

Art Therapy services
and presentations from

**West County
Psychological Associates**

- Assessment and counseling services are available to children, adolescents, adults and families
- Art therapy groups may be held within schools, corporations, or on an outpatient basis
- Presentations are available to parents, educators, and professionals within the fields of human services
- Appropriately licensed professionals conduct all treatment services.
- Payment plans are available, and many insurance plans will cover all or a portion of the fee

Please call our office, at (314) 275-8599, if you are interested in further information on Clinical Art Therapy services.

**WEST COUNTY
PSYCHOLOGICAL
ASSOCIATES**

**CLINICAL ART THERAPY
SERVICES**

*Promoting personal wellness
and growth*

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WHAT IS CLINICAL ART THERAPY?

Art Therapy incorporates the use of art materials for treating those who experience mental or physical distress, traumas and challenges in living. The art process provides a novel approach to communication and self-expression, and helps to bring feelings and thoughts into awareness. Through non-verbal communication, individuals can safely express themselves, using the art as a safe buffer between client and therapist. It is particularly effective with those who have difficulty accessing their feelings and conveying them through language. The act of creating art further offers and opportunity to open oneself to a broader range of experience, and take risks in exploring their inner selves.

APPLICATIONS

Art therapists work with individuals, groups, couples and families of all ages and backgrounds. It is an effective approach for those with developmental, medical, educational, social and emotional or psychological challenges. Treatment may take place in a variety of residential and community based settings, including hospitals, day treatment centers, outpatient clinics, schools, forensic institutions, corporate structures and independent practices. The artistic value of the work is not important, therefore it is not necessary for one to be a skilled artist in order to participate in art therapy.

HISTORY OF ART THERAPY

Visual expression by humans has been traced to prehistoric cave art. The field of Art Therapy emerged in the early twentieth century, as an outgrowth of psychiatry and psychoanalysis. Therapists first began to use art production to investigate the possible links between an individual's artwork and mental status. Currently Art Therapists practice through the world, in a variety of settings.

DIAGNOSIS

Interpretation of artwork is done with extreme caution, and incorporates the insights and comments made by the individual artist. Drawings and artwork can at times indicate specific emotional and/or behavioral issues, and patterns revealed over the course of time may further suggest underlying issues and concerns. The use of art often serves to accelerate diagnosis and treatment by providing a visual representation of the individual's treatment needs.

ART THERAPIST CREDENTIALS AND TRAINING

Educational, professional and ethical standards for art therapists are regulated by the American Art Therapy Association, (AATA.) The Art Therapy Credentials Board grants postgraduate registration (ATR) upon completion of graduate studies from a nationally accredited graduate program in art therapy, along with post-graduate supervised experience. Art Therapists in practice with West County Psychological Associates have attained Art Therapy Registration status.

ART THERAPY SERVICES

Counseling

West County Psychological Associates offers art therapy to children, adolescents, adults, couples and families.

Group Therapy

Group therapy is conducted within schools and on an outpatient basis. Topics for groups include, but are not limited to:

- Managing behavior problems
- Decreasing anger, stress and anxiety
- Treating eating disorders
- Teasing and bullying
- Understanding appropriate boundaries and sexual behavior
- Coping with grief and loss
- Developing appropriate social skills and communication skills

Groups can be tailored to meet the needs of at-risk individuals, as identified by schools, counselors, medical professionals, and other referral sources.

Training Services

Presentations are available to parents and educators on a variety of topics related to the field of art therapy. Frequently requested topics include:

- Effective use of art in fostering children's growth and development
- Introduction to art therapy
- Developmental stages of children's art
- Art therapy in the treatment of sexual abuse
- Diagnostic use of art and treatment implications