

# COLLAGRAPH PRINTMAKING

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## Materials

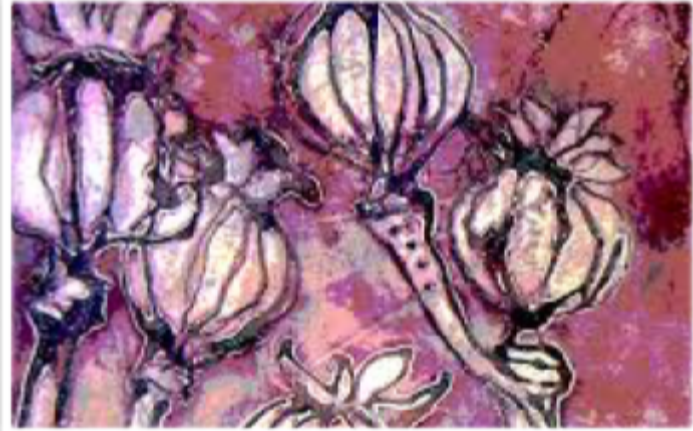
Brayers  
Water-based block ink  
Palette knife/stiff cardstock  
Foam core squares  
Paper towel  
Watercolor paper  
Glue sticks  
Newspaper or printing pads  
Embossed paper and/or texture items (already cut)  
Hand wipes

## Benefits

Process-oriented practice  
Challenges  
creativity/imagination  
Fear reduction  
Structure/containment  
Flexibility/freedom  
Frustration tolerance  
Problem-solving skills  
Recognizing problem behaviors  
Positive use in brief treatment therapy  
Group cohesion

## Cautions

Can require some technical competence/cognitive ability  
Does not allow repetition  
Can manifest presenting problem more intensely



## Process

Collagraph (One-session)

- Cut squares or free form shapes from foam core, a flat surface glue will adhere to
- Create a picture or design on the plate with embossed paper shapes, textured items, or other shapes and stickers and glueing them on
- Use a brayer to apply ink to the plate — roll brayer in ink on a separate tray to ensure even application
- Place a piece of paper onto the plate
- Print an image by using pressure from hand by pressing firmly from center outward and around the edges
- Lift corner to see if image is transferred; remove if satisfied\*

## Prompts/Focuses

- Self-portraits/perception
- Emotional outlet/tension release
- Projection
- Awareness
- Mindfulness
- Abstraction

\*The first image printed is usually faint due to the ink absorbing into the collage. Following prints will most likely be better.

## *Process-Oriented Printmaking to Improve Frustration Tolerance*

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### **Goal**

This fifty-minute workshop will introduce participants to the use of printmaking techniques with adolescents to foster frustration tolerance, emotion regulation, and problem solving within a therapeutic context. Different printmaking styles and examples will be reviewed, as well as the “process v. product” concept. Therapeutic considerations and adaptations for various adolescent needs will be addressed; materials will be provided for participants to make their own prints.

### **Targeted Population, Symptoms Addressed**

Individual or group therapy with Adolescents (13-18 years) resistant to traditional talk-therapy approaches to address frustration tolerance, problem solving, emotion identification and regulation, and establishment of new and helpful coping skills. Population that more specifically has a significant history with self-harm and suicidality.

### **Materials Needed**

Brayers, water-based block printing ink, palette knives/stiff card stock, Foam core, paper towel, watercolor paper, glue sticks, newspaper or printing pads, embossed paper and/or textured items (already cut), hand wipes

### **Modifications/Cautions**

Consider developmental, cognitive, and emotional presentation; some technical competence can be required, presenting problems have potential of manifesting more intensely depending on the process and imagery, process does not allow for significant repetition. Materials and process have been modified for safety of self-harming individuals and potentially triggering content. Other textured or shaped materials may be used depending on availability or directive.

### **Additional Resources**

White, L. M. (2002). *Printmaking as therapy*. London: Jessica Kingsley Publishers.

