to non-traditional and culturally sensitive, to create free art tasks in the scope of an artistic practice.

Choices of media, paper sizes, canvases and tasks aid expressive therapists in assessing their preferred methods of information processing: overused, underused, and blocked or disconnected ETC component functions.

When working with clients or supervisees, it is important to better understand how we function (ETC levels) in relation to the other – this understanding can become the road to the therapeutic alliance.

1. The expressive therapist chooses materials and completes a free art task from:

- a) A continuum of media that have been arranged from the highly resistive on one side to very fluid on the other end.
- b) A selection of paper or other canvases in different sizes, colors, and thicknesses.
- c) Art mediators such as paintbrushes and sculpting tools.

Selecting the suitable art medium for each task or a combination of media:

- Painting Materials with Mediator: watercolor on wet paper, acrylic, tempera paint, etc.
- Painting Materials with no Mediator: finger paint, foot printing, body stamping, etc.
- Drawing Materials with Mediators: color pencils, markers, wax colors, pencils, wood burning tools (pyrography), etc.
- Drawing Materials with no Mediator: chalk pastels, oil pastels, fine charcoals, etc.
- Modeling Materials with or without Mediators: modeling clay, air-dry clay, polymer clay, plasticine, etc.
- Assembling Materials: collage, mobile, installation, wood, beads, shells, corn kernels, bark, antlers, feathers, etc.
- Sculpting Materials: wood carving, stone carving, etc.
- Textile Art: weaving, knitting, sewing, crochet, and tailoring, as well as the tools employed (looms and sewing needles).
- Performing art: film, video, photographic and installation-based artworks through which the action of artists, performers or the audience is conveyed.
- Natural Art: ceremonial objects, land art, contemplation of nature, etc.
- Digital Technology: use of images, sound animation, video, websites, or gallery installations. Computer generated, scanned, or drawn images using a tablet and a mouse, etc.

2. The time for the completion of the works of art can last from a few minutes to an entire session..

3. Video recording or/and photographing art materials interactions and other processes are suggested.

4. Use the ETSI Assessment Form with journaling to record an art-making session.

5. You can then compare the artistic process and product of the day to your typical preferences and aversions.

# EXPRESSIVE THERAPIST SELF-INQUIRY SCALE

## PLEASE RATE YOUR ARTISTIC PROCESS AND PRODUCT TODAY

INDICATE YOUR CHOICE FOR EACH ITEM FROM 1 (MINIMUM) TO 5 (MAXIMUM)

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<b>KINESTHETIC</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Vigorous Movement / Release of Energy					

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<b>SENSORY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Involvement with Sensual Aspects of Materials					

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<b>PERCEPTUAL</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Involvement w/ Formal Elements of Artistic Expression					

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<b>AFFECTIVE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Accessed and/or Expressed Emotion					

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<b>COGNITIVE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Effortful or Linear Thinking was Involved					

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<b>SYMBOLIC</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Symbolic Content or Intuitive Thought was Important					

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<b>CREATIVE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Experienced Satisfaction of Self-Expression					

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INDICATE YOUR CHOICE FOR EACH ITEM FROM 1 (NOT TRUE) TO 5 (VERY TRUE)

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<b>PLEASE RATE YOUR PREFERENCE FOR TASK COMPLEXITY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I had to keep a list of instructions in mind					

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<b>PLEASE RATE YOUR PREFERENCE FOR TASK STRUCTURE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I had to make a specific art product					

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<b>PLEASE RATE YOUR LEVEL OF REFLECTIVE DISTANCE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I was able to step back and think about my process					

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<b>PLEASE RATE YOUR USE OF MEDIATORS</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
The need for brushes or tools revealed in the task completion					

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# EXPRESSIVE THERAPIST SELF-INQUIRY SCALE

**PLEASE DESCRIBE YOUR TYPICAL PREFERENCE FOR/AVERSION TO THE ARTISTIC PROCESSES (WHAT DOES YOUR RECENT PORTFOLIO LOOK LIKE):**

INDICATE YOUR CHOICE FOR EACH ITEM FROM 1 (MINIMUM) TO 5 (MAXIMUM)

<b>KINESTHETIC</b> Vigorous Movement / Release of Energy	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>SENSORY</b> Involvement with Sensual Aspects of Materials	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>PERCEPTUAL</b> Involvement with Formal Elements of Artistic Expression	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>AFFECTIVE</b> Accessed and/or Expressed Emotion	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>COGNITIVE</b> Effortful. Linear or Analytical Thought	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>SYMBOLIC</b> Symbolic or Metaphorical	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>CREATIVE</b> Experienced Satisfaction of Self-Expression	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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INDICATE YOUR CHOICE FOR EACH ITEM FROM 1 (NOT TRUE) TO 5 (VERY TRUE)

<b>PLEASE RATE YOUR PREFERENCE FOR TASK COMPLEXITY</b> I had to keep a list of instructions in mind	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>PLEASE RATE YOUR PREFERENCE FOR TASK STRUCTURE</b> I had to make a specific art product	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>PLEASE RATE YOUR LEVEL OF REFLECTIVE DISTANCE WHEN CREATING</b> I was able to step back and think about my process	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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<b>PLEASE RATE YOUR USE OF MEDIATORS</b> The use of brushes or tools in the task completion	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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# EXPRESSIVE THERAPIST SELF-INQUIRY SCALE

## LEARNING FROM THE ARTWORK CREATED: SELF-REFLECTION ON STUDIO AND PRACTICE

1. What did I learn from my expressive experience in relation to who I am?
2. What do my preferences and aversions tell me about my expressive practice?
3. Which materials are missing in my studio or sessions?
4. With which unfamiliar materials/techniques should I experiment further?
5. How does my adaptability demonstrate itself in my typical practice? How did it demonstrate itself today?
6. What will I keep in mind as I formulate future art therapy interventions?
7. If my preferences/aversions are inflexible, what potential ruptures, could emerge in the therapeutic relationship?  
How will I address repairs?"
8. What materials, if any, resonate with me due to my cultural background?
9. What will I need to keep in mind when developing culturally appropriate collaborative goals, interventions, and relationship?
10. What did I learn from comparing my typical practice with today's practice?

