

**Art Therapy
Healing through Creativity
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What is art therapy and who provides it?

Art therapy is a mental health profession that uses the creative process in order to enhance and enrich lives. The art therapist, a trained mental health professional, assists clients in engaging in artistic expression in order to bring about personal healing and life transformation.

What Benefits are there?

No previous artistic ability or experience is necessary to receive the benefits from art therapy. Some benefits include an opportunity

- for positive self expression of thoughts, feelings, and experiences
- to boost self-confidence and self-esteem
- to build awareness and understanding of self and others
- for stress reduction
- to enhance problem-solving skills
- to identify and incorporate positive coping skills
- to cultivate resilience
- to reduce and resolve conflicts
- to communicate with others

Group art therapy can provide these as well as the benefits of

- understanding you're not alone
- instilling hope that things will get better
- space to practice positive ways of relating to others

Where do I find art therapy and who is it for?

Art therapy is found in many different settings such as hospitals, schools, private practices, senior communities, drug and alcohol centers, etc. Populations served are as varied as the places they work. It is for anyone looking to enhance their well being, engage in creative process, and be in a safe and therapeutic relationship.

How does it work?

Expressive therapy engages the whole body, taps into so much more than what we can express verbally, and is more than just art making, the goals and purpose are different with the focus on the process not the product.

2 main camps

1. Art as therapy: process of making art is therapeutic, safe non-judgmental atmosphere that gives permission to try and support when needed

2. Art psychotherapy: symbolic communication, products made are helpful in communicating issues, emotions, conflicts, therapist to help client come up with interpretation, reflect on what you have made

What does it look like at the Purple Bicycle?

Individual: one on one with therapist, set up goals at intake, client is encouraged to utilize visual/written journaling in between sessions to aid process, both directive and non directive depending on goals and needs

Group: runs in 4-week sessions, specific focus (emotions, coping skills, social skills, etc.), elementary age, art directive and processing together