What is Art Therapy?
Art Therapy is counseling through art

Art Therapy is a psychodynamic therapy using art making as a tool for exploring feelings that are sometimes hard to put into words. The art work provides the context and the catalyst for the counseling experience. Once the art work has revealed itself so too does the clients inner world and in a safe supportive environment with the art therapist, new insight can be revealed.

Art Therapy works by engaging in the creative process in a safe space with a trained art therapist. Sessions usually involve talking to clarify issues or problems of concern, art making using a variety of materials and talking about the art work.

NO ART EXPERIENCE NECESSARY

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Aardvark Studios
Art is the language of the soul
Art Therapy Profile – Annabel Ayers

I am a registered Art Therapist with ANZATA. I graduated from LaTrobe University in 2007 and have been working since then in schools and community with a wide range of client groups. I specialize in Child and Adolescent health. I offer Art Therapy services with individuals, groups and corporate team building. I have presented in schools, communities and professional groups using Art Therapy.

As an Art Therapist I work in a collaborative style, with a focus on personal empowerment for positive change and growth. I encourage and guide clients to work at their own pace, level of development and comfort.

I work in alliance with other health professionals, and can refer when necessary, in consultation with the client at all times.

I believe in the innate drive in us all towards improving our lives and reaching our potential.

Advantages of Art Therapy include:

- Increased sense of wellbeing
- Increased confidence & sense of self
- Learning new skills for life
- Making meaning of ones circumstance and life
- Problem solving strategies.

(More info – www.anzata.org)

Who can benefit?

- All ages, abilities, cultures
- Depression
- Anxiety
- Trauma recovery
- Grief and loss
- Autism
- Behavior
- School disengagement
- Relationships
- Personal growth
- Chronic illness
- Self esteem
- Identity
- Stress
- Life review
- Body image
- Addictions