



INDIVIDUAL ART THERAPY



In individual art therapy sessions we work to externalize our feelings and improve our skills.

Our art therapist can work with children who present with any of the following issues: anxiety and depression, shyness and social anxiety, stress and life transitions, need for self-expression and emotional development, cognitive or developmental delay, sibling or peer issues, drawing or fine motor delay, sensory processing issues, behavioral issues, imagination or abstract thinking deficit, attention deficit or hyperactivity, or autism spectrum disorders. Group is generally recommended for children working on social skills.

At Sky's The Limit we use two art therapy approaches: developmental-behavioral art therapy or art therapy counseling. The developmental-behavioral approach is generally used for children with developmental delay. Art projects are designed to improve deficit areas, and adaptive teaching tools are commonly used. The art therapy counseling approach is generally used for children with social-emotional needs. Art projects are designed to address the child's concerns, and we process the child's artwork together. Our art therapist may use one or both approaches with a child. A mix of both directive (therapist determined) and non-directive (child determined) art projects is important in order to maintain both motivation and good learning.

One-on-one sessions have many advantages, including privacy, schedule flexibility, projects tailored to the individual child, a full range of art materials at our disposal, and the therapist's full attention. Sessions are usually once a week for one hour but this can vary over time and we are happy to accommodate families' schedules and budgets; recommendations are made after an initial session. Parents receive a treatment note after every session (either in person, in the mail, or email) and an Individualized Treatment Plan (ITP) is created in order to outline and monitor treatment goals. Families with children ages three to thirteen years are welcome to inquire; younger or older children are considered on a case-by-case basis. Hourly rates vary slightly according to location.

MORE AT ARTTHERAPYANDAUTISM.COM!