

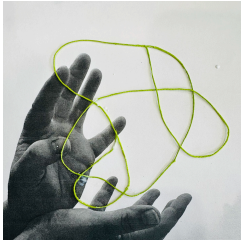






Strengths

Openness	Creativity	Connection	Companion	Presence
				

Foreword



Clare Rachelle Incher -
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"As a creative being, part of something as infinite as the Universe, I am not separate from those I walk beside. I am you. I am always here. I am the universe reflected back to you through our connection".

What I am coming to know about my strengths as a practicing Art therapist is deeply rooted in the concepts of presence, openness, and creativity. I recognise the importance of holding space for clients, allowing them to express themselves freely while fostering an environment of safety and

gentleness. Holding space is a nuanced concept that transcends the physical; it embodies an emotional and psychological presence that fosters safety and trust. It's about creating an environment where clients feel seen, heard, and valued, even when that space is intangible. This process involves being fully present, actively listening, and allowing for vulnerability without judgment. My ability to improvise and be reflexive during sessions helps me adapt to the unique needs of each individual, creating opportunities for exploration and growth. Embracing lightness and maintaining a sense of wonder allows me to infuse magic into the therapeutic process, making it both engaging and transformative. Ultimately, by remaining open and attentive, I can guide clients toward clarity and self-discovery, reinforcing my commitment to their healing journeys.



Therapy is not about fixing it is about offering. I offer presence, warmth, and a container where nothing needs to be hidden. In this space, everything is welcome. Everything is held softly and gently, all at once. Healing lives in vulnerability. It is not weakness, but a sacred threshold where real transformation begins. I will continue to honour that truth in myself and in others. Magic lies in the small things: in noticing, in breathing, in stillness, in shared silence.

This practice is not only about guiding others, it is about walking with them. Each step we take together leaves a trace, a shared footprint in the soil of growth. In this shared journey, I am attuned. I am a witness. I am a participant in the unfolding.

From this place of deepened knowing, I commit to creating a space that is inclusive, neutral, and deeply safe. A space where power is held with care and where freedom arises from acceptance, from being seen, from being allowed to simply be you.

