



"Often the hands will
solve a mystery that the
intellect has struggled
with in vain."

CARL JUNG

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MESSY HANDS
HAPPY HEARTS

MOBILE ART THERAPY

A watercolor palette with various colors and several brushes are visible in the top left and top right corners of the image. The background is a dark blue surface with white paint splatters.

WHO CAN USE ART THERAPY?

Being Client Centred, Art Therapy sessions are tailored to individual client goals, needs and situations, making it suitable for any age or ability.

WHAT IS ART THERAPY?

Art has been used for centuries as a way of telling stories and of individual expression. *Art Therapy* is a form of psychotherapy that uses art mediums to explore issues, build skills and develop insight.

DO I NEED TO BE GOOD AT ART?

Creation and exploration is the goal of therapy sessions and no art skills are required...just an open mind and a willingness to try! This makes Art Therapy accessible to all.

EXPLORATION

Engaging in the creation of art can help you see issues from a new perspective, providing insight and clarity.

DEVELOPING PSYCHO-SOCIAL SKILLS

Art is a great way to teach social skills, increase empathy, build emotional intelligence and foster self-care strategies.

NDIS CLIENTS

Art Therapy through Messy Hands can be funded under a NDIS Plan for Plan Managed or Self-Managed NDIS Clients.

GOT QUESTIONS?

Please visit the FAQ page on the website for further information, or phone for an obligation free appointment.

The logo features the text 'MESSY HANDS' and 'HAPPY HEARTS' in a bold, black, sans-serif font. The word 'HANDS' is partially obscured by a blue paint splatter. The word 'HEARTS' is also partially obscured by a blue paint splatter. The entire logo is set against a white background, which is a piece of paper pinned to the dark blue background with two red pushpins.

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