

Where can it be used?

Like other psychotherapy modalities it can help with:

Healing

- traumatic experiences
- inner conflicts
- depression
- grief
- spiritual crisis

Personal Growth

- Developing skills to change patterns of negative behaviour
- Enhancing self care and resilience.
- Improving self esteem and confidence
- Identifying and clarifying issues and concerns
- Developing interpersonal skills
- Reducing stress

Self Discovery

- Gaining insights into your evolving life.
- Exploring your imagination and creativity
- Developing your power of inner guidance

Thank you so much. It's been a journey of discovery and you have created a wonderful safe space for me to explore.

Joan December 2012

Abramo Papp is a qualified Transpersonal Art Therapist, registered with the Australian Association of Holistic and Transpersonal Counsellors (AAHTC).

He currently practices from his studio on Russell Island, accessible by ferry from Redland Bay.

Notice to Organisations

Individual and Group Art Therapy sessions can be developed to suit your clients' needs and delivered in-house.



For more information contact:

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Art Therapy Services



Art therapy is a form of psychotherapy where you use art instead of talking to express your feelings, emotions and life experiences. From these images you gain insights into your life situations that bring about your healing process.

Sessions available?

Individual Sessions

Individual sessions are recommended for people struggling with personal issues who prefer the privacy of individual attention. The initial consultation establishes the therapeutic goal and period of treatment and is normally 1½ to 2 hours. Subsequent sessions are 1 hour with the client's option to extend as necessary.

Art Therapy Groups

Themed Groups are formed for clients facing similar issues and are run for fixed periods of time, typically 8 x 2hr weekly sessions. This form of therapy allows supporting relationships to form between the individual group members. The goal for themed groups is focused around the promotion of **self care** and **self reliance**.

Un-themed Groups are less structured and participants can work in a more self-directed way within a group environment. It is useful for people who have experienced either individual or group sessions previously and now wish to extend and deepen their journey of **self discovery**

What happens?

Art therapy offers a non-verbal method of communication which is better suited to expressing feelings and emotions more fully than by using words alone. There is little or no need for you to talk about the issues you are facing if you don't wish to.

I have been doing talking therapy for years now, but in these three sessions I have been able to go so much further.

Linda November 2012

No artistic experience or skill is necessary. All materials are provided including paper, paints, crayons, pastels, clay and collage material.

Sessions are carried out in a safe and supportive environment where you can expect:

- Confidentiality
- Respect for your opinions and beliefs
- No diagnosis or interpretation of your images
- Voluntary participation in activities and discussions.

Why Transpersonal?

The transpersonal orientation emphasises the counselor's presence, openness and authenticity as being central to the therapeutic process;...

(Continued below).

To this end, as a transpersonal art therapist, I have for many years adopted a daily meditation practice to deepen to my own spiritual awareness.

... it maintains a respect for the client's self healing capacity and seeks to evoke this capacity; and ...

(Continued below).

In bringing this transpersonal approach to our therapeutic relationship, I acknowledge that there is more to our lives than can be proven, measured, described or known and I remain open to whatever life experiences and beliefs you bring to our sessions.

... it views emotional dysfunction as an opportunity for growth rather than simply an illness to be cured.

(John F. Kennedy University, Department of Transpersonal Psychology, 2003 [Brochure].)

