

ART THERAPY WITH Stefanie



HERE ARE THE STEPS TO WORKING TOGETHER

Art Therapy Consult

The first step on the path is to book a call - this can be either a phone call or virtual meeting. Let's connect and start to get to know one another - I'll share my approach to Art Therapy, and you can share more about what you are looking for. If we determine it feels like a good fit, we will make plans for an Art Therapy Orientation Meeting.



Orientation Meeting

This meeting is for learning more about what brings you to Art Therapy, you can share as many details as you like, and we will make art (of course!) to help identify your goals for therapy, and collaborate on a plan for our Art Therapy sessions. **For children until 12 years, this session is for parents only.**



Art Therapy Sessions

Our work begins! Based on our session planning during the Orientation meeting, we will work together through art to explore feelings, gain skills and make progress towards your identified goals. I recommend booking 4 - 6 session to begin as this will allow time for getting to know one another, and begin the process of working towards your goals.



Caregiver Check In

For clients under 16, it is recommended for parents to attend a 30 minute check in session every 4 to 6 weeks. This provides the opportunity for me to share themes and progress with you and for you to share how things are going at home and school from your perspective. We will revisit the goals and make adjustments to the therapy plan as needed.



Reaching Your Goals

Art Therapy Session and Caregiver Check-Ins will continue as we follow our co-created therapy plan to support you in reaching your goals. The total number of sessions varies and is dependant on your goals, and personal circumstances. As ending therapy is just as important a step as beginning, we will create a plan, including an art review, to close the process with intention.

