

My Credentials

I hold a graduate level diploma from The Toronto Art Therapy Institute.

I am a member of the **Canadian Art Therapy Association**, the **Ontario Art Therapy Association** and the **Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists**.

Via the combination of art and verbal psychotherapy, I employ a client-centred approach and conduct my therapy programs in accordance with the unique needs of all who seek my services.



On-Site Art Therapy Services

bringing short & long term art therapy programs and workshops to you!

long-term care facilities, community centres, mental health centres, schools, hospitals, private clinics, etc.

children ~ adolescents ~ adults

a creative way to heal

If you would like to discuss how art therapy could meet the needs of your organization or private practice, or if you have any questions, please call or email me to book a

FREE
consultation.

Karen Freud, B.A., Dip.A.T.

Art Therapist

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What is Art Therapy?

Finding the right words to express thoughts and feelings does not come easily for everyone. Art therapy – which combines the creative process of art making with psychology – addresses this challenge.

Creating art can in and of itself be a form of self-expression and healing. But it can also be used as a tool to facilitate verbal communication and to help achieve therapeutic goals.

Art therapy is about self-exploration and healing and not about making “good” art; therefore, ***prior experience or skill in art is not required*** in order to successfully engage in art therapy.

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Why Does Art Therapy Work?

- Some of us find it difficult to verbalize our thoughts, feelings and emotions. Art therapy provides the opportunity for non-verbal communication.
- Visual expressions can be abstract or random and less organized than verbal expressions.
- Suppressed thoughts and memories often surface spontaneously during the process of image making.
- Art making is inherently therapeutic and often has the power to ease stress and/or alter moods.
- Artwork provides a tangible record of events that can help identify and clarify themes and patterns.



Who Can Benefit from Art Therapy?

Via the art therapy process, I can help children, adolescents and adults who struggle with concerns and challenges that include, but are not limited to:

- low self-esteem
- depression/stress/anxiety
- anger issues
- conduct disorder
- abandonment
- chronic illness
- cognitive impairment

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