

art therapy

Information sheet

About Art Therapy

Creative arts therapies are based on the idea that creativity enhances the well-being of all people and is a natural aspect of all cultures and human experience. (Source: ANZACATA)

Through the engagement with art materials and the creative process the therapist supports the clients to explore and express ideas, thoughts and feelings that may be difficult to articulate in words. Art therapy is a form of psychotherapy, and like in all therapies, there are no guarantees that art therapy will provide resolution.

Everyone's experience is a little different, some may find it relaxing, or the experience may help see things differently, or it might touch a deeper issue. It is important to note that there is no right or wrong way to do art therapy. The experience, the art-making, and your images are as unique as you are.

There is no interpretation of art work in art therapy. It is not about learning art techniques or the production of pleasing pictures, nor are special artistic skills or talents needed.

What to expect

As with any form of therapy, the therapist will begin with introductions, setting of directions for the session and talking about expectations with an individual and/or group. The art therapist might suggest an idea for the session, or at times, a collaboration with the individual and/or group will come up with an idea for the session.

Once the art-making begins, the Art Therapist will remain silent providing you the space and time to create. They may simply witness and support your process as you work without interference and judgment. The individual can always voice their need for support and clarity at any time during the session.

When finished the Art therapist may inquire along the lines of what was easy and difficult about the process. They might explore thoughts, ideas, feelings, or invite a discussion about the image to open up the process of reflection.

What to expect from the Art Therapist

The Art Therapist gives support and is respectful of the individual, their art-making process and art work. The Art Therapist provides the individual with a safe therapeutic connection and communication with yourself and/or with others through art-making.

