



## **Course 205 Creative Arts Therapies Worksheet**

**1. When you consider the material in the course, was there one therapy that stood out as a “best fit” for your patient population? Which one was this and why do you think so?**

**2. What are some of the limitations you might encounter with the use of creative arts therapies in your practice? What might be a useful strategy for navigating this challenge?**

**3. How would you introduce the use of creative arts therapies to your families? Do you think you would meet resistance from some parents? Why might this be?**

**4. Are there any creative arts therapies that you might consider using for your own benefit, for example to mitigate stress, process difficult cases, or help you prepare for upcoming challenges?**