

Creative Expressive Arts Therapy

Goals of CEAT:

- Practice identifying feelings and thoughts
- Practice talking about feelings and thoughts
- Practice expressing and sharing your experiences with others
- Practice relationships
- Practice and utilize the skills and tools you have learned in your individual/family therapy sessions with peers



Compassionate Care

Meier Clinics is one of the world's largest and most trusted providers of Christian mental health services. Our programs are designed to treat the whole person – physically, emotionally, and spiritually.

Meier Clinics' treatment programs are nationally recognized for their positive outcomes and client satisfaction results. This foundation of quality is achieved by hiring only the most highly trained Christian professionals to provide care for our clients.

Meier Clinics of WA also offers:

- Individual counseling for all ages
- Marital and pre-marital counseling
- Family counseling
- Intensive programs for adults
- Groups

Contact Us

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Creative Expressive Arts Therapy Group



What is Creative Expressive Arts Therapy?

Creative Expressive Arts Therapy utilizes visual arts, movement, sand, drama, and writing to aid in the process of healing.

The intention of using expressive arts for therapy is to help a person delve into the issues and life events that one faces.

Various art methods will be used to learn more about yourself, witness what others are experiencing, and work towards healing and growth.

You do not need to be an artist to join.



"The arts heal and further all forms of therapeutic practice by giving the psyche opportunities to treat itself through creative expression"

(McNiff, 2009).

Logistics:

Dates:

Mondays from March 2, 2020 to June 15, 2020

Time:

Adolescents: 5:30pm – 6:45pm

Where:

Meier Clinics
22232 17th Ave SE Suite 302
Bothell, WA 98021

Cost:

\$50.00 per session



Nicole Cho, LMHC-A:

- Helps clients to see, own, and structure what they need to heal, grow, and further develop
 - Training under Northwest Creative Expressive Therapy Institute
 - Facilitated therapy groups for 3+ years
 - Counseling for 3+ years
 - Worked with children and adolescents for 18+ years
 - Worked with family systems for 9+ years
 - Served in youth and children ministry for 10+ years
 - Multi-cultural background
- #### Resources:
- *Creative Connection* by Natalie Rogers
 - *Integrating the Arts in Therapy* by Shaun McNiff
 - *Improv Wisdom* by Patricia Ryan Madson