

THE ART OF SHE

THERAPEUTIC ARTS THERAPY FOR
GIRLS (6 TO 12)



ARTS THERAPY IS A FORM OF
PSYCHOTHERAPY THAT USES THE
CREATIVE PROCESS OF MAKING
ART TO IMPROVE A PERSON'S
PHYSICAL, MENTAL, AND
EMOTIONAL WELL-BEING.

WWW.THEARTOFSHE.COM.AU

Hello I'm Josie

I am the owner of The ART of SHE!

The Art of She provides a respectful, non-judgemental, and safe space for children to be supported through challenges in the expression of emotions, trauma, and more.



I have always been a creative soul and very curious about the world and our place in it as unique individuals. I am passionate about supporting young girls through Art Therapy.

Using the creative psychotherapeutic process offers the opportunity for self-reflection and insight, emotional expression and release, resolving inner conflicts, traumatic experiences, and unhelpful life patterns.

Having worked in Mental health for 20+ years I bring a wealth of knowledge and am dedicated to working alongside others to support them in their personal journeys.

Art therapy can help children develop skills that improve their ability to self-regulate their emotions, process trauma, cope with anxiety or depression, build self-esteem, develop social skills, and more.

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www.theartofshe.com.au



[INSTAGRAM HANDLE](#)



[FACEBOOK HANDLE](#)

Audience Overview

100%
FEMALE

6 - 12 YEARS
OLD

CLIENTS

Predominantly young girls

Mums

Families

NDIS SELF & PLAN MANAGED

SERVICES

Sand tray Therapy

Clayfield Therapy

Arts Therapy



DEMOGRAPHICS

5%

ASIA | REGIONS

35%

EUROPE | REGIONS

55%

AUSTRALIA | REGIONS

5%

UK | REGIONS

FACT

Therapeutic Arts teach children how to release their emotions in a healthy manner instead of keeping their feelings inside and reaching breaking points.

HOW TO REFER



HOW TO REFER

Contact button on my website

www.theartofshe.com.au

theartofshe27@gmail.com



Therapist Josie

EMOTIONAL OVERWHELM

EMOTIONAL OVERWHELM IS TYPICALLY EXPERIENCED OVER A LONGER DURATION THAN A SINGLE INCIDENT OF FEELING INTENSE EMOTIONS. AN OVERWHELMING FEELING OF EMOTIONS CAN AFFECT YOUR ABILITY TO THINK AND CARRY OUT YOUR DAILY TASKS.

CLIENT STORY

Molly age 10

REASON FOR STARTING THERAPY

Molly has been experiencing emotional outbursts and is finding it difficult to process her emotions. Molly's caregiver reports a change in Molly's behavior and states she has become withdrawn and complains of headaches frequently.

AIM OF SESSIONS

- Understanding the connection between emotions and physical feelings
- Develop methods to self-regulate emotions through art
- Identify contributing factors that exacerbate difficult emotions
- Provide an outlet for emotional expression
- Create symbols and metaphors to help explore emotions outside of verbal communication

OUTCOMES

- Decrease in anxiety levels and reduction in headaches
- Fostered emotional processing and self-expression
- By creating images and objects, Molly was able to begin to see the thoughts and feelings she had inside, and together we worked to find possible solutions.
- Through play, Molly was able to externalize her feelings by creating characters, reflecting, and sharing her art with others.

Services / Workshops



\$150

ART THERAPY SESSION UP TO 75 MINS

Therapeutic Arts Therapy is a multi-modal approach to therapy and can include art, clay, collage, drawing, journaling, painting, sand tray, and any other activity which engages the person's creativity. Clients can express themselves in ways that traditional therapy does not allow



\$150

SAND TRAY SESSION UP TO 75 MINS

Sand play is a highly engaging form of therapy that can provide emotional release. Using the sand tray and chosen miniatures clients create worlds that represent their own intrinsic worlds. By creating sand worlds there is little need for a verbal explanation of feelings nor a need to verbally explain emotions, and bodily sensations, rather there is a felt sense between body and mind.



THE ART OF SHE

JULY SCHOOL HOLIDAY'S
CREATIVE ARTS WORKSHOPS
GIRLS AGED 8 TO 10
SMALL GROUPS



DATES: THURSDAY, JULY 6TH & 13TH
TIME: 11.00 AM - 1.00 PM
AGES: GIRLS 10 - 12
ADDRESS: UNIT 2/62 FITZGERALD STREET NORTHBRIDGE
(CNR OF JOHN & FITZGERALD STREETS)

\$40 PER CHILD PER WORKSHOP (MINDFULNESS, SAND TRAY, COLLAGE, AND MORE)

PAYMENT IS REQUIRED WHEN BOOKING

ALL ART MATERIALS INCLUDED IN THE COST
+ FRUIT PLATTER

PLEASE BRING YOUR OWN DRINK CONTAINER
NOTIFY OF ANY ALLERGIES

THESE WORKSHOPS ARE DESIGNED TO PROVIDE OPPORTUNITIES FOR GIRLS TO EXPRESS FEELINGS THAT MAY BE DIFFICULT TO VERBALIZE, EXPLORE THEIR IMAGINATION AND CREATIVITY, IMPROVE SELF ESTEEM AND CONFIDENCE, INCREASE COMMUNICATION SKILLS, AND SHARE IN A SAFE NURTURING ENVIRONMENT.

