

# Creative Art Therapy for Health and Well-being



## Amanda Hansen

B.A Vis Arts, Dip. Transpersonal Art Therapy (Ikon)

The Art Therapy Studio  
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**Art offers a gentle and natural way to release and transform feelings and emotions. Through reflection and learning to engage in dialogue with artwork, it is possible to confront and creatively address difficult issues. Amanda has facilitated this process in children, adolescents and adults in their various life transitions.**

People participate in art therapy for a variety of reasons:

- Anxiety
- Chronic illness
- Depression
- Grief & loss
- Lifestyle changes
- Personal development
- Rehabilitation (e.g acquired brain injury)
- Relaxation and stress relief
- Self esteem
- Trauma

Art therapy offers invaluable help to people suffering from trauma. Creative expression of trauma can reveal visually what the brain cannot address verbally. Through the process of making art, participants can experience a sense of expansion and growth in the face of personal hardship.

Art therapy stimulates increased awareness of self and helps people to integrate and find meaning in their experiences, creating a positive new self image and inner dialogue. In doing so art therapy offers numerous benefits - not only for the physical body but also the mind, spirit and soul.

Working with Amanda, clients frequently gain insight and clarity about their individual needs and abilities, and awareness relevant to their health and well-being.

All the art materials you may choose to work with including pencils, pastels, paints, clay, found objects and collage etc. are provided.

The Art Therapy Studio is located by the Yarra River in Kew, just to the east of Melbourne. Filled with natural light and colour, the studio provides a warm and stimulating environment for you to express yourself in a supportive environment.

**For information about individual and group sessions contact Amanda Hansen on 0412 536 025**

Amanda has sixteen years experience working creatively with diverse people and needs, both individually and in groups. In 2001, Amanda co-established the Art Therapy Studio at Royal Talbot Rehabilitation Centre, where she works with people in rehabilitation after accidents, illness and trauma.