



Expressive Arts Therapy with Clear Guidance

Our Expressive Arts Therapists are here to offer creative, personalized, and appropriate support tailored to each individual clients needs.

In session, clients will 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 engagement.



Call to learn more...

Reach out and we will assess what your client(s) or loved one needs and how we may get Expressive Arts Therapy services to them in group and individual settings.

Clear Guidance

*Charting the course for
aging, disability, and dementia*

www.clearguidance.org
(339) 777-5919



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Expressive Arts Therapy is an approach to therapy or counseling that uses multiple forms of expression such as: *visual arts, dance/movement, drama, writing, and music within the therapeutic process.*

Expressive Arts Therapy involves:

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

Our Offerings:



Individual In-Home

Have your session brought right to your home or living space, and have a tailored therapeutic experience just for you.

Groups



Strengthen your connection to others while engaging in fun and meaningful therapeutic activities within your community.

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