



# *Art In Therapy*

Transpersonal Art Therapist/Counsellor

Alison Walsh - NDIS Register Provider

Your story is listened to with empathy

Supports exploring your unconscious thoughts

5yrs to Adults

*I encourage "Small Steps"*

*Philosophy-* Transpersonal Art Therapy enables people to explore their unconscious thinking, enhancing self-expression, through creative activities: collage, movement, working with clay & different craft materials. This helps to identify & support unconscious thoughts we sometimes struggle to understand.

*I have a mantra I enjoy saying*

*"Breathe in, breathe out"*

Disabilities      Anxiety      Parenting concerns  
Anger Management      Depression


Victims of Domestic Violence

Symptoms of PTSD      Trauma & Grief support

Mindfulness meditation      COVID related stress


Hours: Tuesday to Thursday 8-30am to 5pm

Online appointments available on request

 0416 137 776

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 Art\_In\_Therapy

 Alison Walsh