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The Study of Therapeutic Effect of Hill's Dream Work in Art Therapy

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Abstract

The purpose of the study is to realize Hill's the application of Dream work used in art therapy and to explore the treatment outcome. Then the research result can be applied in clinical work. In the study, Grounded therapy was adopted to investigate the effectiveness of Hill's Dream work applied in Art therapy process. Qualitative research was applied to realize 22 participants' understanding of therapy process and content of therapeutic agents of this work model template. Participants were interviewed after receiving six to eight therapy sessions. Materials obtained from the interviews which were transcribed and then analyzed by Grounded Theory methodology. The results indicated that three stages, before therapy process, the formal therapy process, after therapy process, with differed therapeutic effects. Among which, therapeutic factors can be further categorized to the client's personal awareness factor, therapist's factor, and art material factors which affected on the therapy process. Client's personal factors included to make sure motivation, relationship with dream and change within art therapy and dream work. Therapist's factors were to provide safe environment, empathetic, positive attitude, interpretation of dream picture, encourage and to be a guide. Art material factors were meant to use different colour, the characteristic of art material, to change the art tools in art therapy process, to be aware of the dream meaning in art, and to make sense of creative behaviour. The subsequent therapeutic effect were to be applied in daily life, more interest in creation, to extend the insight of dream and positive attitude for life, and to be a reminder after therapy session. According to the research results, the model of change mechanism on therapy processes and therapeutic agents were then provided. Finally, findings in this research were discussed and implications and suggestions for practice art work, clinical counselling work and future study were also provided.

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1. Instruction

1.1. *Definition of Hill's Dream work and Art therapy*

In therapy process, the client would express his/her information through different ways such as dream, body language or others. In psychoanalytic theory, the client's dream usually was presented someone's unconscious. If the therapist can realize the client's dream in detail, then the client might be easy to work through their unconscious and loss experience. Hill established a dream work with a series of steps by verbal way (Davis & Hill, 2004). Hill integrated psychodynamic, experiential, and humanistic theories into a comprehensive model. Hill believed that dreams can reflect a person waking life and is a best understand way in a collaborative effort within therapy process for relationship between client and therapist. In Hill's dream work in therapy, there are three main stages, facilitating exploration, insight, and action. It's easy to find that images showing up with different ways with people (Crook & Hill, 2003). Therapists can help the client explore their dreams, gain insight into the meaning of their dreams, and take action to resolve issues or to face themselves in their waking life. We can find that Hill's dream work model helpful for therapy process. Moreover, it is clear that art images are created by clients which can show up their feeling or make their imagination more concrete. Art creation is a symbol presenting a sign of individual inner world. If dream images can be presented by a concreted product, a person's dream might be realized by the other. Art therapy is a way to let the therapist understand the client's expression. Art product is a reflection between therapist and the client (Hartmann,1999). The client can transform personal projection on the art creation. The therapist can obtain information from the client's creation. To combined Hill's dream work steps and the significance of art therapy was the goal of this study.

1.2. *the relationship between Hill's Dream work and Art therapy*

Hill developed a series step of dream work. However, sometimes the therapist might misunderstand the client's dream image by verbal expression. For example, the size or color of a picture or the distance within people or objects. The client's dream wasn't expressed in reality so that the therapist could not offer accurate interpretation for dream image. In other words, there is an obstacle or imagination space within the therapy process. At the time, if the client can create a concrete image which can correctly present what he or she dream and then to offer more clearly relationships within the elements in the product. The distance between the therapist and the client can be shortening. (Ball,2002). In art therapy theory, Jung proposed free association for dream work. (Case & Dalley, 2006). If the therapist tries to understand the client more, the creation will play a role that to make the therapy relationship closer. Dreams in art therapy usually appear in the therapy process. It is a quiet good material for a client to convey feeling massage. But dream work in art therapy is without any specific strategies. As a result, we can find the problems that Hill's dream work which might result in different interpretation and dream images in art therapy with therapist misunderstanding. If the therapist can realize the client's dream by using art works, the client's might be realized more through dream by therapist. From this point of view, researcher find this issue should be discussed and to be researched.

1.3. *Research questions*

According to the research problem, researcher tried to realize some issues by empirical research. There are four research question in the study:

1. What is the result of using Hill's dream work steps in art therapy?
2. What is the therapeutic effect of Hill's dream work steps in art therapy?
3. What are the therapeutic factors of Hill's dream work steps in art therapy?
4. What is the treatment outcome of Hill's dream work steps in art therapy?

