

Drawing the Bell Jar: A Personal Narrative
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1995

Abstract

This paper explores the dynamics of Bipolar II Disorder through an account of one person's experiences as a recipient of mental health services within inpatient and outpatient psychiatric facilities. The art work of this client is analyzed to illustrate how art therapy can help restore health to persons having tendencies toward depression and anxiety. This account also includes the transition one individual makes from client to therapist and discusses the issues of transference and countertransference within the therapeutic alliance. Photographs of the art work is included.