



ACTIVE ARTS THERAPY

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www.activeartstherapy.com

Why Choose Arts Therapy?

Arts therapy offers an active, practical approach to therapeutic work. The Arts Therapist is a trained clinician who will guide you through engaging and hands-on creative processes to help you to explore and make sense of your emotions and experiences.

You don't need to be an 'artist' to benefit from arts therapy. **Everything** you create in arts therapy sessions will be welcomed and respected.

The Arts Therapist is **not** there to interpret your art work or to judge your expressions in any way.

Rather, they are there to **witness** your process and the product(s) of your art-making, to **walk alongside** you as you navigate challenges and face fears, and to **assist** you with your own meaning-making. Only you can decide what your images and expressions mean.

As in all forms of psychotherapy, the main focus of arts therapy is building a consistent, safe and respectful relationship between you and the therapist.

You don't have to make art in every arts therapy session. If you just want to talk something through, the therapist will facilitate this.

Arts Therapy may be particularly beneficial for you if...

- you find it difficult to talk face-to-face about personal topics
- it's hard to find the language to describe your feelings and experiences
- you are a visual or kinaesthetic learner, or you enjoy involving your hands or body in communication and skill-building
 - you are easily distracted or need help to focus
 - you feel disconnected from your body and/or senses
- you want to learn some practical ways to soothe yourself when you're experiencing distress
 - you are interested in developing some creative hobbies to support your recovery
 - you'd like some help re-connecting with your imagination and sense of play
- you've found it difficult to remember or embed psychological techniques in the past.