

Expressive Therapies: Art Based Therapy



Art based therapy, encourages individuals to express and understand their thoughts and emotions through the creative process and artistic expression. Using a range of creative tools and mediums, art-based therapy allows individuals to increase awareness of self and others utilising both non-verbal and verbal methods of communication. This in turn can enhance personal growth, enhance psychological function and increase coping skills.

(No art experience necessary)

“Art is our one true global language. It knows no nation, it favours no race, and it acknowledges no class. It speaks to our need to reveal, heal, and transform. It transcends our ordinary lives and lets us imagine what is possible” -Richard Kamler

Individual or Group based sessions available

Suitable for Adolescents and Adults