

Therapeutic Experience of Drug Rehabilitation Clients through Expressive Arts Therapy

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Abstract

This study aims to look at the experiences that have been encountered by drug addicts when using the Expressive Arts Therapy in group counseling. A total of 30 participants were selected as clients by using purposive sampling and they were divided into two groups. A total of 15 people had group sessions using the Expressive Arts Therapy while another 15 people had group sessions without using the Expressive Arts Therapy. This study is a qualitative research and the data were analyzed by using the results of interviews, observations and documents based on clients' drawing. Several themes emerged after analyzing the data that give meaning, cure, awareness, self confidence and catharsis. The study finds that the use of Expressive Arts Therapy provides a forum for creative exploration as the initial process when long historical experiences are latent and difficult to be expressed by the study participants.

Keywords: Expressive Arts Therapy, group counseling, drug abuse, client rehabilitation

1. Introduction

Drug generally is a substance used for medicinal purposes. However, when there are extensive uses of modern technology and high social problems in our society as a whole and in Malaysia in particular, the drug can be misused for the purpose as an entertainer, a problem solver, increase endurance, courage and so on. It is clear that drug abuse has actually damaged the body system and also affected self-esteem. The Drug Dependents (Treatment and Rehabilitation) Act 1983 defines a drug addict as a person that has gone through the use of any dangerous drugs. In Malaysia, although drug treatment and rehabilitation programs have been implemented since 1975 to help drug addicts to be free of drug abuse (Abdul Ghafar, Malaysia Drug Report 1992 & 2002), but the addiction relapse continues to show remarkable growth since its inception for the past 36 years. If this group is not restored, they will continue to amplify the demand for drugs and thus affect drug treatment and rehabilitation process undertaken by the government. Chuah (1990) in his study found that drug addicts with lack of confidence in themselves tend to get use drugs again after his release from addiction treatment and recovery.

Various approaches have been tried such as specified in the study of Adam Mohamed (2006) which are like giving substitute drugs (Kirby and Lamb, 1995), military-style training (Mahmood, Shuaib, Lasimon, Rusli & Md. Zahir, 1999), homeopathic treatment spiritual healing and spiritual purification (Mahmod, Shauib & Ismail, 1998), behavior modification (Monty & Rohsenow, 1997), psychological recovery (Calaghan, Benton, Bradley, 1995), psychotherapy (Curran, Helene & Stephen, 2000) and various other ways. However, it can be said that none of the recognized methods has received valid recognition in achieving absolute assurance rehabilitation from the symptoms of addiction.

Based on the background of the study, the researchers took steps to perform a research to test the effectiveness of the use of Expressive Arts Therapy for those who have been involved with drug addiction. The effectiveness of this therapy has been proven in the west and it gives an impact to the clients who received treatment with it. However, this therapy research is still not available in Malaysia. Expressive Arts Therapy is also sometimes referred to as a creative art therapy or integrated when it is aimed to be used in combination with treatments (Estrella, 2005; Knill, Barba & Fuchs, 1995). It is not only used in individual and group counseling, but it is also used in family counseling. The use of multi-media art is a combination of approaches that can be implemented in many different places (Riley, 1999).

According to Sh. Marzety Adibah and Melati (2010), the use of Expressive Arts Therapy is an intervention that can help and facilitate clients especially teenagers, to share their life experience. Teenagers can spontaneously create an expression of their life history, perceptions, feelings, emotions and confidence in the phenomena that occur in their lives.

Therefore, the researchers in this study used the technique of Expressive Arts Therapy as a tool, medium and as a means or route to give a treatment and positive impact on anger, anxiety, depression and stress among addicts and also to find real meaning in their lives by using certain materials or various art media available in group counseling. This study is expected to be a new avenue for agencies involved with clients who are dealing with drug addiction in order to provide the best medical and rehabilitation for them. Previous studies showed that drug use has an adverse effect on a person's psychological. The psychological impact will cause internal disturbances which often drive them to be angry, pitiless, stressful, depressed and have anxiety continuously that also disrupt emotional stability in their lives (Parker, 1987; Barth, 1976). Emotional instability and psychological disorders will also cause them to act beyond the boundaries and continue to be involved with drug addiction.

