

Art Therapy



As defined by the American Art Therapy Association, art therapy is an integrative discipline utilized by Masters level therapists to support individuals and families through art-making, experiential and creative processes, and counseling practices. Art Therapists use creative interventions to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, develop insight, promote social skills, and reduce anxiety. Art-making is used to create a sense of safety and calm while working toward therapeutic goals in a supportive environment and to gain insight into ongoing issues. Art therapists have specialized training to select the right approach and most appropriate art materials to help clients express themselves and feel successful.