

Art Therapy





Art Therapy

Art therapy uses creative techniques such as drawing, painting, collage, colouring and sculpting to help people express themselves. Within this context, art is not used as a diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.

Some people find this kind of therapy really helpful because it provides a way to convey painful feelings and experiences without talking about them.

pictures can say more than words

You don't need to be an artist or even be able to draw. We aim to ...

- ▶ give you a safe time and place with someone who won't judge
- ▶ help you make sense of things and understand yourself better
- ▶ help you resolve or manage complicated feelings
- ▶ help you express yourself without using words

Art therapy offers children, young people and adults an alternative to counselling or psychotherapy.

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