Previous studies also showed that the use of Expressive Arts Therapy has been proven to treat a variety of psychological problems related to the individual (Hanes, 2000; Hartz & Thick, 2005). This is a therapy that can be used to treat individuals who are suffering from emotional distress as a result of extreme depression and stress disorders in life, as what the individuals involved with drug addiction have gone through. Therefore, this study will be developed using an Expressive Arts Therapy module to provide treatment and rehabilitation to those affected by drug addiction. A study conducted by Sh. Marzety Adibah Al Sayed Mohamad (2011), entitled "Life experiences of delinquent youth: a study using Expressive Arts Therapy" which applied the phenomenological method finds that the use of expressive arts therapy in delinquent youth groups has given the opportunity for the participants to have a creative relationship, partnership, cultivation of hope, awareness, catharsis and cohesion. This suggests that the use of Expressive Arts Therapy establishes high therapeutic elements among teens to make expressions, self-disclosure and self-development.

In conclusion, based on the results of the literature review discussed above, the study found that Expressive Arts Therapy is proven able to deliver a positive impact on a person's psychological problems. Through Expressive Art Therapy, the difficult psychological problems are able to be unlocked properly and it helps the troubled individual to get out of his problem.

2. Purpose of the Study

The purpose of this study is to explore and understand the experiences of 30 participants who have been involved with drug abuse while going through Expressive Arts Therapy as a therapeutic process for people to share their life experiences in group counseling.

3. Research Methodology

3.1 Research Design

This is a study that aims to get a better understanding of the nature or purpose of the participants' life experiences who are involved with drug abuse while using Expressive Arts Therapy in group counseling. Thus the approach used in this study is a qualitative study using a phenomenological design as this study focused on the process of interpreting the meaning and purpose of the phenomenon interaction. Phenomenology refers to philosophical and methodological perspectives that attempt to define and interpret the essence of the phenomena that make up the knowledge of conscious experience. It is a philosophy research to find meaning, as opposed to describing "what a person can see, feel and understand the availability of the direct and personal experience" (Moustakas, 1994).

3.2 Research Participants

Participants in the study were selected using purposive sampling method. For this purposive sampling method, the researchers deliberately chose individuals and places to learn and understand the main phenomena (Creswell, 2000). This technique is used to identify the individuals or cases which are loaded with information in the study of a phenomenon (Patton, 2002). The participants in this study were selected based on the study's researchers and research purposes. The subjects in this study were from those who have relevant experience of the phenomenon studied. Therefore, this study selected 30 participants who were involved with drug abuse. The participants were also given an informed consent form for voluntary consent from them and it also served as a token of their agreement.

3.3 Data Collection

Data collection for this study was made from a variety of triangulation sources which are interviews, observations and document analysis. The interview which was conducted in this study is based on in-depth interviews based on phenomenology. This approach combines the participant's life history, in-depth and focused interviews to get the information from the assumptions taken from phenomenology. Due to the fact that this study is based on a phenomenological approach, the interview process that was carried out in this study was based on interviews models that have been developed by Seidman (1998).

The second source of data for this study was the observation of verbal and non verbal by each subject in the group sessions. Conversation responses, dialogue and gestures of each subject were observed during the group sessions in order to understand their life experiences by using art activities in the cluster.

The third source of data in this study was a written journal or diary writing produced by the participants in this study. The journal writing was completed by each participant in the study by writing in a book that is given. Writing a diary is one way where the study participants stated whatever they wanted to say. Besides that, the paintings which tell the story of their life experiences were also analyzed in order to understand their life experiences.

3.4 Data Analysis

Level 1 (Data management)

In the first level of data analysis, there were observational notes, recording interviews and documents which aimed to listen, copy and transcribing and indexing data.

Level 2 (reduction/understanding & knowing data)

In the second stage of coding was an attempt to study, analyze the data, tentative categories/themes and reflection. This process was performed to read the transcripts several time, to make judgments based on the theme and name references, ideas and intuition. The aim of coding was also to relate with the study.

Level 3 (Theme and concept creation)

The third stage of the coding was done by repeating the reading, identifying themes and performing literature reference. This process was done to confirm the theme of the study. In addition, a combination of themes was done by categorizing themes and relate to the theme of the literature.

3.5 Validity and Reliability

Several ways were taken in this study to ensure the validity and reliability of the research findings to develop a valid and reliable data. Validity and reliability of the research process was carried out through a process of triangulation, peer review and audit trail.

