

ARTS THERAPY

Supporting expression, interaction and identity through the arts



WHAT IS ARTS THERAPY?

- Arts therapy uses art, drama, music and movement therapeutically to support self-expression and well-being
- The Registered arts therapist works from psychotherapy, counselling and child development theoretical frameworks
- Arts Therapy provides a visual, sensory rich, concrete and interactive means of expression

WHAT CAN OUR ARTS THERAPY SERVICE OFFER?

- Person-centred individual sessions with a registered arts therapist
- Goals are set in collaboration with the family/whanau and the young person
- The number of sessions required is decided collaboratively with the family/whanau
- The family/whanau will be given regular informal feedback as well as suggestions of possible strategies for home (where appropriate)
- At 10 session intervals a review meeting will be held with the art therapist, parent/guardian and the young person (where appropriate)

ARTS THERAPY SUPPORTS:

- ✓ Self-awareness and ways to express feeling
- ✓ Self-esteem, confidence and positive self-identity
- ✓ Flexible thinking and spontaneity
- ✓ Motivation to clarify and work through inner experiences
- ✓ Communication and social/play skills

DETAILS

PHONE: 0800 273 7587

E-MAIL: specialist.support@idea.org.nz

WEBSITE: <http://www.ihc.org.nz/arts-therapy>

LOCATION: IDEA Services, Level 3, 1 Rankin Ave, New Lynn, Auckland, 0600

COST: \$110 per session (45 to 60 mins, inc GST)