

Art Therapy For All Ages

Art therapy is a vehicle for communication, healing and growth through non-verbal as well as verbal expression. It can help people reconcile emotional conflicts and expand self-awareness. The techniques can be applied to individuals, couples, families, and small groups.

The art therapist works with children, adolescents and adults to uncover unconscious or emotionally charged feelings that may be impossible to access by verbal means alone. The visual medium of art provides an avenue for symbolic and metaphorical expression that can lead to a deeper understanding of personality, experiences, concerns, interest and other critically important facets of an individual's make-up. Participants can be self-referred or referred by a psychiatric professional.

With degrees in nursing and art, and a master's degree in art education, Dianne received her graduate training in art therapy from the University of Illinois and the University of Oklahoma. She offers years of clinical experience as an art therapist working with adolescents and adults in Fenwick Hall Hospital, a psychiatric and substance abuse hospital in Charleston, SC. In her private practice, she has worked with alcoholism, drug addiction, PTSD, sexual abuse, depression, and bipolar disorder. She has served as an art therapist for "Expressions of Healing," a cancer support group with Roper Hospital. She has been to Bosnia two times to help train teachers and children how to use art as a tool for healing from the trauma of the war. Dianne's medical background is combined with a focus on mental, physical, and spiritual concerns for a holistic approach to therapy.

Ms. Tennyson has taught art for twenty years. She teaches privately and has taught many years in the public school system.

She is a professional artist and exhibits locally. She gains insight and personal growth through the creative process, and feels that is a necessity to be an effective therapist.

Examples of Art Therapy Applications

For Children

Phobias and Social Skills Problems

Art gives both concrete and metaphoric form to fears and adverse social situations confronting children, allowing them to both understand and solve their problems.

Victimization Issues

Scary, embarrassing or taboo subjects can be given accessible form through art so the child feels safe while addressing threatening issues.

Loss / Abandonment / Grieving

The visual medium of art provides transitional objects for children moving through loss issues. It helps children move forward to new attachments while concretely leaving adverse situations or people.

For Adolescents

Substance Abuse

Use of alcohol and drugs often includes cultural imagery and symbols of issues that can be expressed and explored in art therapy. Substance abuse masks feelings of anger, pain, and loneliness. Art provides a way to release these feelings.

Oppositional Defiant

Even when faced with behaviors like refusal to speak or drawing inappropriate imagery, art therapy can establish a means of expression for the adolescent.

Depression

Art therapy is an active, experiential therapy that challenges depressed symptoms and ideas. Imagery can also reveal suicidal ideations and plans.

For Adults

Marital and Family Dysfunction

Art therapy identifies communication patterns and family issues by making them concrete, external, and accessible.

Stress and Anxiety

The act of making art provides a powerful physiological effect: creating calm, reducing anxiety and promoting physical and emotional healing in the individual.

Divorce Issues

Expressing the stress of relationships, feelings and loss in a visual form provides clarity and acceptance. Communication is clearer and less distorted when expressed visually.

Individuals, Groups and Consultation

We're born wanting to create. To create is human. Making art increases and maintains self-esteem, and encourages communication and interpersonal relationships. And, as our understanding of life deepens with maturity, art provides metaphors for the issues we face in life. Whether done in an individual, group session, or consultation, art therapy can benefit anyone.

"I don't say everything, but I paint everything."

Pablo Picasso

How Art Therapy Works

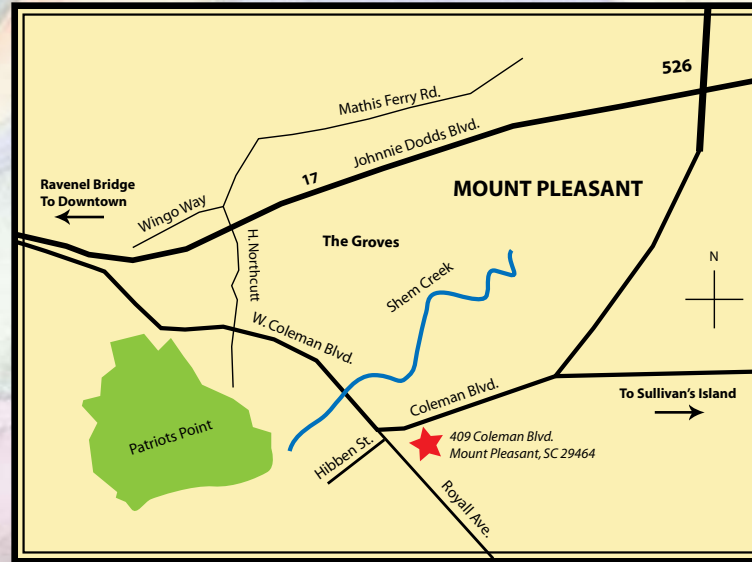
Through observation and analysis of an individual's artwork and the client's efforts to communicate verbally, the art therapist can formulate a treatment plan. Art therapists actively guide the entire therapeutic process. They help their client select materials, identify appropriate themes and use the artistic process in a revealing manner. Through this creative visualization, aspects of behavior can be brought to the surface and causative conflicts can be resolved.

ART- A Reflection of Hidden Feelings

Art therapy identifies process, form content, and associations as reflections of an individual's inner self. The art therapist and the client work to explore the language, process and meaning of each artistic effort. Repressed, unconscious or emotionally charged material can be addressed more quickly than with verbal means alone.

No Special Skills or Talent Needed

While drawing, painting, and producing objects in the process of art therapy, clients can express and resolve problems. The creative process helps individuals learn more about themselves and experience personal growth.



Art Therapy

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Registered Art Therapist

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Art Classes

Private art classes for all ages (from toddlers up) on a one-to-one basis or small groups. Dianne is a certified art teacher with a Master's Degree in art education.



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ART THERAPY

*Encouraging Communication, Healing,
and Growth Through Creative Expression.*



Art connects us to ourselves and our world. Making art is a deeply human act. Whether you're creating in a studio, class, individual, or in a group therapeutic setting, art helps you connect with yourself and others.

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"Painting is just another way of keeping a diary."

Pablo Picasso