



## **Art In Therapy**

***I have a mantra I enjoy saying  
"Breathe in, breathe out"***

Transpersonal Art Therapist/Counsellor

Alison Walsh - NDIS Registered Provider

Home Visiting , School or Community Centre Visits

Team Wellbeing Sessions

Mental Health Men's/Womens Groups

5yrs to Adults


***I encourage "Small Steps"***

***Philosophy-*** Transpersonal Art Therapy enables an exploration of our unconscious thinking, through imagery, working with a variety of craft materials, clay or movement. Enhancing self-expression through unspoken words. It's all about the process of your work not the end product you see.

***What can Art Therapy help you with?***

Disabilities    Anxiety    Parenting concerns  
Anger Management    Self esteem  
Victims of Domestic Violence    Depression  
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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 <http://www.artintherapyaus.com.au>

 Art\_In\_Therapy

 Alison Walsh