

Art Therapy

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"If a child's creativity is not encouraged, it may be lost forever."

How is art making therapeutic?

Art making can be a powerful tool that helps one to get in touch with feelings through the creative process. Creative expression improves self-esteem and self-awareness, as well as enhances the physical, mental and emotional well being of individuals of all ages.

It involves the use of different art materials through which each participant can express and explore thoughts and feelings in the presence of a registered clinical art therapist. For many children, it is easier to relate to the trained facilitator through the art object, which may provide a focus for discussion and analysis. Creating art can act as an outlet as the process is therapeutic in and of itself. One may not even be conscious of what they are releasing, and that is ok.

Art making is fun and empowering! Through the art process, individuals may often approach difficult issues and convey a message more clearly and safely than with words alone. The focus of each session is on the process, not the product. Each session will vary, depending on the cognitive, mental, emotional and physical capabilities of the individual.

Who can benefit from Art Therapy?

We all could benefit from art therapy! This therapeutic process will help all children, including those who may struggle with low self esteem...abuse/trauma...PTSD-post traumatic stress disorder...grief/bereavement...learning disabilities...autism/PDD...depression/anxiety...anger management...emotional, mental, physical disabilities...

Please call **Peggy at 516-647-2862** for further details and any questions you may have. Peggy is an art educator with her BA from University of Vermont, as well as a registered clinical art therapist, with her MA from LIU, CW Post. She has over 12 years experience in working with children and teens with various special needs. "Every person has a special need, just some are more glaring than others." Peggy's nurturing and fun-loving demeanor allows the child to feel safe and comfortable.

The History of Art Therapy

Art has been used as a visual means of communication and expression dating back to prehistoric times. Art therapy emerged as a profession in the 1930's. Pioneers of the field, realizing the healing potential of artistic self-expression, integrated their education in psychology and art. Through research based training and practice, art therapists continue to consider the art process, form, associations, and content with each client. Art therapy provides the client with an opportunity to achieve personal growth through improved self-awareness, and to explore unresolved emotional conflicts (Florida Art Therapy Association Brochure, 1998).



What is art therapy?

Art therapy involves the use of different art materials (such as paint, clay, crayon, collage etc..) through which a client can express and explore thoughts and feelings in the presence of the therapist. The art therapist offers a safe, contained and supportive environment in which to work through issues and concerns.

For many clients, it is easier to relate to the therapist through the art object, which provides a focus for discussion and analysis. The therapist and client then work together in trying to understand the client's personal process and product of the session.

Clients may use the art materials in any way they wish provided it is safe for the client, the studio and the therapist. Art therapy is available for both individual and group settings.

Art therapy is a powerful tool that helps one to get in touch with feelings through the creative process. Creative expression improves self-esteem, self-awareness, personal growth and provides a sense of mastery.