Triangulation

Patton (2002) and Merriam (2001) have identified four types of triangulations that can be implemented in qualitative research methods, data triangulation, researcher triangulation and theory triangulation. In the context of this research, in order to improve the validity and reliability of data triangulation which was done in the study, the data were collected through a variety of sources in 2 series of interviews, observation, analysis of documents such as drawings and handicrafts which were produced by the participants of the study and researchers' field notes.

Peer Review

Another category identified by Merriam (2001) to confirm the findings of the study is reviews by other peer researchers and those who are familiarly involved in the phenomenon studied. This review refers to the purpose of allowing other partners to give an opinion on the data in this study. This data of this study was interpreted by other researchers in which their views and inspections for renovations were obtained.

Audit Trail

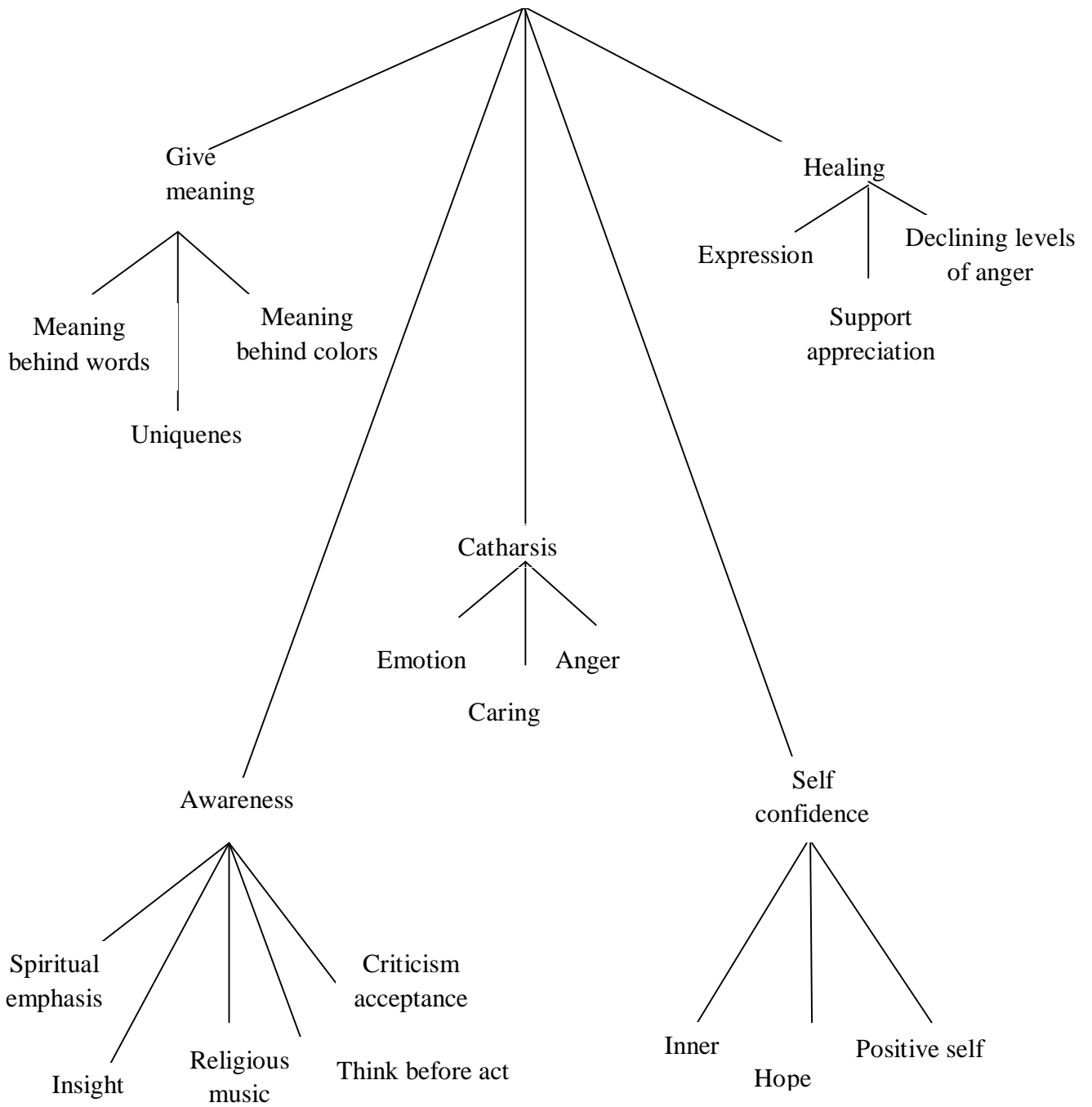
Another category that was implemented in this study was an audit trail. Lincoln and Guba (1985) stated that an audit trail is also an important category should be considered by any qualitative researcher. Merriam (2001) states that an audit trail is a detailed explanation process on data collection mode, the ways to analyze data until we get the formation of themes and categories in a research. In this research, the researchers have used the research journal and log book to record all research processes undertaken in the study. Each process is recorded, filed and the data acquired was transcribed and stored in a computer system according to the folder for the audit trail process. The same goes with the writing presentation and report writing. All research findings have been indicated by the source and each type of data collected has been given its index. In addition, the results and findings of all the data in this study have indicated the cause by writing the index and numbering to be used as evidence.

