

## What is the process?

- Call to make an appointment
- Complete and return requested information to Talking Matters
- Attend an initial 60 minute session where the art therapist is able to introduce play with art materials and simple activities. This initial session offers an opportunity to observe and assess.
- The art therapist observes facial expressions, changes in breathing, physical behaviour, emotions, vocal expressions, interests and what art materials are gravitated toward.
- Children attend weekly 45 minute sessions individually with the art therapist to work on specific goals. Examples of these include behaviour, adaptability, flexibility and skills development.
- As art therapy sessions progress, ongoing assessment and evaluation assists the therapist to continue to create a structure of activities that help address the child's goals.

## Talking Matters



**Helping your  
child reach their  
potential**

## How to book

Bookings can be made by contacting Talking Matters on 8255 7137 or speaking to your Talking Matters therapist. Limited time slots are available but we will do all we can to accommodate your needs.

This service can be funded through your child's NDIA plan where they have a goal that is supported by art therapy.

### Cancellation policy

Please refer to the cancellation policy on [www.talkingmatters.com.au](http://www.talkingmatters.com.au)

## Investment

**Costs for services.** The initial session is for one hour and is charged at standard NDIA therapy rates. Follow up sessions are typically 45 minutes in length and are charged accordingly.

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[www.talkingmatters.com.au](http://www.talkingmatters.com.au)



# Talking Matters

## Art Therapy



*Individualised therapy support for  
children who will benefit in using art to  
support processing their feelings.*

**Using art within therapy**

[www.talkingmatters.com.au](http://www.talkingmatters.com.au)

## What is Art Therapy?

From a young age we use words for communication, which for some is difficult and sometimes not possible.

Art therapy offers another way to communicate feelings, thoughts, traumas and other life and relationship experiences. There are three key areas art therapy may differ from other therapies.

1. Use of art materials to express and communicate
2. Multi level meaning in what is and can be expressed
3. Therapeutic effect of the creative process.

Art therapy is recognised as effective in helping children with ASD and other learning difficulties. It is a psychological discipline that uses visual art making and creative process to help bring about change.



## Support for Families

Families with a child who has complex needs and challenging behaviour often feel stressed, anxious, frustrated and unsure about what to do. Art therapy can be used to relieve stress or tension and support other therapies.

Art therapy does not require you to be an artist. The benefits are not in the finished product, but participation in therapy. Art therapy assists many people to express themselves using a variety of art materials.

The concrete, visual and sensory nature of the art media creates structured environments that can entice, encourage and develop important life and interactive skills. These assist the child and carers to develop alternative way to cope with behaviours, help establish boundaries and structure. Therapy helps the child develop new skills and to express strengths. Art therapy is a strengths based therapy.



## Art Therapy

Our art therapist works alongside our clinical team to provide the best service for each child and family.

Once the goals of therapy are well understood, the parent and art therapist work together to develop a plan which may include activities to assist in:

- Improving comprehension and communication
- Managing sensory issues
- Enhancing motor skills
- Enhancing adaptive living skills
- Developing social skills
- Increasing emotional awareness and understanding
- Assessing and addressing family dynamics.

