

LA VÉRITÉ DANCE PROJECTS



Creative Arts Therapy

La Vérité Dance Projects therapy program was born out of our deep interest in how the arts can be effective in self-development, discovery, and therapeutic applications.

We offer Creative-Arts Therapy (CAT) specialising in movement, that also incorporates Talk Therapy and Child-Centered Play Therapy, with individuals, pairs or small groups. Each session aims for clients to explore and unpack their specific area of interest, whether it be day-to-day challenges, mental and/or physical illness, trauma or anything in-between. For this reason, these sessions are a highly tailored and reflective process that actively encourages mindfulness, honesty, authenticity and vulnerability.

Therapist Biography

LVDPs CAT program is led by LVDP's director, Stephanie Georges, who is a fully qualified creative-arts therapist (Masters of Therapeutic Arts Practice (Therapy), MIECAT). She completed her 12-month clinical practice at the Olivia Newton-John Cancer Wellness & Research Center in the Austin Hospital, Melbourne.



Stephanie's Masters research "The Waiting Space: An exploration of time, space and energy", was an inquiry into her movement with cancer patients, their families and the staff at the Olivia Newton-John Center. Stephanie is a professional member of ANZACATA, the peak body representing creative arts therapists in Australia, NZ & Asia-Pacific region.

What is Creative-Arts Therapy?

Creative-Arts Therapy is an allied health profession that incorporates both experiential psychotherapeutic and creative arts techniques to address psychological and physical wellbeing.



It is a holistic method attending to emotional, cognitive, physical and spiritual well-being.



The CAT process can include visual-art making, mindfulness, yoga, dance/movement, drama, play therapy, creative writing and expression through sound and music.



By using these different artistic mediums, CAT helps to uncover and understand an individual's behavioural patterns, as well as a lens to view their own lived experiences.



CAT supports people to gain skills and improve independence in areas such as language, communication, personal care and interpersonal interactions. As a result, CAT develops positive changes in overall daily functioning, community cohesion, self-development and wellbeing.

Enquire today!

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Available to all NDIS participants



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