Some examples that have been made and for example is the index numbering of ENM/T2/M3/P1 means this passage was taken from the observation of expressive arts therapy Non-Methadone group (ENM) for the second interview (T2) which gives the third meaning (M3) of the participants 01 (P1). For observational data, EM/S5/M22/P1 means that the excerpt is taken from the statement observation of methadone group expressive arts therapy (EM) for the fifth session (S5) for the meaning of the (M22) of participant 01(P1). The explanation of each reference was numbered and indexed aims to facilitate researchers and other readers to track the origin of data. Implementation of this audit trail can enhance the validity and reliability of the data in this study.

4. Research Findings

List of the study's themes and sub-themes are described in the figure below;

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Theme 1: Give meaning

1.1 Meaning behind words



Figure 1. Social item P1

There were subjects in this study that used unique words which give meaning to them. Some subjects used the word crutch that means the subjects needed support from parents and children in self transformation (EM/S6/M20/P1, EM/S6 / M24/P1). In addition, there were subjects that used the word fortress where it gives the meaning of having barriers between the subjects and their siblings in order to feel happiness in sibling relationships (EM/S6/M29/P3, EM/S6/M27/P3). Subjects in this study also used the word bulldozer which means drugs that can prevent the subjects from changing (EM/S5/M34/P2, EM/S5/M35/P2). There is also a subject that expressed his inability to fly far away and expected female moths to approach him, giving the meaning of having lack of courage in the subject to expose himself in public and to find life partner (ENM/S6/M15/P2, ENM/S6/M16/P2).

- *I want to change..I want to get up..feeling so weak I have to get a stick to get up... (EM/S6/M20/P1)*
- *yes... the fortress makes my siblings and I happy... (EM/S6/M29/P3)*

1.2 Meaning behind colours



Figure 2. Butterfly story P1

The use of colours used by the subjects in the painting is also very important because colours can express the meaning of what is implied behind the selected colour. There were subjects that chose black and red colours on the painted butterfly's body which symbolize their strength (ENM/S6/M13/P2, ENM/S6/M21/P4). There was also a subject who painted the butterfly with the use of soft colours in which it tells that the person can survive with everything that he has experienced at Cure & Care (ENM/S6/M9/P1). Another subject applied vibrant colours to his butterfly which means the subject would like to have many new friends, approachable and would like having people to see him as a good person (ENM/S6/M13/P2, ENM/S6/M14/P2). In addition, there were subjects that painted the butterfly's body with the colour blue which means they are loyal friends and do not have much faith in them (ENM/S6/M13/P2, ENM/S6/M23/P4). A subject in this study used green and yellow colours on a sketch made which bring the meaning of wanting bright and happy life in the future (EM/S3/M31/P5).

