

Introduction to Art Therapy for Teens

What is art therapy?

Art therapy combines a non-verbal creative process with personal and interpersonal exploration. It is intended to help people to develop their strengths, cultivate well-being in their lives, and express their unique selves.

No art experience is required.

What would someone go to art therapy for?

People come to art therapy for a variety of reasons, including:

- a desire for greater self-awareness
- feelings of grief & loss
- stress and anxiety
- learning disabilities
- social challenges
- eating disorders
- depression
- changes in or crisis of identity
- physical health issues
- addictions
- trauma, past or present
- creative blocks
- relationship challenges
- self-esteem issues
- mental health challenges
- the intention to actively engage in one's own personal growth

What are some of the benefits of art therapy?

Art therapy has many benefits. These benefits result from having a safe space to intentionally immerse oneself into a creative process while being supported by a trained art therapist. This can be in either a one-on-one or a group setting. Either way, safety and confidentiality are emphasized. Some benefits of art therapy are listed on the following page.

Personal expression and choice-making

- Express feelings and thoughts in a supportive and non-judgmental atmosphere
- Make your own choices about what materials to use, what images to create, and what to speak about

Interpersonal communication and connection

Be listened to, witnessed and understood

Connect with others, increase social ease, and develop new friendships

Increase your understanding of yourself and others

Gain a shared sense of meaning and connection to society and culture while becoming empowered to make appropriate change

Confidence and self-awareness

Enhance self-esteem

Increase self-control

Develop problem-solving abilities and positive coping skills to help you to thrive in the world

Intentional creation of identity and meaning

Discover more about yourself and others

Develop a sense of purpose and meaning in your life

Explore your sense of self identity in an environment of acceptance

Discover and create meaning by expressing your own life story in new ways