

ABOUT US

Our philosophy is to provide engaging, practical and supportive therapy for individuals across their lifespan including: children, adolescents, young adults, adults and parents.

Working in the area for over 15 years, we aim to bring out the full potential of each individual, helping them through their challenges whilst nurturing their strengths through therapy focused on an individual's unique experience and situation.

We provide consultations for individuals who may be experiencing emotional, behavioural and social challenges. We are trained clinicians in the health and wellbeing of patients and focus on mental health support for a range of challenges affecting individuals and their families.



TT Psychology

Child, Adolescent & Parent Psychologists

ART THERAPY

CONTACT



1A RIDDELL PARADE,
ELSTERNWICK, VIC 3185



1800 867 090



9923 6664 (FAX)



info@ttpsych.com.au



www.ttpsychology.com.au



TT Psychology



ART THERAPY

Art therapy is a form of psychotherapy utilising creative modalities within a therapeutic relationship to improve and inform physical, mental and emotional wellbeing of people at all ages.

Our therapists aim to create a safe and nurturing environment where we can support young people and their families to develop skills and foster growth.

Our therapists use an integrative approach to support clients using:

- Painting
- Drawing
- Arts and Crafts
- Play therapy
- Sand Tray therapy
- Counselling
- Role Play / Drama therapy
- Creative Writing
- Music
- Dance
- Movement



BENEFITS

Arts therapy provides many benefits for individuals to develop strengths such as:

- Self-esteem
- Social skills
- Creative expression
- Self-connection
- Self-awareness
- Self-regulation
- Ability to express self through non-verbal ways
- Personal growth and development

Anyone can benefit from art therapy, it is a flexible and inclusive therapy.

Our therapists work closely with families and schools to provide the best support to our clients. We are neurodiversity-affirming in our approach.

We offer art therapy appointments for children, adolescents, young adults and parents.

SOCIAL GROUP PROGRAMS

After School Programs

These programs are open to neurodivergent individuals under 18 years of age.

Research tells us how important it is for young people to authentically be themselves, connect in ways that suit them and be supported in a flexible and inclusive environment. It is through our after school program that we aim to offer this inclusive creative space.

School Holiday Programs

These programs are open to individuals under the age of 18.

We hold multiple school holiday programs during each term holidays.

Parent Programs

These programs aim to support parents, providing a space to connect with others and themselves within a flexible and inclusive environment.

For more details about our current social group programs please visit our website

www.ttpsychology.com.au