

## Art Therapy

Art Therapy is an evidence based and effective mental health support. Individuals use as a means to communicate, work through a problem or issue, provide a chance to release emotions and find a way of self-soothing.



This form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

**Art therapy can achieve different things for different people. It can be used for:**

- Counseling by therapist
- Healing
- Treatment
- Rehabilitation
- Psychotherapy

It uses materials such as paints, chalk and markers and combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process, especially

the affective properties of the different art materials.

**Art therapy involves the creation of art in order to increase awareness of self and others. This in turn may promote:**

- Personal development
- Increase coping skills
- Enhance cognitive function
- Relieve stress or tension
- Self-discovery

### **Who can access Art Therapy?**

Our Art therapists work with people of all ages, individuals and their families. They provide services as part of our clinical team.

### **What does Art Therapy at Hessel Group look like?**

By using a creative approach, the individual is in control of their own therapy; they are able to create new solutions or at the very least find a level of relief and hope in their experience.

Our Art Therapist's tailor their sessions to the specific needs of the individual. Art therapy sessions provide individuals the ability to express his/her feelings through particular forms of art such as painting, drawing, photography or a variety of other types of visual art expression.

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Our Art therapist's are trained in both therapy and art, and have studied and mastered both psychology and human development. They are trained to pick up on nonverbal symbols and metaphors that are often expressed through art and the creative process, concepts that are usually difficult to express with words.

## Some of the experiences/outcomes you can expect to get out of Art Therapy:

- Exploration of thoughts and feelings using art processes
- Extend creative thinking: using and developing right brain hemisphere functioning which will assist with problem solving
- Use of art to understand and communicate difficult thoughts and feelings
- Safely address challenges such as difficulty expressing anger, feelings of anxiety and other confronting emotions
- Use of art to learn and experience self regulation and self soothing
- Art processes used in a guided therapeutic manner can help individuals to "get used to" and "be with" difficult emotions. This assists with the integration and healing of painful past experiences and historical trauma
- New insights and understandings about problems or issues that may not have come to light before
- A sense of catharsis and a feeling of being truly heard by another
- Increased sense of wellbeing

- Increased self awareness, reflective capacity and personal insight
- Increased emotional literacy, through explicit and implicit non-verbal communication
- Increased resilience, reduction of psychological distress and increased affect tolerance

## How long are sessions?

Therapy sessions are typically 1 hour in duration and can occur in our clinic, the client's home, educational facility or workplace. Sessions can occur as frequently as required, but in most cases, this is either weekly or fortnightly.