

## **Art Therapy Group Services**

By Patricia Cameron, BA, DKATI, Registered Psychotherapist

### **Introduction**

As a professional art therapist and psychotherapist, I provide tailored art therapy services that foster healing, self-awareness, and personal growth. My work supports individuals and groups navigating challenges such as trauma, chronic illness, caregiving stress, burnout, and those seeking to reconnect with creativity and purpose. Art therapy workshops offer participants the opportunity to build emotional resilience, reduce stress, and enhance problem-solving skills in a supportive and empowering environment.

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### **Structure of Art Therapy Group or Workshop**

Session Length: 1.5–2 hours

Format: In-person or online

Participants: 4–30 individuals (10+ participants require a co-facilitator)

#### **Each session follows a consistent, supportive structure:**

1. **Check-In:** Introductions and a metaphorical prompt (e.g., “If you were a weather/animal/plant today, what would you be?”).
2. **Warm-Up Activity:** A fun, accessible exercise to activate creativity and set a positive tone.
3. **Main Activity:** Guided by the art therapist, participants explore a planned activity using specific art materials (e.g., clay, watercolor, collage).
4. **Art Sharing & Reflection:** Participants share their work and engage in guided discussions to uncover insights, fostering connection and emotional expression.
5. **Closing:** Reflection on key takeaways and inspirations from the session, leaving participants with a sense of clarity and purpose.

#### **Logistics:**

- Activities are customized to your group’s goals and needs.
  - All art supplies are provided by the therapist.
  - A suitable space with tables, chairs, outlets, and access to water is required for in-person workshops.
  - Informed consent and confidentiality will be reviewed with participants.
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## **Options for Themes**

Each workshop provides unique opportunities for self-expression, emotional support, and team building. Benefits include stress reduction, enhanced creativity, and fostering deeper connections among participants. Suggested themes include:

- **Eco-Art Therapy with Nature Walk (requires proximity to nature trails)**  
Benefit: Combines the grounding effect of nature with creative exploration for emotional renewal.
  - **Introduction to Art Therapy**  
Benefit: Offers a first-hand experience of art therapy's therapeutic potential, focusing on self-expression and creativity.
  - **Support Groups:**
    - **For People Affected by Illness – Promotes emotional release and resilience.**
    - **Caregivers Support Workshop – Focuses on stress relief and self-care.**
  - **Burnout Recovery**  
Benefit: Engages participants in exploring ways to manage stress, foster balance, and recharge.
  - **Mandalas and Mindfulness**  
Benefit: Enhances focus and relaxation while encouraging self-reflection.
  - **Hamsa Hand Tracing: Letting Go/Reaching Toward**  
Benefit: Symbolically explores what participants wish to release or achieve.
  - **Setting Intentions (Intention Sticks)**  
Benefit: Helps participants clarify goals and visualize positive change.
  - **Creating a Card Deck (Oracle/Strength Cards)**  
Benefit: Boosts self-confidence by crafting personalized, empowering messages.
  - **Vision Board Workshop**  
Benefit: Encourages goal-setting and inspires participants to visualize their future.
  - **Grounding Techniques Workshop: Somatic Drawing & Bi-Lateral Scribbling**  
Benefit: Teaches participants how to regulate stress and understand their body's responses to tension.
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## **Fees for Art Therapy Services**

To reflect the value of my professional training and the transformative benefits of art therapy, updated pricing is as follows:

- Hourly Fee: \$250/hour (+HST)
- 1.5-Hour Workshop (including setup/cleanup): \$375 +HST
- Art Supplies: Included in all rates.

These rates include all preparation, facilitation, and art materials, ensuring a seamless and enriching experience for participants.

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## **Why Choose Art Therapy for Your Team?**

Art therapy workshops offer a unique blend of emotional support, creative exploration, and skill-building. Participants will:

- Develop tools for stress reduction and self-regulation.
- Strengthen team cohesion through shared creative experiences.
- Enhance creativity and problem-solving skills applicable in work and life.
- Gain valuable insights into personal and collective strengths.

By investing in art therapy, your organization promotes well-being, creativity, and resilience among team members.

Thank you for considering art therapy to enhance your team's emotional and creative potential. I look forward to collaborating with you to design a meaningful and impactful experience!

Patricia Cameron, BA, DKATI  
Professional Art Therapist | Registered Psychotherapist