



# ART THERAPY GROUPS

With Instructor Sarah H.

## **Mondays 1 – 3pm** **Expressive Art Therapy**

### **What is it?**

Expressive Arts Therapy is a multimodal approach using various arts including movement, drawing, painting, sculpting, music, sound, writing and improvisation. It looks to create creative connection between the arts to deepen and inform self-connection and self-exploration. In that one art form informs the next. It is intuitive, creative and plays on imagination to help manifest growth and change for emotional reparation, health and well-being.

### **What you can expect.**

That on any given day that I may include two or more various art modalities to work with. Example; the group may start with a body movement to express how their day has been, then work with a visual medium to further investigate a topic before writing about what took place. On another day you may respond to music with nature and then create this into a sculpture which you could then name, and write a small poem about.

Like anything that comes under the Art Therapy bracket it is about the experience for self-healing and growth, not for an artistic outcome, it is about making meaning, having a dialogue with self, for personal growth. If there is a visual or expressive outcome that you like, this is a bonus, just not the focus. Anyone can participate in the umbrella area of Art Therapy.

**Tuesdays 1 – 3pm**

## **Art Therapy through the lens of Psychotherapy**

Working with researched based art therapy techniques in a group-based format. Art Therapy works with art mediums to make meaning of experiences that we do not always have words for. The focus is on the experience as an outcome for self-awareness, not for an artistic result, although that may arrive. Different art mediums will be offered to help bring about different visual narratives and sensory experiences. As art mediums are the voice for your personal story and they play a vital role in how it is expressed and felt.

Clients will usually begin with a warm up technique that can be a prelude to the main theme, and as a way to help clear and focus their attention. The main technique will be an expansion of the theme which will be explored through non-verbal creative methods. At the end the client will speak about their work to deepen their experience, and help provide the bi-lateral healing outcome (left right brain communication, a place of integration).

### **What Art Therapy can provide**

“...Because it is based on body awareness, art therapy can effectively address trauma and emotional and physical dysregulation. Creative Arts Therapies can increase resilience by improving the sense of agency and self-understanding through the ability to express feelings symbolically. This can give new perspectives on oneself and on one's world view, which is essential in the recovery process”. ANZACATA

**Thursdays 9:30am – 11:30am**

## **Art Therapy through the lens of Art**

In this group the clients will be provided with different art styles and skills to work from. While the table will have a still life installation prop, this will provide the various themes to visually inspire the experience. I will help the clients look at and understand different areas like colour, line, movement, repetition, flow, shape and much more. This will help evoke creativity, imagination, play, and fun, which are the for runners to help heal trauma. By providing cognitive down time, mindfulness, focus, good attention. In this space personal stories emerge and unfold providing nurturing insight.

The group is quite quiet as all attention is focused on the image they are brining to life. There are no warm ups, but the group does check in verbally at the end to celebrate what they achieved. It is a gentle way to bring about self-awareness, it is less intrusive, looks to images outside of self to provide feedback to self. The themes and processes act as a gentle guide for self-investigation, while providing new found art skills.

