



Providing Health & Wellbeing Solutions

Art Therapy & Counselling Services

Amity Health provides child, adolescent and adult mental health Art Therapy and counselling services with **Danita Walsh** (pictured below), an Art Psychotherapist, Occupational Therapist and Mental Health Clinician.

What is Art Therapy?

- It is a form of psychotherapy that uses art and visual materials to assist self-expression verbally and non-verbally
- Both the imagery or forms created and the process of art making are equally important
- The creative process involves the “whole person” - mental, emotional, physical and spiritual aspects of self, to support personal insights and meaning making for change and mental health wellbeing
- No prior art experience is needed



Who can benefit from Art Therapy & Counselling?

Children (6 yrs +), teens, young adults, adults with a wide range of issues such as, anxiety, depression, chronic pain, adjustment to life changes, trauma, grief and loss, family separations and self-regulation difficulties.

What are the benefits of Art Therapy & Counselling?

- To help you achieve greater functional independence
- Improve coping skills to meet your life goals and challenges
- To resolve or problem-solve personal issues impacting upon your life
- It provides a chance to release emotions and find a way of self-soothing
- This creative approach puts you in control of your own therapy
- To help you create new solutions to find a level of relief and hope in your experience

How is Art Therapy delivered?

- One hour individual and/or family sessions
- Session one is discussion based to discover your needs - art therapy commences in session two
- It involves a mix of art therapy, mindfulness, discussion and education depending upon your age and needs
- The Art Therapy process is guided by Danita and yourself to suit your pace and personal needs
- All sessions are confidential
- Art materials are provided but you may bring your own supplies if you wish
- Please bring an art shirt or smock to protect your clothing

The Referral Process

- Families and individuals can self-refer directly to Amity Health or speak with your GP and discuss if a Mental Health Plan is an option
- Under a Mental Health Plan you can access the Better Access Program for applicable rates via Medicare - there will be a GAP payment so please discuss this in advance
- Amity Health is an approved NDIS provider and Art Therapy can be accessed using this funding where appropriate.

For further queries regarding the program please contact Danita Walsh at Amity Health on (08) 9842 2797 or visit our website at www.amityhealth.com.au.