

# Art Therapy

Art Therapy is a way to encourage the expression of thoughts and feelings, relationship and personal issues, through the creation of art.

The Art Therapist serves as a guide to the process: by empowering you to explore and depict your inner experiences; allowing you to move through a process of self-discovery, combining verbal therapy and imagery.

Art Therapy can employ drawing, painting, sculpture, photography and other forms of visual expression, as well as creative writing, visualization and guided imagery, dance and music.



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