

Art Psychotherapy Counselling Services™



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Welcome

Thank you for joining Art Psychotherapy Counselling Services monthly Newsletter. This is to provide our registered members with informative up-to-date reporting of the mental health field.

Included in the Newsletters you can find information regarding the private practice of Art Psychotherapy Counselling Services, Art Therapy updates on recent news of this form of treatment, mental health

recommended resources for families, teachers or counsellors, examples of art creations executed during treatment sessions and an interesting monthly feature on a specific diagnosis.

Please contact us to provide feedback regarding this issue.

“Art therapy provides an opportunity to find insight into one’s self.”

What is Art Psychotherapy ?

Visual expression has been used for healing throughout history, but art therapy did not emerge as a distinct profession until the 1940s. Art Therapy uses the non-verbal language of art for personal growth, insight and transformation. It is a means of connecting what is inside us – our thoughts, feelings, and perceptions - with outer realities and life experiences. The purpose of Art Therapy is much the same as in any other psychotherapeutic modality: to

improve or maintain mental health and emotional well-being. It is based on the belief that images can help us to understand who we are, to express feelings and ideas that words cannot and enhance life through self-expression and creativity.



“Client’s have a starting point from which to address their issues.”



Art Therapy Update

Online Radio Interview with Judy Weiser on PhotoTherapy

Listen to a recent "live" internet radio interview about "how people can use their own snapshots to learn more about themselves and improve their lives and their communications with others".

http://www.phototherapy-centre.com/Weiser_interview_3-19-09.mp3

Most people keep photographs around, without ever pausing to really think about *why*. But, because personal snapshots permanently record important daily moments (and the associated emotions unconsciously embedded within these), they can serve as natural bridges for accessing, exploring, and communicating about feelings and memories (including deeply-buried or long-forgotten ones). Therapists find that their clients' photos frequently serve as tangible symbolic self-constructs and metaphoric transitional objects that silently offer inner "in-sight" in ways that words alone cannot as fully represent or deconstruct. Under the guidance of a therapist who has been trained in PhotoTherapy techniques, clients explore what their own personally meaningful snapshots and family albums are *about* emotionally, in addition to what they are *of* visually. Such information is latent in all personal photos, but when it can be used to focus and precipitate therapeutic dialogue, a more direct and less censored connection with the unconscious will usually result.

Groups Available

Children New into Foster Care

Empowering Teens

Child Victims of Sexual Abuse

Children of Addicted Parents

In the News

Protecting your kids on the internet

With the trends of today's online community, keeping your kids safe on the internet has never been more challenging.

More and more parents everyday use filtering and monitoring sites and software's to keep their kids protected while online. The problem is real, the solution is simple. With parental control tools parents can feel comfortable knowing what their children do on the internet is in their hands.

Now, with the convenience and protection of internet filter and monitoring software, you can be assured that your children are protected from the things they don't need to see while still being able to do what they need to.

The list below are sites that provide such monitoring and filtering for your children:

- KidInnovation.com
- NetNanny.com
- GoMcGruff.com
- SpectorSoft.com



Treatment Offered

Individual Art Psychotherapy
Couples Art Psychotherapy
Family Art Psychotherapy
Group Art Psychotherapy
Trauma Assessments
Structured Sibling Visitation Sessions
Parent Therapeutic Access Sessions
School Support Services
Psycho-educational Sessions

Art Psychotherapy Counselling Services

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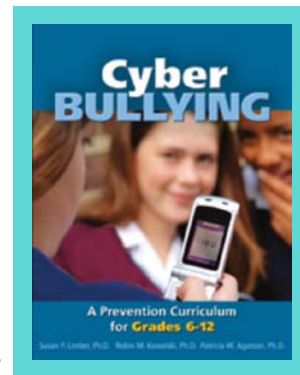
Web Site :
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*"The creative process
itself is healing."*

Recommended Therapeutic Resource

'**Cyber Bullying**' - Susan P. Limber, Ph.D. Robin M.
Kowalski, Ph.D., Patricia W. Agatston, Ph.D.

Cyber bullying is a particularly insidious, powerful, and devastating form of bullying. Although cyber bullying happens outside school, it affects what happens in school, contributing to poor school performance, depression, and even suicide. However, schools and students have found ways to resist and intervene in cyber bullying. This program can help your students protect themselves and their friends 24/7. This highly engaging, eight-session curriculum helps students understand what cyber bullying is, its consequences, and what students should do if they are cyber bullied. The program includes a facilitator's guide and a CD-ROM of reproducible handouts, posters, parent materials (in English and Spanish) and information on how to address cyber bullying in a comprehensive school-wide prevention effort.



Interesting Monthly Feature

25 Positive Things about ADD / ADHD kids.

- 1) Lots of energy.
- 2) Willing to take risks.
- 3) Ready to talk, can talk a lot.
- 4) Gets along well with adults.
- 5) Can do several things at one time.
- 6) Smart.
- 7) Need less sleep.
- 8) Good sense of humor.
- 9) Very good at taking care of younger kids.
- 10) Spontaneous.
- 11) See details that other people miss
- 12) Understand what it's like to be teased
or to be in trouble, so are understanding of other kids.
- 13) Can think of different and new ways to do things.
- 14) Volunteer to help others.
- 15) Happy and enthusiastic.
- 16) Imaginative – creative.
- 17) Articulate – can say things well.
- 18) Sensitive – compassionate.
- 19) Eager to make new friends.
- 20) Great memory.
- 21) Courageous.
- 22) More fun to be with than most kids.
- 23) Charming.
- 24) Warm and loving.
- 25) Care a lot about families.