- *I am a butterfly with many colours..bright colours..there are many colours because it is vibrant..because I want many friends.. new friends...approachable...(ENM/S6/M13/P2)*
- *These vibrant colours...want people to see that I am good...approachable... (ENM/S6/M14/P2)*

1.3 Uniqueness



Figure 3. Happy Tree P1

Through counseling sessions where tree painting were applied, the subjects imagined themselves as trees. The researchers pictured that the subjects are more animated and expressive playing the character of a tree. Through the character as a tree, there are subjects that can talk as if they were a tree (EM/S5/M1/P1, EM/S5/M26/P2). A subject was able to talk with elements of giving advice to his nephew (EM/S5/M8/P1, EM/S5/M9/P1). Another subject was being poetic where the subject was missing someone's beauty, therefore the tree talked to the moon (EM/S5/M21/P1, EM/S5/M22/P1). In the study, the researchers also used stone as a material to explore clients' stories. Subjects explained through the arrangement of stones that those who were close to him which are their mother, former wife and children (EM/S6/M2/P1). One subject drew village atmosphere where it means peace and love, portraying his past (EM/S3/M7/P5, EM/S3/M11/P5). Apart from that, the subject also expressed his wish to live life free from drugs through his bird's sketch (EM/S3/M21/P5, EM/S3/M22/P5). Other subject expressed the uniqueness of the use of expressive arts therapy in the selection of colours that can facilitate expression in story telling (ENM/T2/M3/P1).

- yes, i am a rambutan tree. There are many leaves, variety of colours.... (EM/S5/M1/P1)
- yes... the moon..you're very beautiful... when I'm missing someone, I look up at you.. I would feel happy (Ramli shyly smiled)... (EM/S5/M21/P1)

Theme 2: Healing

2.1 Expression



Figure 4. Happy Tree P2

After going through counseling sessions, a subject expressed a positive response to the sessions he attended. The subject expressed his happy feelings with what he drew and he was able to express pent-up feelings through trees painting (EM/S5/M24/P1, EM/S5/M47P1, EM/T2/M5/P1). In addition, the subjects also felt as if they were trees and felt the effectiveness of the activities carried out which they can find strength in them (EM/S5/M46/P1, EM/S5/M48/P2). There was a subject that spoke to a stone in which the subject expressed his sad feeling talking about his siblings who do not like him anymore since he was involved in drug abuse (EM/S6/M30/P3). Some subjects also conveyed their good fortune being able to participate counseling sessions which bring benefits, reduce stress and they could feel that the use of art therapy facilitates the sharing session while improving their self-confidence (ENM/T2/M1/P1, ENM/T2/M33/P4, ENM/T2 / M39/P1)

- *this painting.. it feels like this tree is in me..as if we are the trees.. I feel different today.. I feel that my problem is just like others.. I am not alone in this life...(EM/S5/M46/P1)*
- *yes..I feel happy with what I have expressed through this tree.. (EM/S5/M47/P1)*

2.2 Declining levels of anger

Some subjects stated that their level of anger or resentment was declining in the final interview after going through the counselling sessions (EM/T2/M27/P1, ENM/T2/M12/P1, ENM/T2/M14/P3). Other that that, one subject also expressed the fact that there was nothing to be mad at the moment (EM/T2/M28).

- *Yes, I feel it is lower now. It means that actually, there is nothing that I am angry of right now... (EM/T2/M28/P1)*
- *At the moment, there is just a hint of anger in me... (ENM/T2/M12/P1)*

2.3 Support appreciation



Figure 5. Butterfly's Story P1

After group counseling sessions, one subject was aware there were people who are still concerned about him and through the colourful tree leaves; they indicated the subject's cheerful feeling of getting attention from others (EM/S5/M25/P1). Through butterfly painting, a subject could see that strength he has gained is actually an appreciation of the support given by his parents (ENM/S6/M11/P1).

- *I am happy because there are people in my life that care about me..they are concerned.. happiness also has colours just like the leaves... (EM/S5/M25/P1)*
- *I see myself... I thought..my parents and siblings' supports.. I feel that I am stronger.. (ENM/S6/M11/P1)*

Theme 3: Awareness

3.1 Spiritual emphasis

It can be seen in this study that most subjects were still emphasizing on their self-spirituality when facing a problem. There were subjects that felt relaxed with worship, prayer and remembrance to get closer to Allah (EM/T1/M70/P2, EM/T1/M71/P1, EM/T2/M51/P1, EM/T2/M71/P2, EM/S6/M32/P3). With the emphasis on spirituality, the subjects could think in order to improve themselves.

