

WHAT IS ART THERAPY?



"ART THERAPY IS A MENTAL HEALTH PROFESSION THAT ENRICHES THE LIVES OF INDIVIDUALS, FAMILIES, AND COMMUNITIES THROUGH ACTIVE ART-MAKING, CREATIVE PROCESS, APPLIED PSYCHOLOGICAL THEORY, AND HUMAN EXPERIENCE."

AMERICAN ART THERAPY ASSOCIATION, 2022

WHO CAN BENEFIT FROM ART THERAPY?



EVERYONE!
ART THERAPISTS SUPPORT INDIVIDUALS OF ALL AGES WITH MENTAL HEALTH DIAGNOSES, DEVELOPMENTAL NEEDS, CHILDREN, INDIVIDUALS WORKING THROUGH GRIEF OR LOSS, NEUROLOGIC DISEASES, CHRONIC PAIN, AND SO MUCH MORE!

HOW TO FIND AN ART THERAPIST

Check out the Art Therapy Locator on the American Art Therapy Website
<https://arttherapy.org/art-therapist-locator/>



HOW CAN ART THERAPY HELP ME?



Develop effective coping tools, increase self-awareness, process difficult experiences or emotions, manage symptoms of depression and anxiety, and establish personal goals.