



COMMON BENEFITS OF EXPRESSIVE THERAPY

Choice and Control

Meaningful Engagement

Process Emotions

Brain Stimulation

Reduce Anxiety and Depression

Improve Communication

Sense of Self

Improve Quality of Life

*“I stress all day,
these sessions give
me space and time
to unwind”*



EXPRESSIVE THERAPY

CLEAR GUIDANCE
CARE MANAGEMENT



WHY EXPRESSIVE THERAPY?

Research has consistently proven that isolation can create depression and anxiety. As well, it can worsen the symptoms of cognitive decline. A recent study also suggests that loneliness, isolation and living alone can have a profound effect on our overall health and survival.

In an effort to combat both the short and long term effects of isolation, Clear Guidance is offering both in-person and virtual Expressive Therapy sessions.

Our clients work together with our Expressive Therapist to design a custom program with the modalities that appeal to the individual

No two programs are the same, because each individual client, family and care team is different.

MODALITIES

Visual Arts

Music

Movement

Meditation/Mindfulness

Bibliotherapy

&More!



All programs are built off of a strength based, Montessori and person centered approach, with intentions to create appropriate, personalized and meaningful activities. Programs are developed in response to symptoms rather than labels, allowing individuals to successfully engage.