Through this study, the therapeutic and treatment outcome of Hill's dream work steps in art therapy can be understood. Besides, research can know the way that how to apply Hill's dream work in art therapy in clinical work.

2. Method

2.1. Participants

The participants of this study were obtained from different places such as university, social community institution, clinic etc. The participants were all over 18 years old. There were twenty-two persons participating in the study. The average ages were 27.7 years old. They all promised to accept interviewing after whole sessions.

2.2. Therapist

The two therapists were all experienced art therapy training over 3 years. In the research process, the therapists were under supervision. Besides, two therapists were attending Hill's Dream work model training workshop at least six hours before formal therapy session.

2.3. Procedures

Researcher tried to use empirical data to realize Hill's the application of dream work used in art therapy and to explore the treatment outcome. Through the study, to realize the main therapeutic effect of Hill's dream work in art therapy. According to the interview data analysis, to understand what the clinical treatment outcome of Hill's dream works in art therapy. All participant would experience three stages: facilitating exploration, insight, and action. After therapy session, researcher interviewed the research participants for getting information about the treatment outcome from their personal feeling. At last, research analysed the interviewing data in order to Established cross-client outcome.

Grounded therapy was adopted to investigate the effectiveness of Hill's Dream work applied in Art therapy process. First, researcher invited participants over 18 years old without any psychosis syndrome. Second, semi-structure interviewing was used in the study. Twenty-two participants were interviewed after whole six to eight session. They all focused on realization of therapy process and content of therapeutic agents of this work model template. Each participant received forty to sixty minutes session in the process. Materials obtained from the interviews were transcribed and then analyzed by Grounded Theory methodology. After analyzing the transcription, the research focus on the therapeutic effect and factors of Hill's dream work in art therapy. The therapy treatment outcome also be pointed out in the research findings.

3. Results

3.1. Three stages that same as Hill's dream work stages.

The results indicated that three stages, before therapy process, the formal therapy process, after therapy process, with differed therapeutic effects.

First, before therapy process is same as facilitating exploration Hill's dream work stage. At this stage, the client makes sure the will and preparing to face their inner world. The therapists help them to explore their motion. The clients usually show up curiosity for dream, the eager to self-realization and emotion distress.

Second, the formal therapy process is similar to insight in Hill’s dream work. It pointed out the client transfer from defense into involvement for facing themselves and creativity. They were also not sure the selection of dream. Among which, therapeutic factors can be further categorized to the client’s personal awareness factor, therapist’s factor, and art material factors which affected on the therapy process. Client’s personal factors included to make sure motivation, relationship with dream and change within art therapy and dream work. Therapist’s factors were to provide safe environment, empathetic, positive attitude, interpretation of dream picture, encourage and to be a guide. Art material factors were meant to use different color, the characteristic of art material, to change the art tools in art therapy process, to be aware of the dream meaning in art, and to make sense of creative behavior.

Finally, after therapy, the subsequent therapeutic effect were to be applied in daily life, more interest in creation, to extend the insight of dream and positive attitude for life , and to be a reminder after therapy session.

3.2. The client, therapist and art material interaction factors which also the therapeutic elements in dream work

The client’s personal awareness factors in the therapy process. Client’s personal factors were motivation and relationship. Clients should understand their personal main issue that can improve the process into the therapeutic outcome. The appearance of self-realization and positive power has impact on the client’s emotion transformation from negative to positive. Through art making, the client can be closer to their inner world and their waking life. The client’s unconscious projects on art work and to make more clear about dream context which can improve the client to obtain meaning from this art-making process.

Therapist therapeutic factors in the therapy process. Therapists help the client to choose suitable art material to enhance some therapeutic effects. Therapists not only change the art material but also change the client’s art-making behavior with dream work in art therapy especially making dream clearer and more colorful. Besides, therapist offers a safety environment for the client to experience dream again. After that, moving the distance between the client and art work and offering a new position for dream image were also therapist’s function in this study. Therapist used interpretation, encouraging, positive attitude and empathy to facilitate the client’s inner world change.

Art material also plays an important role in the therapy process. The change of color, the difference of art material, overcoming the original picture and the tool usage all produce a reframing outcome for the client.