FOR FURTHER INFORMATION

EMAIL: THEARTOFSHE27@GMAIL.COM

JOSIE SCATA- QUALIFIED ARTS THERAPIST

WWW.THEARTOFSHE.COM.AU

\$40



\$150

CLAYFIELD SESSION UP TO 75 MINS

In Clay Field therapy, children work with clay and water in a rectangular box. The therapeutic focus is not on object creation, but on the touch connection with the clay as a symbolic external world. Movement, touch, and sensory feedback that have long been out of reach are actualized through the creative process, enabling the child to heal past wounds and regain a more fulfilling sense of self.

WHAT TO EXPECT

EMAIL THE ART OF SHE FOR AN INTAKE FORM. YOU WILL NEED TO RETURN AN INTAKE FORM BEFORE COMMENCING. IF FORMS ARE DIFFICULT, PLEASE LET ME KNOW HOW I CAN HELP.

SESSIONS 1-3

THE FIRST SESSIONS ARE ABOUT GETTING TO KNOW EACH OTHER.

A VARIETY OF ACTIVITIES AND ART MATERIALS WILL HELP YOUR THERAPIST TO UNDERSTAND HOW THE CHILD EXPRESSES THEMSELVES, ENGAGES WITH ART-MAKING AND ANY QUESTIONS YOU HAVE.

SESSIONS 4 ONWARDS

FOLLOWING THE FIRST FEW SESSIONS, WE ARE MORE FAMILIAR WITH OURSELVES AND THE ENVIRONMENT AND WE CAN BEGIN TO LOOK AT YOUR GOALS, THROUGH PLAYFUL, INQUISITIVE AND NURTURING ART ACTIVITIES USING A VARIETY OF RESOURCES SUCH AS:

CLAYFIELD, COLLAGE, CRAYONS, DRAWING, PASTELS. PUPPETS, SAND TRAY, SCULPTING AND MORE

LAST SESSIONS

FINISHING THERAPEUTIC ENGAGEMENT CAN BE TRICKY. IT IS AN IMPORTANT TIME FOR REFLECTING TOGETHER ON THE PROGRESS MADE AND HAVING AN ONGOING PLAN NOW THAT OUR SESSIONS HAVE ENDED.

Testimonies



KAREN, TEACHER

Josie has been instrumental in supporting my daughter in learning self-regulating skills. Thanks so much.



**MEL, SOCIAL
WORKER**

I have referred four young girls to Josie with the view that she would be able to work alongside the girls to support them to develop skills that improve their ability to self-regulate their emotions. I am happy to report that all feedback from the girls and their families has been extremely positive.



IVY, PARENT

Thank you, Josie, I have really noticed a change in Emily's behavior and understand why she has these outbursts.

Faqs

WHY THE EXPRESSIVE ARTS AND SENSORY BASED INTERVENTION?

- it can assist to identify blocks to emotional expression and personal growth
- it can assist in exploring imagination and creativity
- it can provide the opportunity for a person to experience a different way of being that is enhanced by different sensory experiences
- it can bypass unhelpful thoughts
- it can help to develop new coping strategies
- it can be fun
- it focuses on strengths and abilities
- arts therapy externalizes and gives form to unfolding material

WILL I REQUIRE A REFERRAL?

No referral is required as services are not covered by Medicare and only by select health insurance organizations.

Rebates are available for select health funds. Police Health Fund, Emergency Services Health, St Luke's Health, and Phoenix Health provider number of AC17259T

WHAT IF I'M NOT CREATIVE?

Your ability to do art is not important. The emphasis is in the process and not the product, which is at the heart of all therapy.

No art training is required, just an open mind and the desire to explore the magic of the expressive arts.

HOW MUCH WILL IT COST?

I am a professional counsellor and Arts Therapist
Professional fees: \$150.00 up to 75mins

Medicare Plan is not available however concessionary rates and payment plans may apply. This is not a free service.

NDIS Self/plan managed are welcome

WHAT KINDS OF ART ACTIVITIES CAN I EXPECT TO DO IN ART THERAPY?

Expressive Arts therapy can include Sand work, drawing, painting, clay, collage, textiles - the possibilities are endless, and together we will determine what is best for you.

IS THERE A CANCELLATION POLICY?

I have a 24-hour cancellation policy. Missed appointments and appointments that are cancelled with less than 24-hour notice are charged the full session fee. (except for cases of emergency). PLEASE NOTE: If you are feeling ill in any way, please let me know and we will cancel or postpone your session to another day (with NO cancellation fee).

CAN ART THERAPISTS INTERPRET MY ARTWORK??

No, the person who made the artwork is the expert in what has been created. As part of the reflective process the artwork can be discussed with the therapist.

CONTACT



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