

## ABSTRACT

### AN EVALUATION OF THE FOOTSTEPS PROGRAM: THE EFFECTIVENESS OF ART AND GROUP THERAPY FOR CHILDREN WHO HAVE EXPERIENCED A SIGNIFICANT LOSS

Research has suggested that children benefit from both art therapy and group counseling during bereavement. The Footsteps program is a support group that combines the use of reading stories, group discussions, completing worksheets, and participating in art activities in a support group environment for children who have experienced a significant loss. The purpose of this study will be to evaluate the effectiveness of the Footsteps program. An anxiety scale will be utilized as pre- and postmeasures. A total of 11 children participated in the study. Children's ages ranged from 5 to 17. Analysis of the pre- and postmeasures should suggest that anxiety levels will be less than they were prior to participation in the Footsteps program.

Jill Christine Hernandez  
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