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Art therapy helps veterans

By [whiterocklakeweeklyadmin](#) on April 8, 2026 · Comments Off



From Staff Reports

In North Texas, a growing number of veterans are finding healing in an unexpected place, not through words alone, but through art. [General Reference](#)

Dallas Art Therapy, a nonprofit, is providing free trauma-informed art therapy services and non-clinical art to veterans navigating challenges such as PTSD, military sexual trauma and the difficult transition back to civilian life. Through both group and individual sessions, veterans are offered a space to process their experiences in ways that don't always require talking.



Photo courtesy of Dallas Art Therapy

“Art therapy creates a different kind of access point,” Founder and Executive Director Andrea Davis said. “For many veterans, putting experiences into words can feel overwhelming or even impossible. Art allows for expression, processing and connection without that pressure.”

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Unlike traditional art classes, these sessions are led by trained, credentialed art therapists who guide participants through structured, clinically informed interventions. The goal is not artistic skill, but emotional processing, regulation, and rebuilding a sense of identity and connection.

During the past year, Dallas Art Therapy has served veterans through a combination of small-group sessions and individual therapy, all provided at no cost to participants. The program focuses on reducing isolation, increasing emotional awareness, and supporting long-term mental health.

This work recently received local and national recognition through funding from the Texas Veterans Commission and the National Endowment for the Arts (NEA). As part of this support, Dallas Art Therapy traveled to Washington, DC to connect with other leaders in arts and health, gaining insight into how creative therapies are being integrated into broader systems of care across the country. [General Reference](#)

“Being part of that national conversation was incredibly meaningful,” Davis shared. “But what mattered most was bringing that knowledge back home, back to our veterans here in North Texas.”

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For many participants, the impact is deeply personal. Veterans who once felt disconnected are beginning to re-engage with themselves, with others and with their communities.

As conversations around mental health continue to grow, programs like this highlight the importance of offering diverse, accessible approaches to care especially for populations who may not feel served by traditional models.

Through its veteran program, Dallas Art Therapy is not only addressing immediate mental health needs but also creating a space where healing can happen in ways that feel safe, meaningful, and sustainable.

For veterans in North Texas, that space is making a difference one image, one session, and one connection at a time.



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