



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

ART THERAPY GROUP

Art Therapy is a mental health approach in which a person uses art materials, and the process or art making to explore feelings, thoughts and memories, reconcile emotional conflicts, reduce anxiety, increase self esteem and self awareness. There is no need for art skills, since the emphasis is on the creative process and the meaning that a person is making of it, rather than on the final product. Images and symbols can help us to understand ourselves and improve well being through self expression. A psychodynamic approach is used (this means that attitudes, behaviours, and thoughts are based on the unconscious).

Though there is no pressure to tell your deep personal story, participants are encouraged to share thoughts and feelings around the art pieces that they create and this is accepted as part of the healing journey.

LIMITED PLACES

Early enrolment is essential.

DATE	Every Tuesday, 19th February to 9th April
TIME	12:45pm - 2:45pm (8 sessions)
VENUE	Hearts & Minds Hub, 65 Pearn Crescent, Northcote
COST	\$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for up to 2 groups per term).



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ABOUT ANGIE RICHARDSON

(ATTCL, Dip Tchng, BEd, MAAT, AThR)

Angie is a clinically registered and experienced Arts Therapist who utilises the expressive arts to explore and resolve life issues. She believes very much in the power of the expressive arts to bring healing, and considers the therapeutic relationship to be of the utmost importance, where the client (or group) feels safe, understood and accepted without judgement. Angie's approach to therapeutic work is genuine, warm, empathetic and playful and in her private practice she has seen children, teens and adults experiencing a range of issues including depression, anxiety, grief and self-esteem.



For more information and registration, please contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz