



Providing Health & Wellbeing Solutions

## ART THERAPY & COUNSELLING SERVICES



With Mental Health Occupational  
Therapist & Art Therapist  
Danita Walsh - Albany



### What is Art Therapy?

- It is a form of psychotherapy that uses art and visual materials to assist self-expression verbally and non-verbally
- Both the imagery or forms created and the process of art making are equally important
- The creative process involves the “whole person” - mental, emotional, physical and spiritual aspects of self
- To support personal awareness to enhance mental health and wellbeing
- No prior art experience is needed

### Who can benefit from Art Therapy & Counselling

Children (6 yrs +), teens, young adults, adults with a wide range of issues such as, anxiety, depression, chronic pain, adjustment to life changes, trauma, grief and loss, family separations and self-regulation difficulties

### What are the benefits of Art Therapy & Counselling?

- To help achieve greater functional independence
- Improve coping skills to meet your life goals and challenges
- To resolve or problem-solve personal issues impacting upon your life
- It provides a chance to release emotions and find a way of self-soothing
- This creative approach puts you in control of your own therapy
- To help you create new solutions to find a level of relief and hope in your experience

### How is Art Therapy delivered?

- One hour individual and/or family sessions
- Session one is discussion-based to discover your needs
- Sessions involve a mix of art therapy, mindfulness, discussion and education depending upon your age and goals
- Art Therapy is a collaborative process between therapist and client to suit your pace and personal needs
- All sessions are confidential
- Art materials are provided but you may bring your own supplies if you wish
- Please bring an art shirt or smock to protect your clothing.

### The Referral Process

- Families and individuals can self-refer directly to Amity Health or speak with your GP and discuss if a Mental Health Plan is an option
- Under a Mental Health Plan you can access the Better Access Program for applicable rates via Medicare -there will be a GAP payment so please discuss this in advance
- Amity Health is an approved NDIS provider and services can be accessed using this funding where appropriate.

For further queries regarding the program please contact Amity Health on (08) 9842 2797 or visit our website at [www.amityhealth.com.au](http://www.amityhealth.com.au).

Amity Health acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN



Providing Health & Wellbeing Solutions

## CHRONIC PAIN COUNSELLING



With Mental Health Occupational  
Therapist & Art Therapist  
Danita Walsh - Albany



### What is Chronic Pain Counselling?

- An exploration of how pain experiences are constructed in response to dangers and threats in our bodies, influenced by our thoughts, beliefs and life circumstances
- It involves current theories of pain education, cognitive behaviour therapy (CBT), psychological strategies including coping tools to manage stresses, sleep hygiene and other factors influencing your pain experience
- Danita provides individualised counselling based on contemporary pain science models and practices

### Who can benefit from Chronic Pain Counselling?

Teens (+16 years), young adults, adults with a wide range of chronic pain challenges.

### What are the benefits of Chronic Pain Counselling?

- To reduce negative pain beliefs
- To increase understanding of one's own pain experiences and self-management
- To enhance overall daily function

### How is Chronic Pain Counselling delivered?

- One hour face-to-face individual and/or family sessions
- Mostly discussion-based sessions involving other therapeutic activities to discover your chronic pain challenges and management needs
- Art Therapy can be offered as a part of the process to support your mental health and wellbeing (see over)

### The Referral Process

- Families and individuals can self-refer directly to Amity Health or speak with your GP and discuss if a Mental Health Plan is an option
- Under a Mental Health Plan you can access the Better Access Program for applicable rates via Medicare - there will be a GAP payment so please discuss this in advance
- Amity Health is an approved NDIS provider and services can be accessed using this funding where appropriate

For further queries regarding the program please contact Amity Health on (08) 9842 2797 or visit our website at [www.amityhealth.com.au](http://www.amityhealth.com.au).