
THERAPIST



Nina L. Garcia is a Registered Drama Therapist with an MA Drama Therapy from New York University. Nina specializes in empowering people to embrace their most authentic self for increased intentionality and purpose. Given Nina's clinical experience within mental health facilities, schools, hospitals, non-profits, detention centers, and jail settings, participants are empowered to own their truth and re-story their narrative in a therapeutic space. Services offered include:

- Individual Therapy
- Group Therapy
- Intro to Drama Therapy Workshop
- Mindful Warrior Workshop
- Therapeutic Theatre Event

HOUSTON CREATIVE ARTS THERAPY

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— OPPORTUNITIES —

Contact for session pricing. Note: Speaking and workshop opportunities are not therapy, even when therapeutic tools are utilized for education and/or self-care.

Introduction to Drama Therapy Workshop FOR -

High Schools; Colleges; Clinical Spaces; Non-Profits; Theaters; Studios; Creative Spaces

BENEFITS -

Enhanced understanding of drama therapy as a possible career utilizing the arts as psychotherapy; clinical intervention for clients; therapeutic methods for self-care.

Mindful Warrior Workshop

FOR -

Friends; Colleagues; Co-Workers; Family

BENEFITS -

Inspires participants to develop and express individual truths and group leadership skills with candor, vulnerability, and compassion. A challenging, fun, and interactive theatrical experience is created to promote self-growth.

Therapeutic Theatre Event

FOR -

Theaters; Special Populations

BENEFITS -

Devised and/or scripted performance with a small community of people experiencing a particular mental health or wellness concern. Performances are created as therapeutic theatre to empower the participants, as well as outreach to their personal communities for an increase in perspective, empathy, resilience, and more.

HOUSTON CREATIVE ARTS THERAPY



Sessions designed to meet your individual and community wellness needs: empowering people to find balance in body, mind, and spirit.



HCAT's expressive sessions are a space for all emotions and narratives - the question is not should we address our physical, emotional, and spiritual concerns, but how should we address them to effectively bring about desired change and balance?

Welcome Warriors - Empower yourself to discover, recover, and embrace your authentic self. Empower yourself to find balance.

You made it here: to a space that specializes in empowering people to discover, recover, and embrace an authentic sense of self for increased intentionality and purpose. Utilizing creative psychological interventions and resilience-based strategies in groups, individual sessions, and therapeutic theatre events, people are empowered to find and create balance in their lives and communities.

We can all be inspired by warriors to find a unique sense of meaning in life. From the Mother to the Executive, and the Artist to the Soldier: drama therapy's expressive sessions can help us discover who and what our inner warriors are fighting for, and whether we are intentionally living in a way that empowers us to move forward and grow as leaders in our own lives.

WHAT ARE SESSIONS LIKE?

"I approach therapy as an intimate space for curiosity: to explore material, disrupt negative patterns, and discover truths. I deliver a strength-based, highly personalized approach to each client. In being open to using drama, theatre, music, art, dance, movement, and more during sessions, clients and I create a world of healing within the relationship" (N. Garcia, 2018).



SESSIONS ARE:

STRUCTURED

Safety - both physical and emotional - are the primary concern of your creative art therapist. Sessions are structured in five stages that allow members to 1) Warm-Up, 2) Clarify Intent, 3) Actively Participate, 4) Discuss/ Reflect, and 5) Close. Boundaries are set at the beginning of each session, and throughout, as a constant reminder for safety of Self and Others during the group's journey.



Mindfulness skills are taught to increase coping tools.



Physical and mental safety is the top priority in sessions.

SESSIONS ARE:

PLAYFUL

You read it right folks - sessions are playful, no matter what the age of our clientele. There is a focus on distancing ourselves from the emotional overwhelm, while at the same time playing with dramatically reproducing strong emotions. Expressing ourselves in a structured, playful, therapeutic environment can be incredibly healing and - dare we say it - FUN.



Age makes no difference in human expression.



Therapeutic environments CAN be playful!

SESSIONS ARE:

EMBODIED

HCAT considers the whole individual in sessions - body, mind, and everything in between and beyond. HCAT utilizes intentional improvisation - and other creative psychological techniques - to bring about desired change and balance in the individual and community involved. In our sessions, a dancer can be a dancer - no matter what their movement ability. Such is the power of theatre.



Group members often take on and play out roles in life.



Our story is in our bodies - restoring is empowering.