

## **Art therapy adjustment overview:**

**Art therapy involves the use of techniques such as drawing, painting, collage, colouring, sculpting, dance and creative play to help children express themselves artistically and examine their inner world. Art making can lead to a better understanding of feelings and behavior so we can move on to resolve deeper issues. Within the art therapy space, you can safely explore emotions, improve self-esteem, relieve stress and improve symptoms of anxiety and depression.**

**Art therapy is underpinned by the value of the therapeutic process, not the artistic value of the work. No artistic talent is required! In the initial interventions, goals will be discussed and together a plan that involves creating some form of artwork will be explored. Once art making begins, there may be times where students will work independently without interference, and other times where questions will be used to explore the art making process and the thoughts, feelings and memories that accompany the process.**

**Within our school setting, an art therapy practice offers a safe space for students and staff to explore their inner world using a range of art modalities in a familiar setting. We can offer an effective response to the ever changing needs of students by providing an outlet for students to channel their anxiety, anger, fears etc into the art making process. The symbolic images that are generated within art therapy sessions can allow students a capacity to express feelings and ideas regarding psychological conflicts and life experiences that are too emotionally loaded for verbal communication. Offering an art therapy intervention supports the students, teachers, and families to overcome obstacles and restore functioning.**