



# About us



## ART THERAPY



We Specialise in

BEHAVIOUR  
THERAPY

CHILD &  
ADOLESCENT  
ASSESSMENTS

COUNSELLING

OCCUPATIONAL  
THERAPY

SPEECH THERAPY

GROUP PROGRAMS



### USING CREATIVE EXPRESSION TO PROMOTE WELLNESS AND INSIGHT

Art Therapy is a non-judgmental form of psychotherapy that encourages individuals to put their inner thoughts and emotions into a tangible, external form through the creative process using wide range of mediums.

By engaging in the creative process, individuals can express themselves in a safe and supportive environment. This can help to promote emotional healing, reduce stress and anxiety, and develop a deeper understanding of one's own thoughts and behaviours. At Thinkahead, Art Therapy is available to individuals of all ages and abilities, providing a unique and powerful way to promote emotional, psychological, and physical wellbeing.

### TECHNIQUES

- Free drawing or painting • Guided Drawing or Painting
- Collage • Clay or Sculpture • Sand play
- Metaphor & Symbolism • Visual Journaling • Mindfulness-Based
- Narrative • Expressive • Play-based

### WHAT ARE THE BENEFITS?

Art Therapy can help individuals:

- Improve cognitive functioning • Develop healthy coping skills
- Foster self-esteem & self-awareness
- Develop fine & sensory motor skills
- Cultivate emotional resilience and self-regulation
- Promote insight • Develop social & interpersonal skills
- Reduce and resolve conflicts and distress

### ART THERAPY FOR MENTAL HEALTH ISSUES

Art Therapy is often used to address mental health issues, such as:

- Anxiety • Depression • Stress
- Obsessive compulsive disorder (OCD) and perfectionism
- Attention Disorders • Grief & loss • Dementia
- Eating disorders • PTSD and Trauma
- Relationship issues • Self-harm and suicidal thoughts
- Addiction

## INDIVIDUALS WITH DISABILITIES

Our Art Therapists work with children, adolescents, and adults with various abilities and disabilities, including but not limited to:

- Autism Spectrum Disorder • Developmental Delays
- Intellectual Disabilities • Physical Disabilities
- Sensory Processing Disorders • Speech & Language Disorders
- Attention deficit hyperactivity disorder (ADHD).

## WHAT TO EXPECT?

- Art Therapy is available for people of all ages, artistic ability, or talent.
- Art Therapy is different from an art class as Art Therapy focuses on letting clients explore their inner experience through the art-making process.
- Funding options include NDIS funding for CB Daily Living registration category for Art Therapy services. Some private health funds may also provide rebates for Art Therapy sessions, so please check with your provider to determine eligibility. Medicare does not currently fund art therapy sessions.
- By providing a safe and supportive environment, our Art Therapists help clients express their thoughts and emotions, promote self-discovery, and develop healthy coping skills.
- We understand that every individual will have different goals for therapy. Our Art Therapists work collaboratively with each client to develop a personalised plan that is tailored to their individual needs and goals.

## TYPES OF PROGRAMS

- Personalised 1:1 Art Therapy sessions
- 10-week community connect program



CONTACT US TODAY

[thinkahead.com.au](http://thinkahead.com.au)

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