

COUNSELLING SERVICES

Services are not structured around a set formula but are designed around the client or group needs. Available as:

- Individual or Group Sessions
- School programs
- Outreach service
- Clinical and peer supervision
- Workshops
- Seminars, conferences and education
- Corporate Programs
- Team Building /Group Visioning



METHODS USED

The emphasis is on the process of creating, expression and meaning making and less on the end product.

- Clay Field Therapy and Sensory exploration
- Art and Image making, Mask making
- Talking: ACT, strength based, CBT
- Symbol and Sand Play
- Create & Play to learn
- Voice Dialogue & explorative discussion
- Mindfulness and meditation



WHY ART THERAPY?

Art Therapy engages the whole brain in sensory processing and can assist with developmental learning and processing trauma.

- improve developmental delays
- process trauma in a gentle/safe way
- sooth emotions
- improve self-esteem/ self confidence
- assist in pain management
- deal with grief and loss
- recover from addictions
- help manage mental illness



Dark Thoughts: A sculptural representation of depression.

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BALLART ART THERAPIES

SPECIALISTS IN COUNSELING AND USING CREATIVE PROCESSES WITHIN A THERAPEUTIC RELATIONSHIP



Art Therapy provides people with the space to heal through self exploration.

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WHAT IS ART THERAPY?

Art Therapy is a form of psychological therapy that combines hands-on art making, image appreciation & conversation to achieve a sense of well-being.

Art allows us to communicate in the rich language of colour and imagery; this is utilized and explored in a therapeutic setting. This is particular useful when recovering from trauma.

Materials such as paint, clay, pastels, crayons, found objects, collage, myths and music are used to access healing.

No previous art experience is necessary.

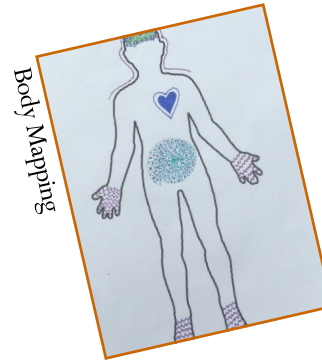
It is fun and not intrusive.



Mindfulness



Sand Tray / Play



Body Mapping



Sensory Play



Symbols



Exploring Identity



Expression



Collage



Clay Field: Educating the Senses



Mask Making

Art is the meeting ground of the world inside and the world outside."

Eleanor Ullman

MONICA FINCH

With over 12 years experience counselling men, women, youth and children Monica has a special interest in addiction & recovery, family violence, trauma recovery, palliative care & bereavement and working with children on the autism spectrum.

Qualifications include

- Masters Art Therapy (LaTrobe Uni)
- Dip Clay Field Therapy
- Dip in Community Health: Alcohol and Other Drugs, Mental Health & Family Violence
- Cert in Expressive Therapies and Sand Play (for children and adolescents)
- Meditation Facilitator
- Dip Visual Arts: Fine Arts
- Dip Visual Arts: Ceramics
- Life line trained.

Registered: NDIS, FRMP, ANZATA



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