

What does it mean to use art in therapy?

Lisa combines traditional therapy theories, skills and techniques with the process of art making in order to help clients explore feelings, reconcile emotional conflict, foster self-awareness, manage behavior, and restore well-being.



You do NOT need art skills to explore feelings and emotion using art in therapy. Art in therapy is dynamic and action oriented. Art in therapy provides an alternative way of communicating difficult feelings and emotions. Art in therapy can also facilitate expression of emotion for those with disabilities or other difficult health conditions.

Community Counseling of Central CT,
Inc.
53 Muir Ave
Bristol, CT. 06010
www.docwarren.org
Address Correction Required

Using Art in Therapy



Nurture in Nature

Therapeutic Art
sessions for individuals
& groups at Pillwillop
Therapeutic Farm*
1089B Woodtick Rd.
Wolcott, CT 06716

*A program of Community Counseling Centers of Central CT, Inc., an independent 501c3 not for profit. Any donation to the program is tax deductible.



Individual Art in Therapy can help:

- ❖ Build self-esteem
- ❖ Regulate emotion
- ❖ Foster communication
- ❖ Develop insight
- ❖ Improve decision making
- ❖ Explore creative problem solving
- ❖ Process grief
- ❖ Manage behaviors
- ❖ Reduce Anxiety
- ❖ Reduce stress
- ❖ Process emotional events
- ❖ Promote emotional expression
- ❖ Identify & understand emotions



Art in Therapy for Groups can:

- ❖ Promote self-esteem
- ❖ Promote teamwork & cooperation
- ❖ Build social skills
- ❖ Foster acceptance
- ❖ Foster community spirit
- ❖ Nurture individuality
- ❖ Develop interpersonal skills

The Therapeutic Art Studio is:

- ❖ A judgement free zone
Your art will ever be critiqued or criticized
- ❖ A safe place to express emotion with art
We discuss your art together, and work together to understand it and find meaning
- ❖ A place where the focus is on the PROCESS of art-making, not the product
Everyone can make art, regardless of training. We will work together to facilitate expression
- ❖ A place where visual language is explored and discovered
Tell your story through image, color, line, and shape
- ❖ A place where creative thinking is encouraged



Make an Appointment:

In Bristol: 860-582-7904

In Wolcott: 203-879-9485

Via email: lisa@docwarren.org



Find out more information about Community Counseling Centers and our programming at Pillwillop Therapeutic Farm at:

www.docwarren.org

www.pillwillop.org