

# ART THERAPY

Art Therapy is a specialized therapeutic intervention where art materials can be used as an alternate form of communication that assists in creative expression, processing emotions, developing self-awareness and cultivating a general sense of wellbeing.

Art Therapy is all about the PROCESS of creating art, rather than the finished product.

WCF offers both individual and group art therapy services provided by a ANZACATA approved Art Therapist and Specialized Behaviour Support Practitioner.

## Who can do Art Therapy?

Absolutely anybody can partake in Art Therapy! No prior creative skills are required.

WCF embraces a trauma-informed and person-led approach to practice, so art therapy processes are tailored to be unique to the Individual.

Whether you have never picked up a paintbrush in your life, or you're already on your way to becoming the next Picasso, you can give Art Therapy a go!

WCF provides Art Therapy services through NDIS and private funding.

## Our Art Therapist Will:

- Facilitate individualized creative art-making processes in accordance with your needs.
- Encourage experimentation with materials and ideas.
- Support new ways of seeing and understanding your experiences.
- Provide a safe space for expressing and processing feelings.
- Utilize creative techniques to enhance emotional regulation.
- Assist in understanding behavioral triggers and learning how to manage them.

## How do I connect with WCF?

Please contact our office by:  
Ph 1300 000 923 or M: 0476 845 832, visit our website at [wcfoundation.org.au](http://wcfoundation.org.au), email [k.campbell@wcfoundation.org.au](mailto:k.campbell@wcfoundation.org.au) or complete our online referral form by using the QR code below.

It's my  
Life!

