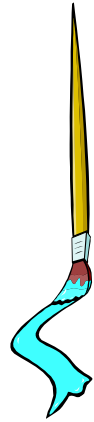




Expressive Arts Therapy provides:

- ◆ Individual counselling and child-parent relationship therapy.
- ◆ A safe, confidential and nurturing space in which to heal and make sense of what is happening.
- ◆ A creative approach to processing challenges through the use of various art materials, sand-play, story-telling, and specific toys.
- ◆ An imaginative therapeutic mode that facilitates communication on verbal and non-verbal levels.
- ◆ A client-centered approach that grants children and adolescents the freedom to be themselves without facing evaluation or

Why do families need Art Therapy?



Many families today have been deprived of the ability to explore, experiment, be creative, and even play together.

This might have stemmed from the loss of parent(s); abuse (mental, physical, sexual); neglect; being raised in an "overly rational" culture; or a poverty environment of too much time in front of a screen; or...
Sometimes things happen to people or those close to them that cannot be prevented.

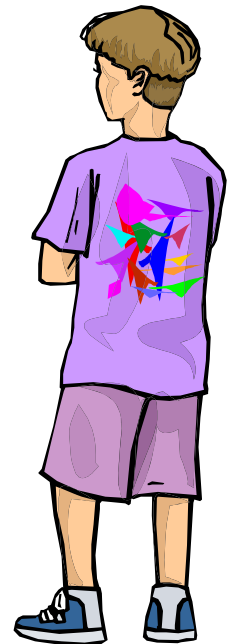


Purpose

People cannot change what happened and no matter how much they try to forget, bury, or ignore the feelings, they won't go away.

The effects of trauma will not disappear unless people face what happened to them and process their experiences.

Recognizing that it may be difficult to speak about traumatic experiences, art and play techniques are used to help people tap into their inner resources to find ways to manage their challenges.



How does Expressive Arts Therapy help families?

Children play out their stories in safe ways or even change a difficult or overwhelming experience into something small enough to cope with. Parents can use play and art to support and understand their children's growth.

A child experiences growth feelings by playing out and experiences as he or she brings them to the surface, faces them, learns to change them or abandons them. Parents can benefit by exploring and achieving a level of comfort with their own feelings.



Families are given the freedom and space to express themselves in their own terms exactly as they are at that moment in their own way and in their own time. The custodial parent will be included in sessions to foster attachment and improve the parent-child relationship, and be an active participant of change for their children.



For further information please contact



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Expressive Arts Therapy

