

Is Art Therapy Right for You?

Because of its name, many people easily dismiss art therapy as a type of therapy only applicable for small children. However, the benefits of art therapy extend to all manners of trauma and all age groups. Check the list below to see if you too would benefit from art therapy.

- Individuals dealing with trauma
- Children who have difficulty putting feelings into words
- Teens reluctant to give therapy a try
- Couples experiencing difficulty communicating
- For families seeking better communication and problem solving
- Individuals with mental disorders
- Those who have suffered severe or light emotional abuse
- Individuals suffering from cancer
- Individuals with post traumatic stress disorders (PTSD)
- People who are bipolar
- Those with a variety of other serious ailments