



What is Art Therapy?

Art Therapy is based on the idea that art and creativity can improve wellbeing. Art therapists have been trained to work therapeutically with diverse visual arts medium's including, painting, drawing, sculpture, 3D construction, weaving and mixed media. Best practice is to be informed by the interests, cultural relevance and therapeutic goals of the clients.

What are the benefits?

Art Therapy provides opportunities for creativity, self-expression, reflection, self-awareness, relaxation, enjoyment and personal discovery. It nourishes a greater sense of self and wellbeing. Art Therapy provides an alternative avenue for communication through visual, participatory non-verbal means and the use of symbolism. The use of metaphor and imagery in Art Therapy can help create a feeling of greater safety by distancing the client from their trauma or personal stories.

Involvement in Art Therapy can help develop new interests and be harnessed for ongoing personal support. It can be beneficial for individuals coping with mental illness, physical pain or disability, through engagement with sensory art materials and focusing on ongoing creative projects.

Who can benefit?

Art Therapy can support people experiencing a variety of challenges. It can be used with individuals or in groups to provide opportunities for community connectedness, learning social skills, positive relationship-building and increased experiences of safety in a supported environment.

Research studies show the benefits and effectiveness of Art Therapy in areas including:

- Depression and anxiety
- Trauma or Post-Traumatic stress Disorder (PTSD)
- Severe mental illness
- Grief and loss
- General wellbeing
- Quality of life



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Art Therapy for NDIS participants at RFQ

Art Therapy at RFQ is person-centred and recovery-oriented. The art therapist works collaboratively with individuals and / or groups to address relevant issues and goals using diverse creative art forms and therapeutic approaches that are inclusive, flexible, inspiring, enjoyable and motivational. No prior art experience is necessary. Clients are supported to develop new skills, work with a variety of art materials and develop creative project ideas. Feedback and re-evaluation of goals are gathered regularly throughout each client's engagement with Art Therapy.

Art Therapy is available to NDIS participants with improved daily living skills funding.

What to expect in an Art Therapy session?

In an Art Therapy session, whether in a group or one-on-one, the therapist will sit with the participant and together they will determine what artistic journey they would like to explore for that session. The aim of the workshop is to create a safe, supportive, creative and therapeutic environment.

When a participant enters the Art Therapy space, they will see a range of art materials. Some may be familiar, but some might be unknown. Art materials may include pencils, charcoal, watercolours, oil and chalk pastels, acrylic paints, clay, embroidery thread, fabric, patterned papers, inks, art images, stickers, pens, felt pens, stencils, masking tape and cardboard.

Sometimes the participant will know what they want to do and what materials they want to use. If the participant is unsure about what to do or express, the therapist will make suggestions and give direction until the participant feels ready to create their own art.



About RFQ

Richmond Fellowship Queensland (RFQ) is a well-respected not for profit company and leading provider of psychosocial mental health services, serving the Queensland community for 45 years.

Today, RFQ provides a diversity of evidence based psychosocial recovery and allied health services. From working in acute mental health wards and correctional facilities and supporting discharge and release pathways, to keeping people healthy in the community, including through therapeutic supports, RFQ's vision captures the passion and conviction of our work:

A future recovered for people facing mental health challenges and social disadvantage.

This statement of hope is also captured in RFQ's logo, Recovered Futures. Our RFQ community inspires and reassures people in recovery that there is hope and a future.