

## **Art Therapy**

Art therapy blends a counseling relationship with the creative process of making art, to help individuals of all ages address different kinds of emotional difficulty. Art therapy guides the use of art materials in a supportive and non-judgmental environment. It focuses not on products or outcomes but on the therapeutic qualities of the art-making process itself. Visual expressions become a visible, tangible record of your inner experience. They may also bring you new awareness and insights, leading you towards growth and healing.

## **Art therapy and grief**

The language of visual symbols can be useful in expressing and exploring grief in a way not limited by words. You gain a way of communicating that can sometimes more fully express the complexities of loss. You may also access healing through the creative process itself. The creative process offers an active way of responding to the experience of loss. Art making requires you to make choices and decisions and, in turn, can powerfully reflect back to you your strengths. The act of creating in response to loss can help to contain powerful emotions. It can also help you feel a sense empowerment in the midst of sometimes overwhelming life changes.

## **PATHWAYS art therapy**

PATHWAYS art therapy programs are for people of all ages and artistic abilities; prior art-making experience is not necessary. All PATHWAYS art therapists have Master's degrees from accredited Art Therapy programs. Their training encompasses art, artistic development, and developmental and psychological theory. Our art therapists have also trained as grief counselors for both group and individual therapy. They facilitate individuals' creative processes and help people find meaning and insight through art.

## **Group art therapy**

Group programs give people opportunities to explore their loss within a community of fellow grievers. As each person explores his or her own unique artistic expressions, a supportive understanding develops within the group. As people receive and bear witness to others, they gain support and develop the courage to creatively face grief. Groups utilize a variety of materials from chalk pastels to clay, to explore the many facets of grief. Sessions may also employ techniques such as guided meditation and journal writing.

## **Individual art therapy**

PATHWAYS art therapists offer individual sessions for both children and adults in our art therapy studio. As a trusting, safe relationship develops between the client and the art therapist, individuals find ways to explore and express their experiences of grief. The art therapist supports the individual in unfolding, at his or her own pace, the meaning and insight within the art-making process.