

envision
UNLIMITED

“Empowerment Through Art”

Group Art Therapy



Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. A goal in art therapy is to improve or restore a client's functioning and his or her sense of personal well-being. Art therapy practice requires knowledge of visual art (drawing, painting, sculpture, and other art forms) and the creative process, as well as of human development, psychological, and counseling theories and techniques.

The American Art Therapy Association

September 5th— November 21st

Thursdays 6:00—7:30pm

11-week group

(Thurs. Oct 31— Group Cancelled)

led by Emma MacDougall, LPC, ATR

Cost: \$150

Materials included in the cost.

5080 N. Elston Ave.
Chicago, IL 60630

For questions please call: 773-506-3057