



Post Body Painting Session Integration

Instructions for Facilitator: Help attach any of the participant's writing paper and Mercy Messages to their Full Body Painting. Instruct them on how to "*Live with the Full Body Painting*" for a few days after the session, as well as writing a Letter to Self.

Client Response:

- Participates in dating their Body Painting and any writing paper, if able to do so.
- "*Lives With their Full Body Painting*" back at their residence.
- Frames/hangs or stores their Painting, if possible.

Materials:

- Clear packing tape
- Scissors
- Blu Tack® (reusable putty adhesive) or masking tape
- Frame (optional)
- Portfolio case or cardboard (to make one's own portfolio)

Procedure:

Storing the Full Body Painting

1. Write name and date on back of the Full Body Painting for perspective later on. A Full Body Painting is like a journal entry.
2. Write name and date at the top of any writing.
3. Write an arrow on the back of the Full Body Painting, indicating which way is up. For later viewing, it may sometimes not be remembered which way the Painting was painted.
4. If there are any attached sections of Full Body Painting paper, write on back, "Attached to Painting Sept. 3, 2017" for example, so that if it becomes separated, it will be clear that it is not a stand-alone Painting.
5. Cut clear packing tape (which is stronger than cellophane tape and permits seeing any writing covered beneath it) — two strips if the writing is on only one side of the writing paper; cut one long strip if the writing is on both sides of the writing paper.
6. Tape down the writing paper on the back of the paper.
7. If the writing is on one side of the paper only, then tape the paper on the top and on the bottom, to prevent bending or buckling of the paper.
8. If the writing is on both sides of the paper, place one strip of tape along one side vertically of the paper. This allows the participant to later read both sides with ease.

Living with the Full Body Painting

9. The participant takes the Painting to their home and *Live with the Full Body Painting* by placing it in the bedroom, on a bedroom door, on the inside or outside of a closet door or in a living space. Blu Tack® or lightly placed masking tape is recommended to best protect any surface from having its paint taken off. This permits the participant's unconscious to continue dialoguing with the Painting, as well as to further integrate its content.
10. After an initial *Live with the Full Body Painting*, the participant may want to Frame/Hang the Painting. An inexpensive frame can be purchased at a home store. Or more elaborate framing can be done at a frame shop.



- 11. If the Painting will not be framed, it is suggested to protect and store the Painting in a portfolio case or use cardboard for a makeshift portfolio case

Helpful Post-Session Integration Exercises:

1. Write a letter either addressed to the Full Body Painting, or from the Full Body Painting to you.
2. Use the *Body Scan for the Aura of the Painting* exercise. This exercise is especially helpful for this modality, as the body in the Painting may directly mirror the participant’s own sense of self.

Targets for Participant(s):

Name	Description
Date Any Writing Paper	This documents when it was created. It also helps to keep it organized if it were to become separated from the corresponding Painting.
Date the Painting on the Back	This documents when it was created. If there was no writing, this may be the only record of the date.
Draw an Arrow Pointing to Top of Painting	Knowing the direction that the Painting was created, helps with orientation for later viewing, in case it is forgotten.
If Any Supplemental Paper Added, Write On It (For Example, “Attached to Sept. 3, 2017”)	Sometimes in a portfolio or elsewhere, unattached pieces of paper that were additions to a primary Painting, can become disorganized. This helps finding its match.
Attach Any Writing Paper to the Back of the Painting	Keeping the writing paper with the corresponding Painting is very helpful in creating a visual/written personal journal of one's work.
Participant <i>Lives with the Painting</i> After the Session	This helps with further integration as the conscious mind gradually accepts sometimes previously unconscious material that has been revealed. “ <i>Living with the Full Body Painting</i> ” allows a titration method of integrating the revealed content.
Participant Stores the Painting in a Portfolio Case or Otherwise	One's creative piece and any accompanying writing, is a gem from the depths of one's being. It can be an honoring to oneself and the revealed content to store these creations.
Participant Writes a Letter to Self	The participant writes a letter addressed to themselves (or the Painting). This aims to help further integrate messages that may have come up.

Scoring Criteria:

N/A:

- The participant did not do writing exercise or it is not possible to *Live with the Full Body Painting*, frame or store the Painting.

Resistant:

- The participant does not want to either attach any potential writing to the back of the Painting, *Live with the Full Body Painting*, frame or store it.

Tolerant:



- The participant agrees to taping any writing paper to the back of the Painting, *Live with the Full Body Painting*, and framing or storing it long term, but is not enthused or active in this organization.

Engaged:

- The participant agrees to taping any writing paper to the back of the Painting, *Live with the Full Body Painting* and framing or storing it long term, and is active in this organization.
- The participant writes a Letter to Self when reflecting later.

Program Tags: Body Painting, Color, Intuition, Music, Open-ended, Painting, Painting Activity