

# Creative Expressive Arts Therapy

## Goals of CEAT:

- Practice creativity
- 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 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.

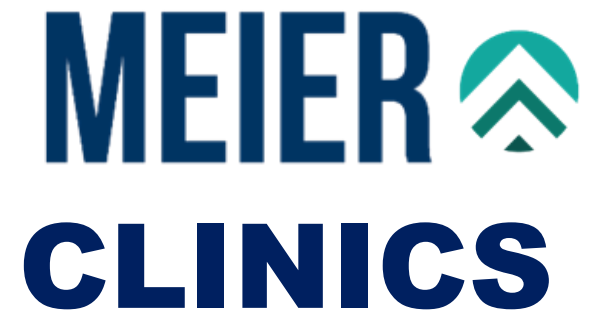
Meier Clinics' treatment programs are nationally recognized for their positive outcomes and client satisfaction results. This foundation of quality is achieved by hiring only the most highly trained Christian professionals to provide care for our clients.

## 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

Meier Clinics  
22232 17th Ave SE Suite 302  
Bothell, Washington 98021  
425-487-1005 ext 1  
ncho@meierclinics.com  
[www.meierclinics.com](http://www.meierclinics.com)



## 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.



Expressive Arts Therapy

“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 and Time:

Adolescents:

Mondays, 5:30pm – 6:45pm

#### Where: Meier Clinics

22232 17<sup>th</sup> Ave SE Suite 302

Bothell, WA 98021

#### Cost:

\$50.00 per session

#### Registration:

Registration: rolling admission,

please call: 425-487-1005 ext 1

Or email: [ncho@meierclinics.com](mailto:ncho@meierclinics.com)



### Nicole Cho, LMHC-A:

- Supervised by Dr. Daniel Hartman, PsyD., #1469 and Rodney Young, LMFT, LF00001443
  - Creative Expressive Arts Training Certificate, NWCEAI (2020)
  - Supports clients to see, own, and structure what they need to heal, grow, and further develop
  - Facilitated therapy groups for 4+ years
  - Worked with children and adolescents for 19+ 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