

## Family Sculpting

R (M 64) was asked to sculpt the family members in a pose that symbolizes how he sees them, then to redo the sculpture with the group in an ideal pose. This was creatively adapted in this current life to open new horizons.

No	Theme	Example	Follow-up
1	Connect		
2	Capable		
3	Courage		
4	Count		
5	Creative		
6	Collaborate		

No	Theme	Example	Follow-up
1	Connect	With memory of his childhood	Integrates life phases
2	Capable	Remembered his educational journey, and the strivings of his parents, the first post-Independence Generation	Understanding the factors and forces that shaped his youth
3	Courage	To see patterns, after a long time, he admitted how festivals like Rakshabandhan were altered due to the memory of his two sisters who	Each happiness is also tinged with the flavors of Unique Family Memories

		passed away very young	
4	Count	Through therapy, he started doing volunteering work-which made him have a sense of achievement and productivity in Canadian society	Role Models in Community Work
5	Creative	We created boundaries around negative people. Making a log of themes discussed, how these affected his self-esteem, helped	Boundaries of emotional well-being were created.
6	Collaborate	With the therapist and other family members, to create a map of Values and how much effort he puts in each	Looking back at festivals, family gatherings, helped him to be more proactive- For eg, he volunteered for arrangements of a birthday celebration in the community.



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[Directions & Map](#)

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