

Art Therapy

What is Art Therapy?

- ★ Art Therapy is a therapeutic approach using all forms of art expression including painting, drawing, collage, clay and construction
- ★ Uses colour, texture, shape, image, symbol and metaphor to express issues that may be difficult to explain with words
- ★ Seeing issues/problems and goals from new perspectives to gain insight and to see new possibilities and solutions
- ★ Empowering individuals and groups to acknowledge strengths and develop a sense of individual identity
- ★ The individual is the expert in their own lives and in their own healing journey
- ★ Art-making as a n expressive, therapeutic tool
- ★ Uses the art product for processing and insight
- ★ Art Therapy is not about the therapist 'fixing', judging or diagnosing the client

Services

I believe that the unique combination of professional counselling services and art therapy can help a wide range of people to improve self-awareness, set and reach goals, overcome challenges and achieve lasting change and growth in many aspects of their lives. I am passionate about working with people of all ages to achieve the best quality of life for each individual.



Art therapy or counselling?

We can discuss which modality/ combination of modalities will be best for you in an initial consultation. 60-90 minute sessions

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Arts and Minds Counselling

Evie Collins



**Professional Counselling & Art Therapy
services for children, adolescents, and
adults.**

Benefits of Art Therapy

- ★ A safe and contained environment using creativity
- ★ Expressing emotions and thoughts through colour and symbol
- ★ Accessing and addressing underlying causes
- ★ Exploring/discovering the true self
- ★ Reducing anxiety, stress and depression
- ★ Increasing self-esteem, confidence and feelings of well-being
- ★ Reduce emotional conflict, fostering awareness and personal growth
- ★ Aids in trauma recovery
- ★ Developing positive body image
- ★ Art Therapy is a fantastic tool for those who have found talking therapies to be unhelpful or have tried to address the same issues repeatedly without success
- ★ Art therapy can help those who find it challenging to put words to their thoughts and feelings.



Benefits of Counselling

- ★ Working through problems with a respectful, skilled and empathic professional
- ★ Increased self-awareness
- ★ Identifying and meeting personal goals
- ★ Understanding self and others
- ★ Working through grief, loss and life transitions
- ★ Increase self-esteem, direction and confidence
- ★ Decreasing stress, anxiety, depression and self-doubt
- ★ Increase inner peace, connectedness
- ★ Improving relationships and communication
- ★ Working towards self-actualisation

Issues Addressed

- Mental health
- Grief and loss
- Relationships
- Stress
- Abuse
- Sexuality
- Trauma
- Addiction
- Creativity development
- Body image
- Eating disorders
- Life transitions
- Personal development
- Spiritual Development
- Meditation
- Mindfulness

Art Therapy FAQ's

- ★ Do I have to be a good artist/very creative to do art therapy?
Absolutely NOT. No art experience is necessary. Art is about expressing what is true for you. If this is a scribble or a splotch of paint, that's fine!
- ★ Will the art therapist know what I am thinking/experiencing from the art I create?
Not really. There are some themes/symbols/images that may become clear through the art that help the therapist to understand the client. However, art therapy is not about analyzing or interpreting a client's art. This art therapist guides the creative process and allows space for the client to make their own insight and meaning from their art.
- ★ Is art therapy just for kids?
NO. Art therapy has been shown to benefit all age groups.
- ★ How is art therapy different from other therapies?
Art therapy has been shown to be one of the most successful forms of communication for those experiencing mental disorder. Sometimes words can be limiting or challenging within talking therapies. Art creates a whole new platform for communication and development of insight.