- *feel the serenity... can feel that I can be closer to Allah... feeling a bit cold afterwards...making ourselves feel better... feel so small in this world...(EM/T1/M70/P2)*
- *pressure, when it is there, usually I'd go through spirituality. For example, saying my remembrance...(EM/T2/M51/P1)*

3.2 Criticism Acceptance

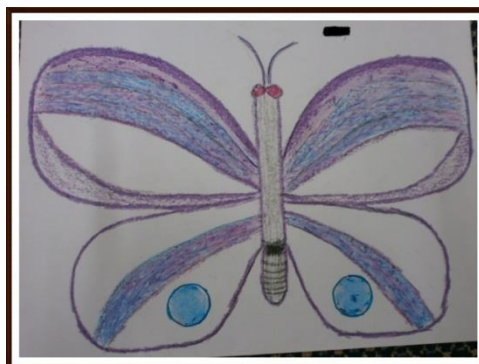


Figure 6. Butterfly's Story P3

Learning how to accept criticism of others was also shared by the subjects in this study. A subject tried to accept criticism from others to pray and also able to accept the reprimands of others if given the opportunity to express his opinion as well (EM/T1/M22/P2, EM/T1/M23/P2). The subject would improve on his weaknesses after hearing the criticisms from a better individual (EM/T1/M25/P2). In addition, the subjects would also learn to accept criticisms positively and take what is good for them (EM/T2/M87/P2, EM/T2/M79/P2, ENM/S6/37/P4).

- will try my best to work on my weaknesses... and can accept criticisms from a better person... (EM/T1/M25/P2)
- teachers' criticisms, individuals who can give positive criticisms, I will try to accept them as what they are, trying my best to recall the good words for my own benefit...(EM/T2/M79/P2)

3.3 Insight

The authors found out that the subjects in this study were able to think logically in order to transform themselves or make decisions (EM/T2/M49/P1). There were subjects that could think rationally with the action to be taken after attending the counselling sessions (ENM/T2/M13/P4, ENM/T2/M24/P1).

- that is why I hold on to the belief that as long as we can think... this is our brain, as long as our brain can be used, as long as we have our brain, find the answers to what can change who we are...(EM/T2/M49 /P1)
- can think when we want to do something... no such thing as acting hastily... (ENM/T2/M13/P4)

3.4 Think before act

Counseling sessions are able to make the subjects to think first before acting things out and become vigilant when they want to commit the same mistakes that they have done before (EM/T1/M6/P1, EM/T1/M47/P2). In addition, there were other subjects who were more careful now in decision making (EM/T2/M70/P2, EM/T2/M82/P2, EM/T2/M83/P2)

- my thoughts on my life now is I am more alert and try to make decisions in a positive manner, not to repeat what has happened before. I am more careful in doing something. Hmm ... (EM/T2/M70/P2)
- and there is a force that can make me think and reflect for a moment first before making a decision ... (EM/T2/M82 / P2)

3.5 Religious music

There were also subjects that found solace by listening to the songs which are based on religious belief. By listening to religious music, the subject could appreciate the lyrics of the songs and it affected the mind to the point that he was able to know who he is and knows what is best for him in life (EM/T2/M96/P2, EM/T2/M97/P2).

- emm .. I feel peace in myself when listening to music, listening to spiritual songs with their divine nature and it makes me understand who I am and figure out what's best for me ... (EM/T2/M96/P2)
- religious.. To reduce stress (EM/T2/M97/P2)

Theme 4: Self confidence

4.1 Inner Strength

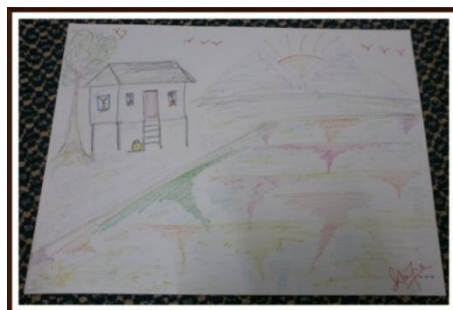


Figure 7. Life's map sketch P4

In this study, some subjects showed the strength in themselves through verbal expressive expression where they were very confident with the strength they have. The words expressed by the subjects showed that they have inner strength by using words that are meaningful to them (EM/S5/M12/P1, EM/S5/M14/P1, EM/S5/M29/P1, EM / S5/M31/P2, EM/S5/M39/P2). Through the use of painting, the subject could find his own strength and true feelings (EM/S5/M48/P2). A subject also gained his strength through the support and acceptance of the punishment given by the staff at Cure & Care (ENM/S6/M10/P1). In this study, one subject expressed the importance of self-confidence in life (EM/T1/M4/P1). The authors could see that the subject in this study felt as if he was about to start afresh by stating that his life is more useful now when he has gained self-confidence and he knows how to achieve desired things in life (EM/T2/M23/P1).

