



TEN YEAR ANNIVERSARY



Art Therapy: When There Are No Words

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Our Mission

The Art Therapy Project is a nonprofit mental health organization providing free group art therapy to adults and youth affected by trauma. Using the art-making process and with support from our art therapists, clients learn how to explore feelings, increase self-awareness and cope with life's challenges.

What is Art Therapy?

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. A goal in art therapy is to improve or restore a client's functioning and his or her sense of personal well-being. Art therapy practice requires knowledge of visual art (drawing, painting, sculpture, and other art forms) and the creative process, as well as of human development, psychological, and counseling theories and techniques.

- The American Art Therapy Association

Education and Credentials for an Art Therapist

- Coursework in Art Therapy, Psychology and Art Methods/Materials
- Master's degree from an accredited Art Therapy program
- National Registration and Board Certification (ATR-BC)
- NY State license (LCAT)

ART THERAPY

- facilitated by a professionally trained **ART THERAPIST**
- involves a therapeutic **RELATIONSHIP**
- takes place in a safe and **CONFIDENTIAL** space.
- main goal is **SELF EXPRESSION**
- art supplies are used as **TOOLS** for self expression
- there's **NO** right or wrong way to make things or to use art materials
- the focus is usually on the creative **PROCESS**
- artwork is seen as a **REFLECTION** or extension of its creator. It is used for **COMMUNICATION**

ART CLASS

- facilitated by a skilled art **TEACHER** or **INSTRUCTOR**
- involves a **STUDENT**-teacher relationship
- takes place in a **CLASSROOM** or **STUDIO** space
- main goal is to learn how to **MAKE SOMETHING**
- art supplies are used in specific ways to accomplish the **TASK**
- there may be a **CERTAIN** recommended technique or a **RIGHT** way to do things.
- the focus is usually on the final art **PRODUCT**
- artwork is evaluated for its formal qualities based on the elements and principles of **DESIGN**

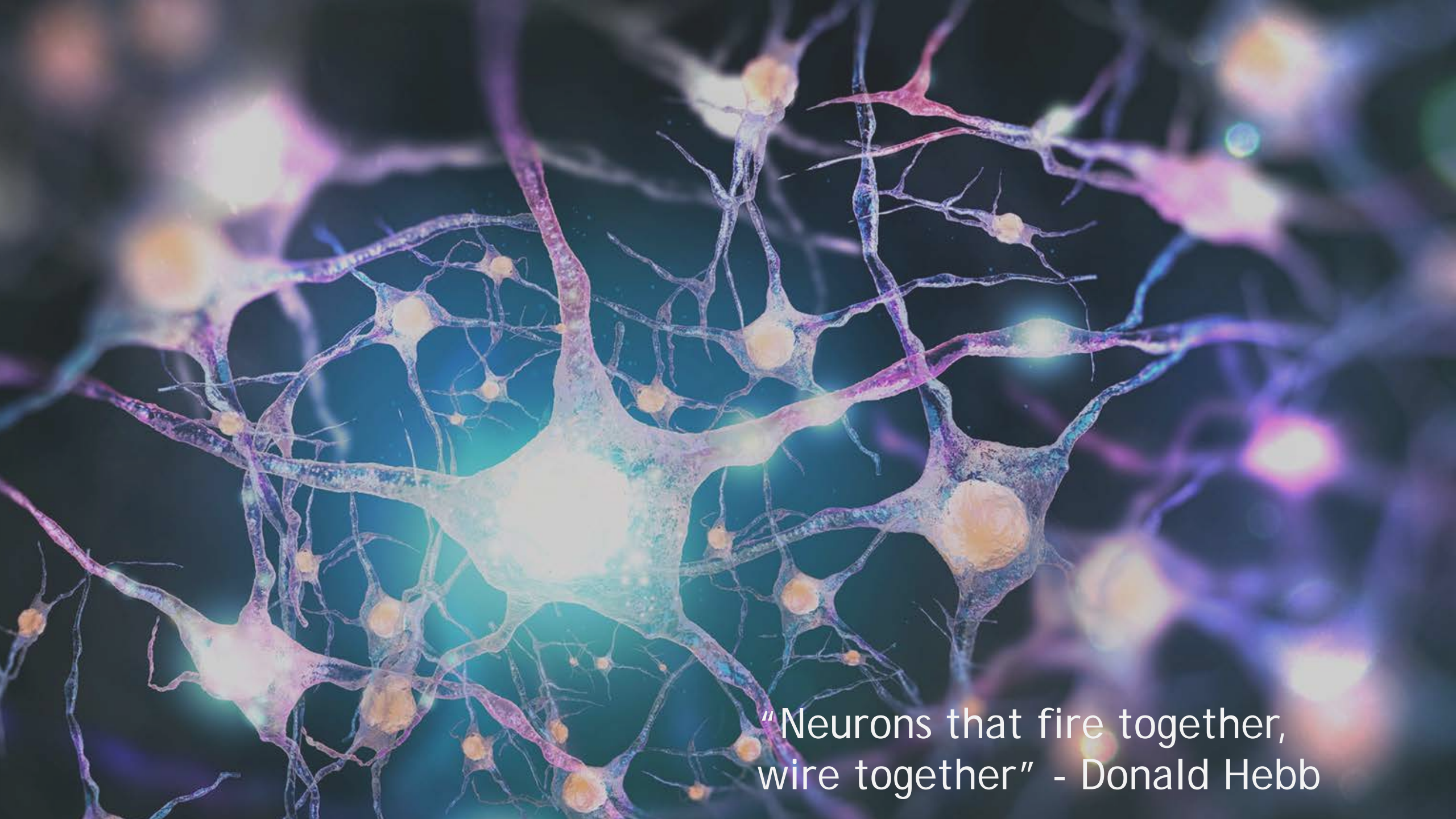
Art Therapy

Art therapists use art media, and often the verbal processing of produced imagery, to:

- Explore issues within the metaphor of the visual arts
- Promote insight into behaviors and feelings
- Enhance problem solving, social skills and self-esteem
- Reduce stress
- Improve problem solving abilities
- Cultivate emotional resilience
- Resolve conflict



Support the practice of leading one's best life despite challenges of the past and present.



“Neurons that fire together,
wire together” - Donald Hebb



What This Means For You

- Acute stress and anxiety should have an outlet
- It is usually not one thing that helps – try things out and see what feels right
- The act of making art on its own can reduce cortisol levels and help with stress
- Having a nonverbal outlet that accesses thoughts and feelings means this can be integrated into your day without retriggering/overwhelming you
- Join me for the next workshop where we can make art together



**"Art makes the
invisible
visible" –
Paul Klee**



What are you
walking away with?

Any questions?



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- Email us:
info@thearttherapyproject.org
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