



Expressing Your Emotions

How Art Therapy Can Help

We don't always have the words to be able to communicate our feelings — especially when dealing with difficult topics.

WORK WITH:

- Paints
- Pencils
- Pens
- Markers
- Crayons
- Collages
- Sketching
- Watercolor
- Play-Doh
- Clay
- Visual Journals
- And More!

No experience or skill needed. Making art can be fun and good for everyone!

HOW IT WORKS

Our brains are always working, even when we don't realize it. By focusing on the process of making something, your brain is free to express things you might not otherwise understand. An art therapist can help you recognize, interpret and resolve these hidden thoughts and emotions.

And, because it helps regulate the entire central nervous system, art therapy can relax our body and mind, simply by making art. It can help us gain self-esteem, understand emotions, build social skills, reduce distress and promote sensory motor development.

WHO IT'S FOR

Art therapy can be used in individual, group, family and couples settings, and can benefit all ages — especially for those who have experienced trauma or are dealing with depression or anxiety. It's good for people looking to ease into talk therapy, too. In Wisconsin, all art therapists must also be licensed professional counselors. By seeing an art therapist, you're getting the benefits of traditional talk therapy at the same time.

HOW TO START

For more information about participating in Art Therapy at our Milwaukee Capitol Drive Campus, West Bend Office or remotely via telehealth, please contact us today at **(414) 465-5770** or clinic@wellpointcare.org.

