## **Art Therapy Self-Assessment**

Personal Details
Name
Date
Session#
Today's Mood
How do you feel before starting?
Art Activity
Type of Art/Process Used
Briefly describe your artwork and process
Reflections
What emotions came up during the process?
Annual transplate and institute way positioned 2
Any thoughts or insights you noticed?
Any challenges you experienced?

**Ending Mood** 

How do you feel after the activity?

Additional Notes			