

## Road to Recovery



## Materials

- 12" x 18" is the size of paper most conducive to the creation of a road drawing.
- Anything larger can be experienced as overwhelming as the client may feel compelled to fill the entire space.
- Smaller dimensions may not be capable of containing the potential image and is experienced by the client as constrictive.
- Dry controlled materials such as crayons, colored pencils and oil pastels allow for greater detail and intensity of color.
- The preceding may provide additional information and insight into the significance of the road drawing.
- Whenever possible, the art therapist should respond to the client's media needs and accommodate accordingly.

## Instructions

Simply state, "I would like you to draw an imaginary road."

The preceding instructions may elicit a number of questions. All questions should be referred back to the client in such a manner as to indicate there is no right or wrong method of proceeding and the task may be completed in any manner he or she wishes.

The following suggestions can help to stimulate the creative process:

- Is this a fast road...slow road...curvy road...straight road?
- Is the road surface made of cement, dirt, brick, blacktop, etc?
- What is the condition of your road or roads? Are there potholes or cracks?
- Is there more than one road or more than one lane?
- Are there any intersections? If so, is this a cross roads, T-intersection, or Y-intersection?
- Where does the road begin? Where does it end?
- Are there signs along your road? Do the signs have pictures and/or words?
- What is around your road, alongside, or in your road?

## The Rational For Using Roads as a Drawing Theme

## Circumventing Artistic Insecurities

- Roads are simpler to draw than other subject matter. Thus, the task is less likely to arouse feelings of insecurity.
- Even individuals who have apprehensive about the image-making process can be persuaded to render a road.
- Everyone is familiar with roads and most people believe they capable of drawing one.




### Roads have Universal Significance

- Roads have been cross-culturally relevant in the evolution of virtually all civilizations since their development some 5,000 years ago.
- The road's mythic and metaphoric meaning has permeated the language, art, poetry and music of virtually all cultures, hence its ability to elicit a wealth of associations in comparison to other subject matter.



### Idioms of Speech



- end of the road
- middle-of-the-road
- hit the road
- the road to hell is paved with good intentions
- the road less traveled
- path of least resistance
- cross someone's path

### Advertisement



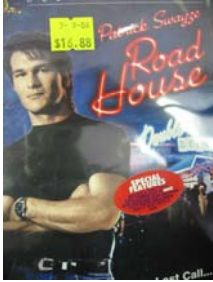

### Music

- "Highway to Hell" by AC/DC
- "Carefree Highway" by Gordon Lightfoot
- "End of the Road" by Jerry Lee Lewis
- "The Lonesome Road" by James Taylor
- "On the Road Again" by Willie Nelson
- "Take Me Home Country Roads" by John Denver.
- "Road to Nowhere" by the Talking Heads





### Road Movies

- "Road House" with Patrick Swayze
- "Road Warriors" with Mel Gibson
- "Thelma and Louise" with Gena Davis and Susan Sarandon



### Art

### Art



### Projective Qualities

- People tend to view roads as a neutral theme and are more likely to be spontaneous and bypass stereotypic or conventional defenses.
- Undesirable personal traits are more readily ascribed to an inanimate object, such as a road, since the person believes it is unrelated to self-description.

### Most Notable Advantage

- Road drawings can reflect the person's origins, the history of his or her life process, experiences to date and intent for the future – even from a single drawing.
- The reparation or periodic upgrade of the road services as a metaphor for the person's capacity for change and restoration.

### Understanding Road Drawings

- Overall feeling or response to the image
- Paper placement
- Type and condition of road
- Types of Intersections
- Road Signs

### Websites:

[www.artpsychotherapy.com](http://www.artpsychotherapy.com)  
[www.sculptaculardesigns.com](http://www.sculptaculardesigns.com)