



Clear Guidance Express Arts Therapy

What is Expressive Arts Therapy?

Expressive Arts Therapy is an approach to therapy or counseling that uses multiple forms of expression, such as: visual art, movement, drama, bibliotherapy, mindfulness, visualization, storytelling, and music within the therapeutic process.

Expressive Arts Therapy involves:

- Meaningful engagement with trained therapists
- Creative and engaging approaches to therapy
- Diverse mindfulness and relaxation techniques
- Improving clients mood, focus, and expression
- Validating clients feelings
- Meeting each client where they are, without judgement
- Processing anxiety, depression, trauma, grief without direct conversation

Clear Guidance Consulting & Care Management
www.clearguidance.org (339) 777-5919



Franci DuMar

Licensed Mental Health Therapist (LMHC)
Registered Drama Therapist (RDT)
Certified Dementia Practitioner (CDP)
Certified Dementia Care Partner (CDCP)

Franci integrates diverse Expressive Arts Therapy techniques into her work with clients to strengthen the therapeutic process using diverse art mediums and mindfulness techniques. Her goal is to help clients live happier and healthier lives, even while experiencing cognitive changes, by providing accessible therapeutic support that is tailored individually to each client and their unique passions, abilities, and needs.

<https://www.psychologytoday.com/us/therapists/franci-dumar-wellesley-ma/1535707>

<https://www.linkedin.com/in/francidumar/>



Kasey Larsen

Masters of Mental Health Counseling (MA)
Registered Art Therapist (ATR)
Certified Dementia Practitioner (CDP)
Certified Dementia Care Partner (CDCP)

As a Registered Art Therapist, Kasey uses an integrated approach of artistic modalities such as art, music, poetry, movement, and mindfulness-based practices to dive deeper into the therapeutic process. Her core mission as an art therapist is to guide clients to access their whole self, make the arts accessible for all, and to celebrate the bridge of community that the arts provide. The expressive arts allow her to strengthen self-confidence, expression, connect verbally and nonverbally, and bring empowerment to those experiencing memory loss and cognitive challenges. Each session is unique, tailored to each individual's strengths and passions with a person-centered approach.

<https://www.linkedin.com/in/kasey-larsen-atr-cdp-cdcp-b9a7b971/>