

## ART THERAPY AND SELF EXPRESSION THROUGH ART



You don't have to have a creative bone in your body to do art therapy, as the emphasis is on the process and not the product. Art materials such as paints, crayon, clay, and inks are used as a creative tool for creating dialogue, interaction, exploring self expression, emotions, and many other issues.

At Hands Inc we use art as a means of creating self expression for recreational purposes and in a therapeutic setting. The needs of the group and the setting will dictate how the programme is designed and developed.

### What happens in a typical session?

A range of art materials are set out so that each person can decide which materials they want to use. A theme can be set or the group or individual may want to just draw and see what happens. At the end the session participants have the opportunity to share anything they want to about the work they produced or not. The depth of the feedback process is dependent on whether it is a therapeutic session or a general group.

Hands Inc has used art therapy and self exploratory art in a number of settings with many positive and rewarding results. This process can be used to support and explore a variety of situations in an innovative way:

#### General Groups

- Creative expression that uses life experiences as a source to draw upon
- Exploring self and identity
- Career development
- Stress management
- Decision making

#### At Work

- Raising staff moral and team building
- Organisational development
- Trouble shooting
- Stress Management
- Product development
- Exploring and managing change

#### Children & Young People

- For children and young people in distress
- Tackling behavioural issues
- Building self esteem
- Anger Management
- Supporting learning difficulties



*Put Yourself in Good Hands*  
Contact us to discuss our services

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