

art therapy faqs

SENSATIONAL KIDS



WHAT IS ART THERAPY?

ART THERAPY IS A GUIDED PROCESS WHERE WE USE ART-MAKING AND MOVEMENT TO ACCESS THE KNOWLEDGE HELD IN THE PARTS OF THE BRAIN THAT GOVERNS OUR EMOTIONS, HOW WE RELATE WITH OTHERS AND MEMORIES THAT CANNOT BE ACCESSED BY WORDS. THESE PARTS OF THE BRAIN CAN BE ACCESSED THROUGH IMAGES, COLOURS, SOUND, AROMAS, MOVEMENT AND TACTILE EXPERIENCE WHICH ART CAN FACILITATE.

SENSORY PLAY AND EVIDENCE-BASED ART THERAPY ALLOWS CHILDREN TO EXPRESS THEIR EMOTIONS WITHOUT WORDS, PROCESS COMPLEX FEELINGS AND FIND RELIEF FOR VARIOUS CHALLENGES THEY MAY BE FACING.

THESE SESSIONS CREATE A SAFE SPACE FOR CHILDREN TO BEGIN TO EXPLORE, IDENTIFY AND INTEGRATE THESE CHALLENGING FEELINGS AND SENSATIONS IN NEW WAYS.

WHO IS IT FOR?

ARTS THERAPY CAN BE HELPFUL FOR PEOPLE WHO CANNOT VERBALISE THEIR FEELINGS DUE TO DEVELOPMENTAL, COGNITIVE OR OTHER CONDITIONS OR TRAUMA. IT HAS BEEN PROVEN TO SUPPORT CHILDREN WITH AUTISM, ADHD, PRE AND NON-VERBAL TRAUMA, ANXIETY/DEPRESSION AND DEVELOPMENTAL DELAYS AND CONDITIONS.

WHAT ARE THE BENEFITS?

- DEVELOPING SOCIAL SKILLS
- SUPPORTING EMOTIONAL REGULATION
- BUILDING FINE AND GROSS MOTOR SKILLS
- INCREASED FOCUS AND ATTENTION
- IDENTIFYING AND EXPRESSING EMOTIONS
- BUILDING SELF-CONFIDENCE

DO I NEED TO BE 'GOOD AT ART' TO DO ART THERAPY?

NO, CREATING SOMETHING BEAUTIFUL OR 'ARTISTIC' IS NOT THE AIM OF ART THERAPY. IT IS A 'BOTTOM-UP' PSYCHOTHERAPY APPROACH THAT ENCOURAGES AN AWARENESS AND EXPLORATION OF OUR EMBODIED EXPERIENCING, IMPLICIT MEMORIES, CREATIVITY AND EXPRESSION.

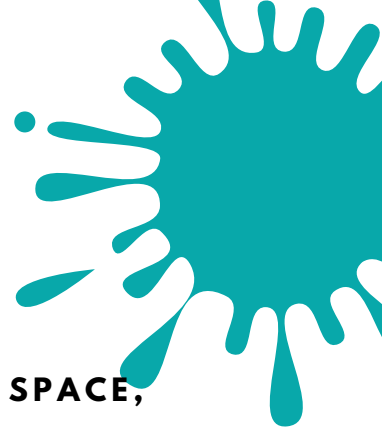
WHAT IS THE DIFFERENCE BETWEEN ART THERAPY AND ART CLASSES?

ART CLASSES TEACH FOUNDATIONAL ART TECHNIQUES USING DIFFERENT MEDIUMS; WHILE ART THERAPY IS ART-MAKING THAT TAKES PLACE WITHIN A SAFE, THERAPEUTIC RELATIONSHIP THAT ENCOURAGES EXPRESSION, REGULATION AND INTEGRATION.



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WHAT HAPPENS IN AN ART THERAPY SESSION?

SESSIONS USUALLY BEGIN WITH ORIENTATION INTO THE SPACE, THIS CAN BE THROUGH BREATHWORK OR OTHER SIMPLE SOMATIC EXERCISES. YOUR ART THERAPIST WILL THEN EITHER GUIDE YOU THROUGH A PROCESS OF ART-MAKING - WORKING WITH DIFFERENT MATERIALS TO SUPPORT THERAPEUTIC OUTCOMES. OR SOMETIMES, YOU OR YOUR CHILD HAVE A STRONG SENSE OF WHAT YOU WOULD LIKE TO WORK WITH. IN SOME SESSIONS, PLAY THERAPY IS OFFERED AS AN ALTERNATIVE.

DO YOU ANALYSE WHAT IS MADE?

NO, AN ART THERAPIST DOESN'T INTERPRET YOUR WORK BUT COMPANIONS YOU OR YOUR CHILD TOWARDS YOUR OWN STRENGTHS-BASED MEANING MAKING. THEY MAY OFFER THINGS INTO THE SPACE HOWEVER ULTIMATELY ONLY THE CREATOR OF THE ART CAN REVEAL ITS TRUTH IN THE MOMENT.

DO I GET TO KEEP THE ART THAT IS MADE IN ART THERAPY?

YES, ALL ARTWORK MADE CAN BE TAKEN HOME. YOUR THERAPIST MAY SEEK CONSENT TO TAKE PHOTOS TO KEEP AS DOCUMENTATION IN YOUR CONFIDENTIAL CASE NOTES.

WHAT FUNDING IS AVAILABLE FOR ART THERAPY SESSIONS?

ART THERAPY IS COVERED BY NDIS AND SCHOOLS CAN ACCESS ART THERAPY AS PART OF THE VICTORIAN STATE GOVERNMENT SCHOOLS MENTAL HEALTH MENU UNDER TIER 1: POSITIVE MENTAL HEALTH PROMOTION, TIER 2: EARLY INTERVENTION COHORT SPECIFIC SUPPORT AND TIER 3: TARGETED SUPPORT.

