



The Victoria Clinic

Art Therapy



Art Therapy

What is Art Therapy?

- Art therapy uses the creative process of “art making” to improve physical, psychological & emotional wellbeing.
- It is based on the belief that the creative process involved in artistic self-expression aids people in resolving problems, develop interpersonal awareness and self-esteem.
- It's a very mindful activity

Aims:

- The aim of art therapy is to engage people in a creative process.
- The efficacy of the art therapy approach has been supported by clinical research demonstrating that engaging in creative work within a sustaining environment stimulates and benefits thinking patterns and behaviours.

Structure:

The program runs as an “open arts studio” allowing individuals to focus on what surfaces at the time rather than being told how to work/create by the facilitator. The program has a 12 week structure.

Who:

- Individuals who suffer from a mental health disorders including depression, anxiety, post-traumatic stress disorder and substance abuse.

- Those who find traditional “talking” groups difficult and aren't able to articulate their distress verbally, especially in relation to trauma.
- Individuals for whom English is not their primary language
- For those who want to find their creative voice; no experience in art therapy is necessary.

When:

This program runs on Mondays, Tuesdays, Wednesdays, Thursdays and Fridays.





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A Healthscope hospital.

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