

alice halden

• art therapy and counselling •

As a qualified and registered Art Psychotherapist, Alice offers evidence-based therapeutic support to children, adolescents and adults to grow, heal and live. Through a holistic approach to person-centered therapy, Alice uses a somatic lens to inspire safety, empowerment, self-expression and confidence in her work with clients.

Art Therapy is a form of psychotherapy that uses creative processes such as drawing, painting, sculpting, and other forms of art-making as a therapeutic modality. This non-verbal approach supports clients to improve and enhance their physical, mental and emotional well-being. It allows clients to explore and understand their emotions through art in a safe environment.

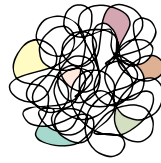
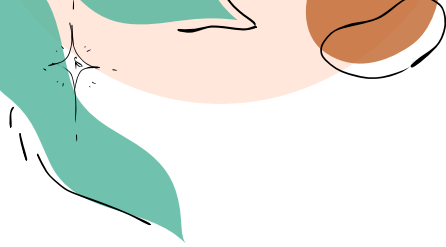


- **Individual Therapy** - Collaborating with clients towards wellness through personalised 1:1 Art Therapy and Counselling support delivered in person or conveniently through Telehealth for flexible care.
- **Home/School/Organisation Visits** - Providing accessible therapeutic support in the homes, schools and organisations of the Albury NSW, Wodonga VIC and wider areas.
- **Groups/ Workshops** - Delivering safe, supportive and engaging group support to foster connection.

Special Interest

Women | NDIS participants | DV Victim-Survivors | Children
ATSI clients | Trauma | Medical Trauma | Neurodivergence





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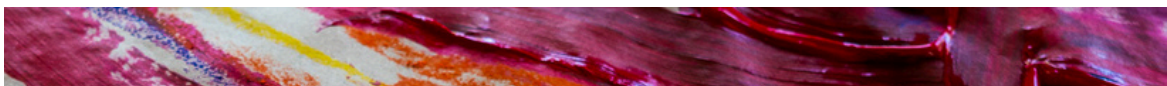
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APPROACH

Alice prioritises safety in a client-centred approach, working alongside clients to identify goals and create a personalised treatment plan. She integrates a range of modalities, including Somatic and Strengths-based Counselling, Play Therapy, Narrative Therapy, ACT, EFT, RLT, EMDR, IFS, and Polyvagal Theory. Alice provides a nurturing space where transformation begins.

Alice's unique and holistic approach to therapy empowers individuals to process trauma, build self-awareness, access inner resilience, develop coping strategies, and reconnect with themselves, fostering healing, personal growth, resilience, and a more fulfilling life.

Born and bred in the Riverina, Alice is passionate about mental health advocacy in regional areas and has living experience with Complex Trauma and Neurodivergence. Alice acknowledges the First Nations peoples of the Wiradjuri lands, skies and waterways from which she works and lives.



QUALIFICATIONS

- Bachelor of Creative Arts - UOW (Dean's Scholar)
- Master of Art Therapy - WSU (Dean's List)
- Professional Indemnity & Public Liability Insurance up to \$20,000,000.
- First Aid & CPR.

PROFESSIONAL AFFILIATIONS

- The Australian Counselling Association - Level 2
- The Australian, New Zealand and Asian Creative Arts Therapies Association - Professional Member
- Registered provider for VOCAT, Carer Gateway and Psychology Today