

ART

Art Therapy Day Program

This programme is an explorative journey using Art as a medium of expression and discovery. We use the materials and processes as guides into the deeper aspects of ourselves. We create, we share, we explore connection and therapeutic community together.

We use a wide range of art mediums to inform your work, including, paint, printmaking, drawing materials and sculptural elements.

Target condition

Art Therapy is an evidence-based therapy for a range of non-psychotic mental health disorders.

Program goals

Art Therapy provides a wonderful way to connect deeper with our emotions and ourselves. Within the safety of the group, the Program aims to open up possibilities for reconnecting with ourselves, with nature, our own true nature and of course with each other.

Facilitator

Jaelyn Poke, Art Therapist.

The Program is overseen and reviewed by the Director of Psychiatry, Dr Manoj Ravindran.

How to Join

All prospective participants need to have been assessed by Dr Ravindran prior to joining, which requires a GP referral.

Cost:

People are admitted as a day patient and the program is funded by their private health funds. Any potential out of pocket expenses depend on the person's health fund.

When:

Duration: 10 weeks

Day: *Mondays*

Time: 9.30am – 12:30pm

Included: *Morning Tea (please advise of any dietary requirements)*

For more information

Contact Rivendell Clinic – Day Program

Tel: 6432 6101

Email: #nwp.dayprograms@healthcare.com.au

*Paint, print
sculpt, draw*



ART THERAPY

Art is a powerful tool that brings healing to heart, mind and body. We gain a deeper understanding of our identity and purpose. We take a journey together; exploring self through colourful creativity.