

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:

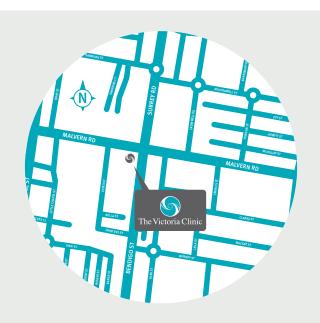
 Individuals who suffer from a mental health disorders including depression, anxiety, posttraumatic stress disorder and substance abuse.

- 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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V2 - 11/2016