To continue the therapeutic outcome after therapy process, the client felt that they can apply new experience in their waking life. At a while, they felt that that more positive thinking and emotion in the subsequence stages or life. According to the different stages in this study, researcher formed out a figure as follows:

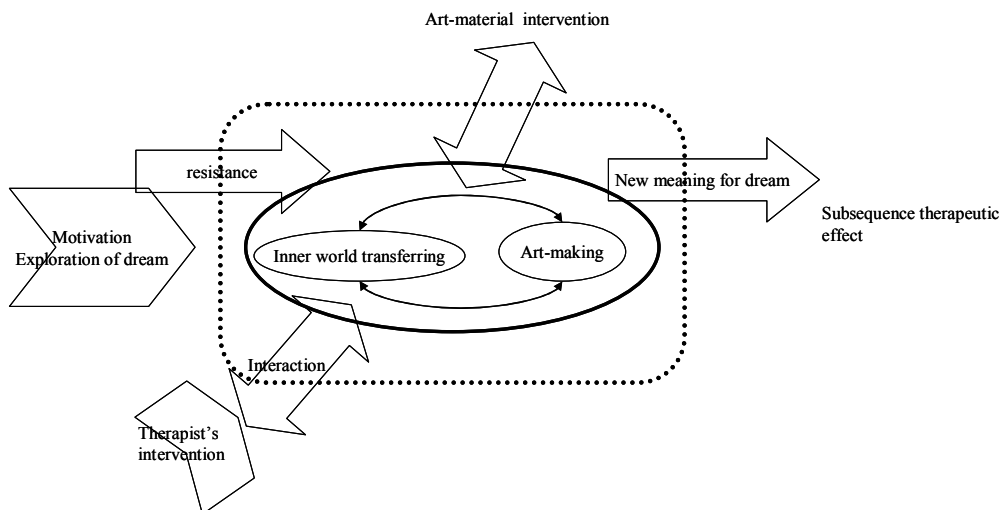


Figure 3.1 Therapeutic effect and transferring system model

4. Discussions

First, the therapeutic effectiveness based on therapeutic relationship within dream image, therapist and the client. Moreover, the client should clarify the motivation for art-making and exception for dream. Jung(1972) presented that art work was a symbol for something and projecting their unconscious content. Dream is a unconscious signal and art therapy is also unconscious projection. If the client cannot build up the good quality relationship with the therapist, the client won't explore their unconscious dream by art therapy way.

Second, the treatment outcome includes three dimensions, therapist, client and art material with dream image. Therapist offers environment for the client to explore their dream status and art material let the client can do some art-working without any words in the therapy process. Lusebrink(1990) developed a structure for expressive therapy called Expressive Therapy Continuum(ETC) and Media Dimensions Variables(MDV) that explained the effectiveness of Hill's dream work in art therapy. Therapist can use the concept of ETC and MDV to help the client create the dream image.

Dream work applying in art therapy is helpful emotion release, self-empower and self-acceptance. Through dream image expression, the client can use art material to touch dream and to feel the flow. Then the client can reframe the meaning of dream.

The change of dream work in art therapy was with three stages so that the difference influence was on different aspects. Even naming for a process or creating behavior also provided a power for the client or the therapy process. To be more precisely, the therapeutic effects were shown up a circle in the therapy process with dream work.

5. Conclusions

According to the research results, the model of change mechanism on therapy processes and therapeutic agents were then provided. The new therapy dream work model with Hill's dream work in art therapy was mentioned in the research findings. Therapist offers different intervention skills that impacts more on the before therapy process. Because therapist facilitates the client to involve in the therapy process and then the client and art material interaction was the most important point which can realize the dream context in therapy process. While the client creates the dream by art-making, the client sees their inner world and unconscious at the same time. Concrete art products are really helpful to Hill's dream work that can help therapist more understand the client thinking and let the client exactly express their dream.

Finally, the finding in this research was discussed. In this study, due to time-limited and resource of the client, it suggests that can focus on special issue such as loss experience or self-exploration. It also can focus on some group like adolescent, child or women in order to realize the therapeutic on different group. The study shows up the implications which are good for practice art work, clinical counseling work that can improve and enhance the relationship between the therapist and the client in art therapy process with dream work. Our study strongly suggest that future research can extend to more art-making with dream work in effective therapy.

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