

EXPRESSIVE ARTS THERAPY is a form of therapy that offers channels of communication through various art forms. It is a multi-model and interdisciplinary approach where art forms such as dancing, movement, music, drama, poetry, visual arts, sculpting and so on can be expressed. By connecting our senses to the material brings form and new perspectives to the initial “issue” at hand and therefore no artistic background is necessary. EXA follows a process-based approach, reflecting on how we arrive at a certain point rather than what the outcome may look like. It can be catered for both children and adults in a one-to-one or group setting. The spirit of the work is centered around the concept of *poiesis*, the Greek root word; to make or create. Although, the therapeutic affects not only rely on creation but also in imagination and play. Connecting these key components contributes towards a renewed sense of self, inner resources and shaping that can be applied outside of a session.



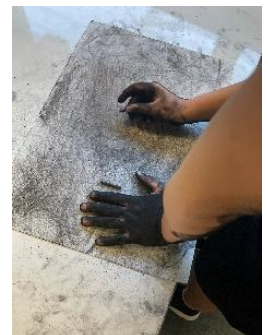
The main goals of this approach are to:

- Reinforce a sense of self through recognising resources
- Offer a sense of release
- Develop a mind body connection and a deeper comprehension of inner and outer worlds
- Improve sensory regulation
- Engage in the creative process
- Open up channels into accessing emotions
- Building creative strategies that can be applied to daily life



What happens in a session:

Individual sessions: An individual session runs for 50 minutes. During this time, the client begins with a check in as a way for the therapist to gage where they are in terms of body and mind. This then would transition into connecting senses with a material at hand and moving onto some art making. The last third of the session would be a debrief of the process and connecting it back to the check-in at the beginning of the session.



Group sessions: Group sessions are catered for a group of six for five consecutive sessions at whole, running for 75 mins each time. Sessions will be adapted and specified based on a common theme that is shared among the participants. During the sessions, the arts will hold as the container, creating a space for participants to learn and exchange from each other.

Who can benefit from Expressive Arts Therapy:

EXA is beneficial towards improving function, mood, cognition and behaviour. In particular, children and/or adults with;

- Attention-Deficit Hyperactivity
- Autism
- Stress
- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Social challenges
- Bereavement
- Low self esteem



How do I get to see a therapist?

You can refer yourself directly to work with an expressive arts therapist. Sometimes a direct referral can be made from other mental health and medical professionals.