

# How is Art Therapy Delivered?

## Painting

Various paint mediums are used on a blank canvas or piece of paper to create a unique piece of art.

## Crayons/Chalk/Pastels

Creating effects using crayons/chalk/pastels-oil or dry to layer, blend or draw memories.

## Sculpting

Using hands to manipulate clay or other pliable materials to create 3D objects.

## Drawing/Illustrating

Pens, pencils, markers, or other colored wet & dry media are used on paper to create whatever comes to mind.

## Photography

Clients who wish to participate in a more simplistic form of art can use a camera to capture parts of their life.

## Collage

Art is created using images from magazines, personal photos, or other printed media to express emotions.

## Found Objects

Using objects that have been found and creating an art piece using it with various other materials.

## Symbolism & Metaphor

Images are created using materials and media of personal significance with deep meaning.

## Unconventional Media

Mosaics  
Woodcraft  
Weaving  
Sewing



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# What is Art Therapy?

Art therapy is a mental health modality that uses the benefits of the artmaking process to improve or restore the mental and emotional well-being of individuals.

With a professional art therapist, support and the use of different media, the creative process and artwork help an individual address emotional difficulties, self-awareness, and self-esteem, develop positive interpersonal skills, achieve insight for coping with life changes as well as find stress-relief in relaxation from artmaking.

## Our Specialties

Anxiety  
Depression  
Child, Adolescent Issues  
Military PTSD, Sexual Misconduct  
Parenting  
Relationship Issues  
Stress

## Who Facilitates Art Therapy?

Art Therapy is facilitated by professional art therapists who hold a master's degree, in the U.S., in a variety of subject areas such as counseling, social work, psychology, and expressive or creative art therapies. The master's degree should

also be from an accredited institution approved by the American Art Therapy Association.

## What are the Benefits of Art Therapy?

The benefits of art therapy are many, including. . .

- Assisting clients to communicate their emotions nonverbally.
- Instilling clients with self-confidence, self-respect, and self-esteem.
- Encouraging clients to build trust in a safe and inclusive environment.
- Assisting clients change their perspectives and future outlook.

## What are the Goals of Art Therapy?

Art therapy combines human development and psychological theories with visual arts to promote mental and emotional health. Furthermore, art therapy also promotes creativity and encourages patients to express themselves using a variety of art techniques and media. Art Therapy is used for a variety of age groups ranging from children and adolescents to adults with varying needs and abilities.



Art Therapy can be used to help reduce stress levels for clients living with Dementia because the part of the brain that is used for creativity is being exercised and helps restore their sense of identity.

Art Therapy can provide individuals with chronic/terminal illness by offering them the sense of control, freedom and self-expression.

## Why Art Therapy?

Art Therapy is fun! It's safe! And happens in a safe space for youth and adults to work through their challenges.

## Art Therapy Open Studio

The art therapy open studio is a weekly session open to individuals from all walks of life. It provides an opportunity for personal time and space; to get in touch with one's creative energy and inner self. The open group approach also promotes a communal creative environment where each person is encouraged to explore different art media and open themes to create and express personal works of art.

