

# Therapeutic Activity Groups

## *Art*

The creative process of doing artwork is both healing and life enhancing and can increase the client's self-esteem and self-image. Art is also an outlet for emotions and can aid the client in coping with the stresses and anxiety of daily life which can result from their brain injury. Many times the intensity of emotions is difficult to face or put into words and working on art projects offers a safe opportunity to explore these intense or painful thoughts and feelings in a supportive environment. Through their art, clients will open up avenues for reflection, will explore change and move toward self-actualization. It aids in the integration of right and left brain activity, fine motor skill enhancement and hand-eye coordination. No artistic ability or skill is necessary to achieve the benefits of art expression.



Offerings include: Beginning drawing, painting, watercolors, collage, ceramics, wheel throwing (pottery), jewelry-making, color and design, etc. Groups are one hour in length and experienced professional art educators facilitate the sessions, with the collaboration of the clinical therapist; documented in a progress note to include date, times, and signature of client and therapist.

