

The following day, during the art therapy session, she painted a picture of the three houses, saying how much she wished she still had the first one. The other members of the group sensitively and firmly asked questions and encouraged her to explore and describe her feelings about the loss of the relationship and way of life symbolised in her painting.

The next day, in the action techniques group, Mary volunteered to do some work. We employed psychodrama techniques and she used many of the group members as 'auxiliary egos', representing family members in a re-enactment of the scenes which led up to the break-up of her first marriage, ending with the final, parting scene. After this, she did a 're-play' of how she **wished** she had said 'goodbye and good riddance' to her ex-husband. During this psychodrama, for a brief moment, Mary seemed to be able to let herself go in role, and release much tension by expressing her anger towards her first husband. The group also supported her by sharing how they identified with aspects of what she had expressed.

It is my aim and hope that, in this kind of O.T. programme, patients may use creative therapies however they want, but perhaps to re-create themselves and their lives, or, as Carl Rogers says to 'become a person'.

(For the purposes of this article, to preserve confidentiality, I changed the patient's name).

'Good morning heartache.'

*Having secured a small room,
wake up alone,
adjust the woodpulp blanket
and wait for alarm to subside:
identify the leaks as the jet wavers.*

*The shaving mirror doesn't reply,
but there are now a number of everyday answers:
the door lets you out and keeps you in,
nothing deforms the air without invitation.*

*Between the white wall and the uncommitted eye
she may become visible.*

Sasha