

Hidden Resilience in American Youth: Uncovering Sources of Inner Strength  
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2006

Abstract

This research study explored a delinquent adolescent's *personal meaning* behind his or her behaviors through the context of culture, family and environment. More particularly, how their resiliency was unearthed through the art therapy process. This qualitative case study used a Postmodern theoretical framework, in combination with an art therapy directive. The case study features one male adolescent from a chemical dependency residential facility. In five art therapy sessions he discussed sequential periods of his life and created artwork that represent each of those periods. He started with his earliest memories (ages 3-5) and ended at the present time (ages 15-16). This study examines and discusses the cause and effect of the participants' delinquent behaviors as well as an exploration of his resilient traits. Art therapy was used as a tool to help access personal meaning and unearth resilient attributes.