



Would My Child Benefit?

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What is art therapy?

- An integrative mental health and human services profession
- Enriches the lives of individuals, families, and communities through:
 - active art-making,
 - creative process,
 - applied psychological theory,
 - and human experience within a psychotherapeutic relationship.

Source: AATA, www.arttherapy.org



Who are art therapists?

- Art therapists are master-level clinicians who work with people of all ages.
- Their education and supervised training prepares them for culturally proficient work with diverse populations in a variety of settings.
- Honoring individuals' values and beliefs, art therapists work with people who are challenged with medical and mental health problems, as well as individuals seeking emotional, creative, and spiritual growth.

Source: AATA, www.arttherapy.org



Where do art therapists work?

Art therapists work with individuals, couples, families, and groups in diverse settings.

Some examples include:

- Hospitals
- Schools
- Veteran's clinics
- Private practice
- Psychiatric and rehabilitation facilities
- Community clinics
- Crisis centers
- Forensic institutions
- Senior communities



Source: AATA, www.arttherapy.org



Who can benefit from art therapy?

- Older adults with memory loss
- Individuals who struggle with eating disorders or substance abuse
- Victims of abuse and neglect
- People of all ages who are involved in forensic evidence-gathering
- Individuals seeking emotional or spiritual growth
- Children witnessing divorce or separation
- Children with ASD and ADHD
- Many others!

Source: AATA, www.arttherapy.org



Art Therapy for Children with Autism Spectrum Disorder: Video Clip



How does art therapy work?

Art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation alone.

Kinesthetic, sensory, perceptual, and symbolic opportunities invite expressive communication, which can circumvent the limitations of language.

Visual and symbolic expression gives voice to experience and empowers individual, communal, and societal transformation.



Source: AATA, www.arttherapy.org



How can art therapy benefit your child?

Personal Goals

Improve self-awareness

Promote insight

Cultivate Emotional Resilience

Reduce conflict and distress

Enhance social skills

Foster self-esteem

Relationship Goals

Improve motor skills

Source: AATA, www.arttherapy.org



CBA Offers art therapy in individual, group, and diad formats.
This video shows the power of diads for young children with language-based learning disabilities.

