

Clear Guidance Expressive Arts Therapy



Individual Therapy

Our team provides Expressive Arts individual therapy for adults who are experiencing cognitive changes, including memory loss.

Our services are available at private homes, assisted living, nursing and respite homes, day programs, and community centers.

In each therapy session, clients process emotions, reduce symptoms of anxiety and depression, activate brain stimulation, increase communication, feel agency, retain a sense of self, and improve their quality of life through meaningful creative engagement.

Group Therapy

Our Expressive Arts groups are available at assisted living, nursing and respite homes, day programs, and community centers.

In group sessions, clients process emotions, reduce symptoms of anxiety and depression, activate brain stimulation, increase communication, feel agency, retain a sense of self, and improve their quality of life through meaningful creative engagement.

What are families saying...

"I loved the use of scarves and flowers. My mom smiled the whole time and loved it."

"It's fulfilling for the soul because it connects us all to the present moment."

What are professionals saying...

"This group has taught me new skills on how to support residents in ways I never considered before."

"I am so impressed by this therapist, who has been facilitating an expressive arts group for the Sherborn and Holliston Councils on Aging for individuals with cognitive disorders, as well as caregivers who wish to participate. Each session offers participants meaningful opportunities to be heard, seen, and to reflect in a fun and uplifting environment through engaging activities and thoughtful discussion. Her leadership, specialized training, and genuine warmth draw participants in week after week, and those who attend consistently rave about the group and the positive impact it has on them."

"It's inspiring to see how we can connect with people who are in their later-stage of memory loss through Expressive Arts and touch, sound, and movement. They especially love the music. It's their favorite thing to do."

What are clients saying...

"In this group, the therapist makes it so easy for us to do things we maybe wouldn't do. We make things we can talk about, and start a conversation. I want to thank her for helping us to think, and that's the hardest thing to do."

"This group is a judgement-free zone."

Clear Guidance Consulting & Life Care Management
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