



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

ART THERAPY GROUP (GROUP 2)

Art Therapy is a form of expressive therapy that allows the individual to explore self-expression of their thoughts and feelings through a creative process. It provides a safe, and comfortable environment for raising unconscious issues with a focus on sensation, practical experience and awareness to help improve mental and emotional wellbeing. No art experience is needed.

The approach is psychotherapeutic in which a person uses art materials, and the process of art making to explore feelings, thoughts and memories, reconcile emotional conflicts, increase self awareness, reduce anxiety, increase self esteem and self awareness. The emphasis is on the creative process and the meaning that a person is making of it, rather than on the final product. The language of art is based on the assumption that images and symbols can help us to understand ourselves and improve life through self expression. 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, 5th March to 9th April
TIME	10:30am - 12:30pm (6 sessions)
VENUE	Corbans Estate, 426 Great North Rd, Henderson
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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WENDY LAWSON

BFA(Hons), MAAT(Clinical)(Hons), AThR, ANZACATA

Wendy is a practicing Artist and Registered Clinical Arts Therapist. She enjoys working with groups and individuals in the community and is a member of the arts therapy faculty at Auckland's Whitecliffe College — working alongside students to realise their potential in creative therapeutic practice. Wendy believes that engagement in arts therapy is an opportunity to better know your-self, and to stretch and grow from the inside out. Her approach is playful, person-centred and multi modal, establishing a safe and supportive environment that is open to the art making experience and all its possibilities.



**For more information and registration, please contact
Hearts & Minds**

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