There is also a subject that gains his inner strength from his parents and children's support (EM/S3/M28/P5).

-yes .. I also feel happy that I am able to find the strength.. If we think that we can't find it, but once we draw and tell stories, we are aware of our feelings..our mind speaks on its own .. look at the paintings ... I think it's very beneficial ... (EM/S5/M48/P2)

-self-confidence ... erm ... self-confidence is indeed important..... (EM/T1/M4/P1)

4.2 Positive self



Figure 8. Butterfly's story P4

After going through counseling sessions, some subjects who were used to having hidden feelings of anger, hatred, hurt and a lot of negative things have experienced changes in themselves. Now the subject was able to control the anger (EM/T2/M10/P1, EM/T2/M8/P1). There was also a subject that once he realized the change of his group members, he is now able to smile as compared to being very quiet and having difficulties in sharing before (EM/T2/M57/P1). Through the exploration of butterfly painting, the subjects indicated there were positive changes in them where instead of meeting old friends, they meet their relatives more and try to make new friends to refrain themselves from re-taking drugs (ENM / S6/M38/P3, ENM/S6/32/P4, ENM/S6/M29/P3). Besides, there were subjects that started to show positive attitude in which they perform positive daily activities and believed that they can change (ENM/T2/M10/P4, ENM/T2/M16/P2)

-I can see ..erm ..Zul is different, before this, from what I can see, he was quiet, probably it was his way of thinking, like he couldn't say what he was thinking (EM/T2/M57/P1)

-if it is possible, I want to make new friends..old friends are history... want to find normal friends ... (ENM/S6/M38/P3)

4.3 Hope



Figure 9. Life's map sketch P4

There was a subject that had a new determination to change his life so that he can work and will be able to collect money (ENM/S6/M42/P4). In this study, there was a subject that had a hope to change his life but he feels it is difficult, but is still hoping to achieve it (EM / S3/M24/P5, EM/S3/M25/P5). At the same time, one subject aimed to have a bright future (EM/S3/M25/P5). Another subject hoped to change the way he lives his life and own a happy life in the future (EM/S3/M52/P4, EM/S3/M62/P4, EM/S3/M63/P4).

-hope ... there are a lot of hopes ... but to achieve it in this condition, with my poor health... it means I have an illness already ... but if there's a will, then there are still hopes. (EM/S3/M25/P5)

-such a thought .. I think ..I want to change my life when I am out of the prison.... Change my life.... (EM/S3/M52/P4)

Theme 5: Catharsis

5.1 Emotion



Figure 10. Social items P3

There was a subject in this study that was very emotional when he spoke of his family where the subject immediately started to shed some tears and took a long time going to the toilet. The subject went to the toilet twice for he could not hold back his tears and this indicates that he could tell his experiences without a hitch (EM/S6/M26/P3, EM/S6/M27/P3).

-I'm sorry because maybe the story is quite..mother and father died... brothers and sisters .. (suddenly tears were falling down) people say family is everything ... (Zali cried, was speechless for a few minutes .. then asked permission to go to the bathroom)... (EM/S6/M26/P3

- Yes ... I said before family is everything..but now there is a fortress (quietened.. choked up .. asked permission to go to the bathroom)... (EM/S6/M27/P3)

5.2 Anger



Figure 11. Social items P2

Most subjects recounted their experiences as feeling annoyed when they were not getting any response while talking to people, as well as feeling very angry at the lack of support and frequent objections whenever they voiced out their opinions (EM/T1/M39/P2/, EM/T1/M41/P2). The subject sometimes also felt angry at himself if he repeated his mistakes and would try to convince himself to have a good future (EM/T1/M46/P2). Additionally, there was a subject that realized the causes of anger which were being in miserable condition and having the trouble forgetting the despised events that have occurred (EM/T1/M6/P1). There were also subjects who were in resentment and wanted to do something like making remarks to his brother-in-law (EM/S6/M11/P2, EM/S6/M12/P1).

