

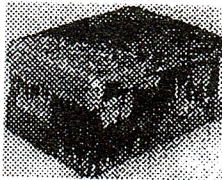
# TAKE A LOOK WHAT IS INSIDE THE BOX: USING ART THERAPY TO VENTILATE FEELINGS OF GUILT A CASE STUDY \*)

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*Art therapy has been used widely in various mental health settings. A 38 years old single woman suffered from depression and suicidal ideation was referred for a counseling. Drawing boxes and using decoupage on boxes were used to help the patient ventilated her feelings of guilt of the death of her younger brother suffered from chemical dependency and depression, and the death of her father during her absence. Treatments were given on weekly basis for 12 sessions; follow up evaluations were taken 3 months and 6 months after the last sessions.*

Guilt is an inner experience of breaking a moral code (Fossum & Mason, 1986), and guilt is perhaps the most painful companion of death (Kubler-Ross, 1969). A family member who feels guilty because he or she has deprived an illness in the family feels that he/she violated moral codes. Facing an illness which is diagnosed as a potentially fatal one, the family members may asked themselves if they are to be blamed for it, and they may feel that they have deprived the illness. Thus, the family members may look at themselves as incapable of taking care of the illness.



have not done enough to take care of, or to hospitalize the illness. They may think they have put the illness in the wrong hospital or under the care of the wrong doctor.

Kubler-Ross (1969) mentioned that if efforts did not bring good results as expected, and the dying person remained in the same condition for a long period of time, the family members might feel that their efforts had been in vain, or they felt they were incapable to help their loved one, powerless, and became angry toward the situation and toward themselves. Often times their anger and resentment were projected upon other people such as other members in the family, hospital personnel, relatives and friends.

Unsuccessful efforts to save an illness from dead may cause the family members having guilty feelings. They may think they

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