

The Techniques

Plate painting: a feeding situation is re-created. The use of a long-handled paintbrush promotes the beginning of separation and distance between parent and child.

Bingo dabbers: these small bottles symbolize the feeding bottle, or the breast. The pounding motion of the dabbers symbolizes non-verbal aggressive feelings.

Collage: within a boundary in which the child and parent can interact, sticking objects to the surface becomes a concrete attachment symbol.

Play-dough making: this is symbolic of community feeding. The flour and the salt are symbols of life and permanence. The water is symbolic of the 'Great Mother' and is associated with birth.

Goop: it is wet yet dry, hard yet soft. It symbolizes unknown elements. It is symbolic of feeding and of cleaning. It is soft and gentle like powder.



Clay: clay symbolizes the earth and inexhaustible creativity; it is a material that encourages its user to look inward. For the child the clay is muddy material that he can pinch, punch and tear.

Finger painting: is a symbolic of messy incidents. Printmaking symbolizes the ritualistic repetition of parenting

Box sculpture: this involves creating a sculpture with boxes and tape. The boxes symbolize containment and are attached together with tape, a metaphor for attachment and holding. The sculpture becomes a symbol for relationships (Proulx, 2003).



Tzafi Weinberg (BFA, DKATI) is an art therapist, and has many years of experience guiding and working with children with nature and art in Israel and Canada.

Tel 204-9995746, wtzafi@gmail.com



Attachments Through Art: A Treatment Program for Foster Parents and Children



Berkowitz Therapies Inc.

Phone: (204) 475 9997

Fax: (204) 415 4625

Email: berkowitzms@yahoo.com

495-70 Arthur Street,
Winnipeg, MB, R3B 1G7

Attachments Through Art:

A Treatment Program for Foster Parents and Children

The goal of the program

Establishing bonds between children and caregivers.

In this program a child and his/her caregiver will create a work of art together. Art can be a tool which strengthens the bond between parent and child.

The group will have a chance to explore and create with different kinds of material and activities, such as painting, drawing, gluing, sculpturing, building with construction materials, and playing.

The group will create artworks that fit the development stage of the children. It will include spontaneous art and structure projects.



Art therapy

Art therapy combines art and psychotherapy in a creative process. It is conducted using art making and verbal expressions. Creating art images is a safe and natural way of communicating feelings and experiences.

Art Therapy for Children and Caregivers

Art therapy is used to help children with emotional, developmental, and behavioural problems. It aims to facilitate positive changes through engagement with the therapist, caregiver and the art materials in a secure environment. Children can often say more in pictures than they are able to articulate. Children are naturally artistic and creative and art therapy provides a safe, easy way to express that. They are more comfortable initially expressing themselves through play or art activity than they can express emotions and feelings through words.

Attachment Theory

This is a theory about the psychological concept of attachment: the tendency to seek closeness to another person and feel secure when that person is

present. According to attachment theory, attachment is not just a consequence of the need to satisfy various drives. For example, children are not just attached to their parents because they provide food; their attachment also involves behaviour that is independent of their direct needs.



The treatment includes
12 sessions of
Foster Parent and child
60 minutes each
Group of age: 3-6 or 6-10
The Fee for the program is
\$ 600 for Foster Parent and child