

FAQs

Q: What is Art Therapy?

A: Art therapy combines innovative practical, verbal and meta-verbal skills with both traditional and cutting edge counselling theories. It works with words, imagination, creativity, images and metaphor to promote physical, mental and emotional well-being.

Evidence indicates that counselling art therapy is a practice that enhances well-being and effectively addresses many health challenges, such as addictions, mood disorders, grief/bereavement, trauma, chronic illness, physical and developmental disabilities and many more.

Q: Do I have to make art every session?

A: Absolutely not! Each session is centered around you, the client, and although I may propose art activities, you are encouraged to say no if you do not want to. I truly believe in the healing power of art, but there may be sessions and days where art does not feel right for you.

Q: What kind of art will I create?

A: Anything you feel you need to. There is no expectation of creating a traditional 'masterpiece'. What you create may or may not be visually pleasing in your mind's eye; either case is just fine because it is the process of creating that holds the beauty and potential. The art that is created in art therapy is to facilitate your unique therapeutic process and healing.

Q: How can art therapy help me more than traditional talk therapy might?

A: There are many ways that art broadens the therapeutic experience; these are just a few ways being creative does this:

- Supports safety and containment of those things that are painful to acknowledge and discuss verbally
- A physical, tangible record of the process and progress of therapy, which can be reviewed during therapy and kept to continue the healing process after therapy is terminated
- Insight and validation of feelings
- A way to discover skills to recharge and self-care
- An opportunity to find new personal strengths, which can lead to a sense of identity, self-esteem and confidence, among many other positive outcomes!
- Being creative is fun, peaceful and experimental and cultivates a greater sense of personal well-being
- Engagement and integration of the left and right brain, which helps in the process of healing from trauma and pain.