



# Art Therapy

Information for patients, carers,  
family and support persons



**The Geelong  
Clinic**  
by Healthscope

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V1\_08/2021

Community  
of Care



**The Geelong Clinic**  
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## Art Therapy

Participation in the unique discipline of Art Therapy will utilise creative expression to inspire self-esteem, self-awareness and emotional resilience.

Our program aims to reacquaint participants with their strengths and inner resources in order to reduce distress and improve their general wellbeing.

The Geelong Clinic's Art Therapy program is open to anyone wishing to participate, keeping in mind that no artistic talent is required.

The program may be particularly suitable for participants who are not ready to participate in talking therapies.

## When does the program run?

Please contact us to find out when the next program will be run.

The program runs for 8-10 weeks and attendance is required Monday or Thursday from 9.30am to 3.00pm.

### **The Art Therapy program aims to:**

- Reveal your own inner pathway to recovery
- Manage negative thinking and behaviours
- Develop healthy thinking skills
- Increase and enhance your functioning and community connection
- Develop ability to engage in rewarding purposeful leisure activities.

### **Group sessions may include the following:**

- Doll and figurine making
- Painting and drawing with guided imagery
- Relaxation / meditations / movements to accompany the Art Process
- Working with clay and other similar materials
- Creating your own "Vision" board (a collage of all your dreams, wants and desires)
- Activity scheduling
- Group paintings and creative group pieces

## Cost

We have agreements with Private Health Funds, DVA, Workcover and TAC. Self funding is also an option.

All referrals are subject to a health fund check prior to admission to a program.

Please call us to discuss any questions you may have in relation to cost.

## Obtaining a Referral

To be admitted to our programs, you will need to ask your General Practitioner for a referral to a Geelong Clinic accredited Psychiatrist. The Psychiatrist will then refer you to the Day Program.

Your GP can address your referral to: 'Dear Doctor at The Geelong Clinic' or the Psychiatrist of your choice.

The referral should be faxed by your GP to [03 5248 4852](tel:0352484852).

Once cover or funding is checked and confirmed, the program coordinator will coordinate next steps with you.

## More information

If you have any questions, please do not hesitate to call us on [03 5240 0700](tel:0352400700).