

ART THERAPY



Art Therapy is a branch of psychotherapy. Just like talk therapy the purpose of art therapy is healing and wellness. Art can be a tool to understand ourselves and our lives in a new way, learn new skills and have fun. I believe we are all makers, and the act of creating is a concrete way to integrate knowledge and make sense of our experiences and the world we live in.

Sometimes emotions, thoughts and experiences are easier to explore through art than words. The art studio is a safe, confidential and non-judgmental space to express ourselves.

Everyone can benefit from art therapy, as everyone has a need and a right to be heard. There is no need to be an artist to be part of art therapy, simply a willingness to try.

My name is Amélie Blanchard and I am the art therapist at the Hailika'as Heiltsuk Health Centre. Originally from Montreal I have been living on Heiltsuk territory for the last year. My passion for art, people and nature has driven me to pursue my career in art therapy. It's been an honor and inspiration to walk along the healing paths of my clients thus far.

Originally from Montreal, I have been living for the past 4 years in British Columbia. Aside from being an art therapist, I am also a designer, visual artist and outdoors enthusiast.



Feel free to contact me at (250) 957-8320, (250) 957-2308 ext 210

or ablanchard@heiltsukhealth.com

I'll be looking forward to hear from you!

THINKING ABOUT ART THERAPY FOR YOUR CHILD?

For a lot of children and youth, it is easier to express themselves through art making rather than words. For that reason, art therapy is a great fit when a child or youth needs supports in their lives. Art therapy is a form of counseling that involves creating as well as talking.

Through art making, the child and/or youth will find ways to explore and express their thoughts and feelings in a healthy way. The act of making art becomes a way to learn about themselves and how to be in the world.

Art therapy isn't an art class. No skill or talent are required to do art therapy. The art supplies are a tool for self-expression and healing. Art therapy is process oriented rather than product oriented. Art therapy is confidential. Accessing therapeutic services is on a voluntary basis.

The art therapy studio is a space in which we can develop:

- Healthy coping skills
- Cognitive skills
- Communication skills
- Story telling
- Emotional language
- Emotional regulation
- Respect and empathy
- Self-control
- Problem solving
- Focus and concentration
- Self-awareness
- Healthy boundaries
- Self-expression
- Social skills

Art therapy can help increase feelings of:

- Self esteem
- Relaxation
- Connectedness
- Joy
- General well being

Art therapy can help reduce feelings of:

- Anger and frustration
- Sadness
- Stress and worry
- Impulsivity
- Aloneness
- Grief and loss

If you have any questions or wish to make a referral:

Please feel free to contact Amelie Blanchard, the art therapist from the Hailika'as Heiltsuk Health Centre Society, through texts, calls or e-mails:

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