

How is Art Therapy Delivered?

Painting

Various paint mediums are used on a blank canvas or piece of paper to create a unique piece of art.

Crayons/Chalk/Pastels

Creating effects using crayons/chalk/pastels-oil or dry to layer, blend or draw memories.

Sculpting

Using hands to manipulate clay or other pliable materials to create 3D objects.

Drawing/Illustrating

Pens, pencils, markers, or other colored wet & dry media are used on paper to create whatever comes to mind.

Photography

Clients who wish to participate in a more simplistic form of art can use a camera to capture parts of their life.

Collage

Art is created using images from magazines, personal photos, or other printed media to express emotions.

Found Objects

Using objects that have been found and creating an art piece using it with various other materials.

Symbolism & Metaphor

Images are created using materials and media of personal significance with deep meaning.

Unconventional Media

Mosaics
Woodcraft
Weaving
Sewing



LiveArts Studio
4760 Broadway
Gary, IN 46408

www.liveartsstudio.org

liveartsstudio1@gmail.com

219-221-8211



A Creative Cure
Art therapy and counseling services



LiveArts Studio



What is Art Therapy?

Art therapy is a mental health modality that uses the benefits of the artmaking process to improve or restore the mental and emotional well-being of individuals.

It is a scientifically recognized form of psychotherapy that utilizes the creative process to enhance mental and emotional health by incorporating various art forms and techniques to address psychological issues and promote self-awareness, self-esteem, and coping skills for life challenges.

Our Specialties

Anxiety
Depression
Child, Adolescent Issues
Military PTSD, Sexual Misconduct
Parenting
Relationship Issues
Stress

Who Facilitates Art Therapy?

Art Therapy is facilitated by professional art therapists who hold a master's degree, in the U.S., in a variety of subject areas such as counseling, social work, psychology, and expressive or creative art therapies. The master's degree should also be from an accredited institution approved by the American Art Therapy Association.

What are the Benefits of Art Therapy?

The benefits of art therapy include. . .

- Assisting clients to communicate their emotions nonverbally.
- Instilling clients with self-confidence, self-respect, and self-esteem.
- Encouraging clients to build trust in a safe and inclusive environments.
- Assisting clients change their perspectives and future outlook.
- Building resilience for coping with daily life.

What are the Goals of Art Therapy?

Art therapy combines human development and psychological theories with visual arts to promote mental and emotional health. Art therapy promotes creativity and encourages patients to express themselves using a variety of art techniques and media. Art Therapy is used for a variety of age groups ranging from children, adolescents to adults and seniors with varying needs and abilities.



Art Therapy can be used to help reduce stress levels for clients living with neurocognitive diseases as well as those with behavior and emotional disorders. It can provide individuals with chronic and terminal illness help by offering them a sense of control, freedom and self-expression. Art therapy provides a unique outlet for clients to communicate their emotions, enhance self-awareness, gain fresh insights, and explore different aspects of themselves through creative expression.

Why Art Therapy?

Art Therapy is fun! It's safe! And happens in a safe space for clients to work through their challenges.

Art Therapy Open Studio

The art therapy open studio is a weekly session open to individuals from all walks of life. It provides an opportunity for personal time and space to get in touch with one's creative energy and inner self. The open group approach promotes a communal creative environment where each person is encouraged to explore different art media, open themes to create, and express personal works of art.

