

An Objection to Art: Resistance in the Male Art Therapy Client

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Abstract

The purpose of this thesis is to examine resistance that is exhibited by the male art therapy client, either in an initial objection to art making, or resistance displayed throughout the entire therapeutic process. To understand the origin of this resistance, we will take a look at current research based on gender differences in therapy, the influence of gender roles, and the socialization process. We will also look at responses to a questionnaire given out to both male and female art therapists currently working in the field, as well as this author's responses and current work in a correctional setting. This research is intended to facilitate both questions and ideas regarding the best way to approach resistance in the male art therapy client. Specifically, emphasis is placed upon what approaches and exercises are successfully utilized, as well as the types of media and art materials that are best received by the male client. While resistance does not exist with every male art therapy client, it is necessary to remain cognizant of the gender differences that do exist, and adjust our approach when necessary.