-when I was angry... it was just because there was no interaction..luckily I didn't curse...when I was mad... (EM/T1/M39/P2)

-hatred, anger...all.. I wanted to do something... (EM/S6/M11/P2)

5.3 Caring



Figure 12. Life's Map Sketch P3

In each individual, definitely there is love towards something or someone that he cares. The same goes with the subjects in this study. There were subjects who are very loving where they love the beauty of nature, animals, friends, and someone who means a lot to them, and all that pleases them (EM/T2/M26/P1, EM/T2/M49/P1, EM/S6/M35/P3, ENM/S6/M17/P2). There was also a subject that remained dear to his father despite lack of respect towards his father (EM/S6/M7/P2).

-put an emphasis on love and I love having friends... (ENM/S6/M17/P2)

- yes..love.. my mother too.. I love my mother.. I can't watch my mother crying because of my problem...(EM/S6/M35/P3)

5. Discussion and conclusion

In this study, counseling sessions conducted on a group given the intervention of Expressive Arts Therapy sessions show more evolved results and exploration can be done with more depth than the group that did not receive the intervention of Expressive Arts Therapy. Through counseling sessions conducted on the client's life, it is not just about sharing the experience and expression of feelings, but it has have grown in bringing some big themes that give meaning, healing, awareness, self-confidence and catharsis. The results on the effectiveness of the session can be seen when the participants were able to achieve the level of catharsis that can express what they have experienced in life without obstacles. This shows that participants in this group are more comfortable with the environment during the session and the psychological helping relationship by the counselor. They were able to tell stories and realize the true feelings after being explored by counselors in the session. From the interviews' findings, the participants expressed there is an increase in confidence level after the use of Expressive Arts Therapy.

In addition, the results also showed that there is a change in the participants from the group sessions where they can learn how to control their anger by thinking first before releasing anger and acting in solving matters. From the interviews also, the results show that the participants showed decreasing pressure after attending counseling sessions using the techniques in Expressive Arts Therapy. The use of Expressive Arts Therapy in counseling can also help the counselors to explore the participants' stories and help them in expressing their true feelings about their experiences.

Other that, there are participants who want program like this be continued and expanded as it gives much impact in terms of reducing the levels of depression and anxiety within. Therefore, the use of Expressive Arts Therapy in counseling sessions is able to provide treatment and rehabilitation to drug dependent clients.

5.1 Implication on Counseling Practice and Knowledge.

Counseling is a process to help clients or individual make adjustments in personality, social and emotional in order for the clients to function better in the environment. Counseling is also a behavioral science field which tries to understand the real problems experienced by an individual. Knowledge counseling development has been seen as a platform that is capable of creating well-being community as a result of various theories and therapies that can be used to help the community in identifying problems.

In the context of this study, an approach that is still new in Malaysia, Expressive Arts Therapy is used to test its effectiveness on those who have been involved in drug addiction. The implementation of this study is to give an overview of the paradigm shift in the diversification of therapeutic approaches in order to improve the professionalism of the field of knowledge counseling especially to the counselors. The findings in this study can serve as a guide for those who are trying to understand the use of Expressive Arts Therapy to assist those who have been involved with addiction, particularly to the National Anti-Drug Agency (NADA) in the treatment and rehabilitation process. The findings of this study may provide a new avenue and become a new discovery that could develop and improve the agency's services because the use of Expressive Arts Therapy is a new therapy compared to conventional therapy used and practiced among the agency's counselors.

Results obtained from this study also have an impact on all private and government agencies that offer counseling services in the form of a new module which is the module of Expressive Arts Therapy to be used in restoring the clients who are involved with drug addiction as well as other problematic clients. In addition, this study can also add and enrich the findings and referrals to counseling researchers in Malaysia.

Although many studies have been conducted previously on the use of Expressive Arts Therapy in rehabilitating individuals who face a variety of contexts problem, most of the researches were conducted in the community of the west. It is about time that previous study findings are observed in the finest manner so that they can be guidance to practitioners in Malaysia to see it as something that can be highlighted. Results of previous studies show that the use of Expressive Arts Therapy is a medium that can be used by the counselors in helping clients by providing healing, self-awareness and insights. For that reason, it is time we shift the view and track their steps used in the context of Expressive Arts Therapy in the western society and apply its use in our society using our own way. The findings from this study can be a trigger and catalyst for other researchers who want to use Expressive Arts Therapy.

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