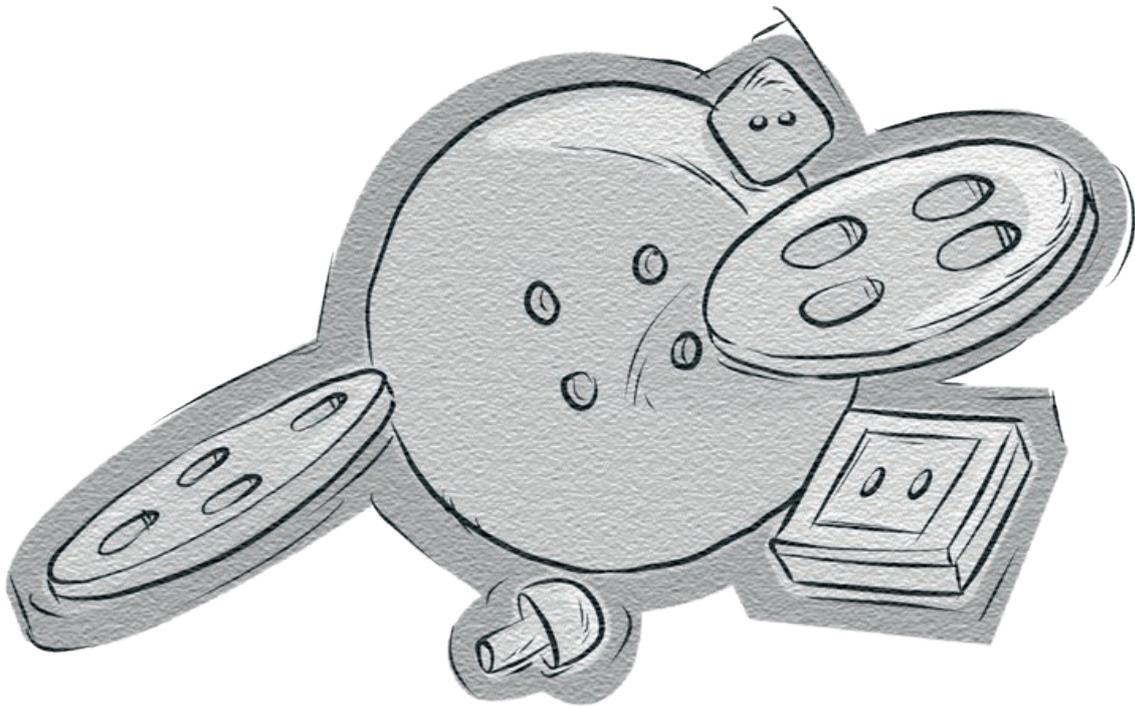


# Button Sculpting Method

## Leaflet



An explanation sheet on button sculpting  
for professionals

A creative way to explore family history, life story,  
family dynamics and support network.

# Button Sculpting

## Objectives:

To increase self awareness & emotional literacy.

To explore past, present & future experiences/ feelings about experiences.

To increase links between the right & left brain... making the subconscious conscious.

To enhance the assessment process.

To encourage 'meta cognition' (thinking about thinking) e.g. 'I am a person that feels bad' rather than 'I am bad'.

Process demonstrates an active interest in the client, builds trust and rapport whilst also empowering the client.

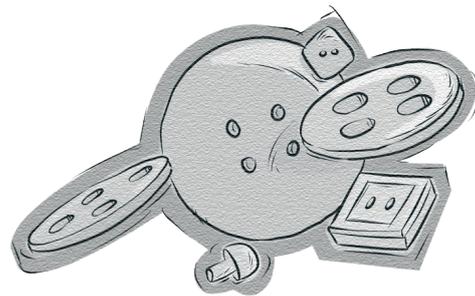
## Method:

Before you begin decide what the focus of your session will be. This can be worked out alongside your client.

- 1 Ask your client to choose a piece of paper/card. Explain to the client that this paper represents their world or the stage from which their experiences can be played out. (The paper provides a boundary for the client to work within).
- 2 Reflect what colour paper they have chosen, or the size, or even the time it took for the client to decide e.g. 'You seemed to think about that for some time' or 'You chose quickly'.
- 3 Ask your client to choose a button to represent themselves. (Again reflect the time they took to decide, the way in which they are searching for the right button, reflect the type of button they chose -colours, size. Allow your client time to respond to your reflections).
- 4 Focus on your theme e.g. Support mapping, life story time line, feelings about self, substance misuse, job interview, meetings, specific past or future events. (For the purposes of this example we are going to focus on support mapping).

## Equipment required:

- Coloured paper or card and blue-tack
- Buttons/small objects e.g. stones, keys, buckles, feathers, small toys



- 5 Ask your client to think about the important people in their life, choose a button to represent each one and place them on the paper. (Use blue-tack to enable buttons to stick onto each other etc.)  
**Note:** Allow your client to choose who they feel is important to them, as this may not be who you expect i.e. a key worker may be chosen.
- 6 Notice and reflect: size, shape, colour or button/object and distance between client and object chosen. (If client appears stuck, you may need to prompt i.e. 'Are there any family members, friends, support workers you may want to represent?')
- 7 Once the client is satisfied with whom they have represented, ask them if they would like to change anyone's position i.e. 'Is there anyone you wish to be closer to, or further away from?' or 'Is there a time when you felt more supported?...What did that look like? What was happening then?'
- 8 Allow your client to move objects around and talk freely about the experience. To finish, ask the client to name each button and put it away i.e. This button represented John, it is now button.