



**ASeTTS**  
Assisting Torture  
and Trauma Survivors

# What is Art Therapy?

*Art therapy helps children to create meaning from events, emotions and experiences in their lives in the presence of a trained therapist without relying on verbal communication and expression.*



Children therefore do not need to find words to verbalise complex and confronting “stories” about their lives and how this makes them feel. Also, children do not need to have a competent command of English to effectively participate.

Art therapy groups allow children to share images or objects they create which encourages them to learn from each other and to realize that other children also may have feelings similar to their own, reducing their sense of aloneness. Participating in a group also assists children to learn tolerance and to share strategies for dealing with problems and provide the sense of safety within which they can access memories and feelings they may previously have kept suppressed. Art therapy is suitable for very young to older children. It is preferable to keep participants in groups within an age range limit. Groups can cater for up to 10 children.

## **Benefits for Children**

Art therapy assists children to manage internal conflicts and to feel less overwhelmed by their traumatic experiences and associated thoughts and feelings. As these internal conflicts may interfere with both social and intellectual development, relationships with family, teachers and peers are likely to improve through art therapy as will general learning capacity because the child feels less overwhelmed and more in control of their internal processes. Children who are exhibiting the following could benefit from art therapy:

- Children who have difficulty in expressing themselves verbally
- Children who are underachieving
- Withdrawn and isolated children
- Children manifesting aggressive or violent behaviour
- Excessively restless children
- Children who seem very sad or depressed

## **Timeframes**

Art therapy is run on a weekly basis over 8 – 10 weeks for a one hour session.

**Cost for an in-school ten week Art Therapy Program - \$1,887**

**For more information or to book an Art Therapy course contact Amanda Gillett**

**T: 9227 2700 E: [reception@asetts.org.au](mailto:reception@asetts.org.au)**

**For more information about ASeTTS Training go to: <http://training.asetts.org.au>**

**[www.ASeTTS.org.au](http://www.ASeTTS.org.au)**