

Creative Art Therapy

Healing, Transforming and Empowering through specialized therapeutic services



What is Art Therapy and how can it be used?

Art therapy is a specialized mental health and human services profession that incorporates creativity, play and art making into the therapeutic experience. No prior experience or skills with art making are necessary to benefit from this process. Art Therapy is a safe way to express yourself and is used to address a range of issues, including but not limited to:

- Anxiety • Depression • Self-Esteem • Illness
- Trouble sleeping/Nightmares • Coping Skills
- Grief • Aggressive behaviors • Trauma
- Life changes • Body image • Social Skills building and • Personal Well-being

Art Methods and Materials

Art materials used in an art therapy session can include Painting, Drawing, Mask Making, Sculpture, Sewing, Sand Tray and Collage. The choice of materials are based on the individual clients needs, interests and comfort level.

Art Therapy with Children and Adolescents

Children may find it difficult at times to communicate and express themselves verbally. This is especially true when they are experiencing anxiety, fears and environmental stressors. The integration of art making into the therapeutic process can assist in building a trusting relationship by offering a form of communication that is expressive and nonverbal. They are given the opportunity to make a statement, voice their opinions and release emotions through play and imagery. Because children are naturally creative, they may be more inclined to share their needs and experiences with adults through this non-threatening and accessible method of therapy.



Pooja Bakri, MPS LCAT ATR-BC

I am a licensed and board certified creative arts therapist. I have a broad range of experience working with children, teenagers and adults in my private practice, as well as through outpatient and community-based settings. Establishing a welcoming and safe space for individuals to express themselves is my primary aim. My approach is grounded in supporting individuals of all ages develop their own unique voice to incite positive change in their lives.

CONTACT

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