



# Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

(Formerly known as Raeburn House)

## ART THERAPY

(A CREATIVE FOCUS ON MENTAL WELLBEING)

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, 30th April to 18th June
- TIME** 10:30am - 12:30pm (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 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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