

## The effect of using the home book of life story in mental illnesses

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In this research, the therapist tried to help mental illnesses making their life story by the book about their houses designed by themselves. Through the process of making the books, they imaged what kind of house in which they want to live by drawing them out, and recording what stories they said in the each room. When they said and recorded their stories, the therapist guided them to image themselves feeling the wind that blew from the windows, touching the types of furniture which place in the house by themselves, walking in all rooms of the house, watching in all rooms of the house, and staying in the house. At the end, the therapist guided them to mix the imaging of house and the one that they live now.

**Bio:**

I am the occupational therapist in the psychiatric department. I am interested in the expressive art therapy. Not only working in the expressive art therapy, I am also trying to combine it into my profession, occupational therapy. I devote my enthusiasm on the four aspects, treatments for mental illness, drug prevention, suicide prevention, the expressive therapy of interpersonal group. For them, I merge the occupational theory with the cognitive behavior theory, the narrative theory, and the expressive art theory to guide my professional group. And I created two board games to assist my clients.