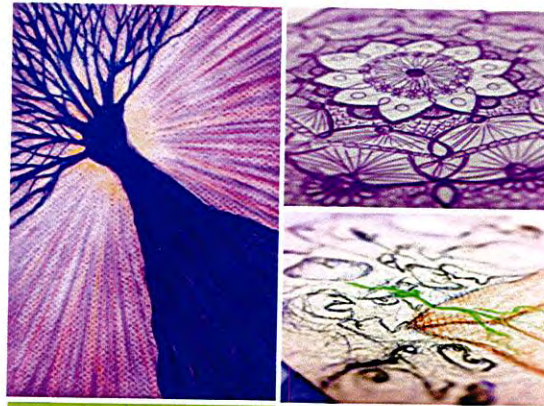


What is art therapy?

Art therapy is an evidence-based treatment that uses a wide variety of art tools and processes to improve physical, mental, and emotional wellbeing. Originating from the psychoanalytic approach of the 1940's, art therapy as it is practiced today can be used to assess, diagnose, and treat individuals in a variety of settings including medical, education, mental health, physical rehabilitation, vocational training and addiction recovery. It can be a primary treatment method or can work well as a complimentary therapy.



My heART work for the past 25 years has been learning how to combine my passions for making art and helping others. Along with formal training, including a B.A. in Psychology and an M.A. in Art Therapy, I bring over 15 years of experience helping others in mental health, education and art settings.

My approach is person-centered. I design sessions to meet individuals where they are and collaborate with them to set and meet goals. It would be an honor to support you on your journey.

Melissa Ayotte, MAAT

30 Northwoods Blvd., Suite 100

Columbus, OH 43235

(614) 769-7221

PaintedPathArtTx@gmail.com

www.paintedpatharttherapy.com



Painted Path
Art Therapy,
LLC

Illuminate your journey
through art.

Who can benefit from art therapy?

Art therapy is especially useful when there are barriers to verbal communication or when roadblocks arrive in other therapeutic strategies. However, any individual can benefit from art therapy. Research indicates that creating art changes the brain in ways that benefit young and old alike. Those with little to no art experience as well as those who make art regularly can gain from this method. Art therapy is a helpful strategy for adjusting to life's challenges whether they are emotional, mental, physical, or spiritual. Not all art is messy work. A good art therapist can tailor sessions to the needs and preferences of the client.



How does art therapy work?

Communication. Art therapy relies more on imagery and symbols and less on verbal communication. Images originate in a part of the brain called the amygdala, which is also the center for emotion. When emotions become overwhelming, the language centers of the brain become less accessible. It is for this reason that art can communicate emotion effectively often before language can. Art therapy is an effective treatment for those who struggle with communication and self-expression such as children, trauma survivors, individuals with speech delays, and individuals on the Autism spectrum.

Neurobiology. Research shows that art therapy encourages the development of neuropathways and therefore increases grey matter and density in the brain. Therefore art therapy is an effective treatment for the elderly, including individuals with Alzheimer's disease or dementia.

Biorhythms. Art therapy can restore natural biorhythms and assist in discovering a baseline or neutral relaxed state. This body awareness is integral in regulating emotional states and managing stress. Art therapy is an effective treatment for those experiencing anxiety, depression, or life transitions.