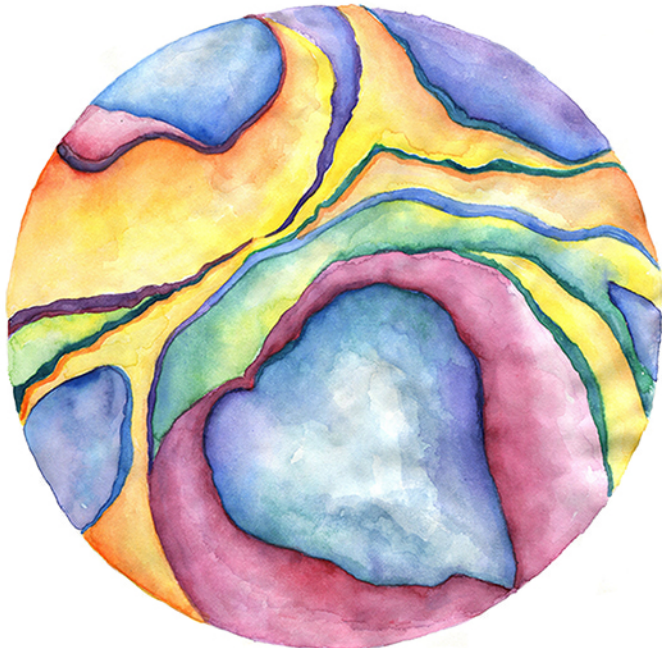


# ART THERAPY

## Encouraging Communication, Healing and Growth Through Creative Expression

We are born wanting to create, and what we create connects us to ourselves and our world. Creating art is a profoundly human act. And, whether creating in the studio, classroom, or individual or group setting, art helps you connect with yourself and others. Making art increases and maintains self-worth while encouraging communication and interpersonal relationships. Art provides powerful metaphors for the issues we face in life.



### Art Therapy for All Ages

Art Therapy is a vehicle for communication, healing and growth through non-verbal expression. It helps reconcile emotional conflicts, express feelings, manage behavior, develop social skills, decrease anxiety, and expand self-awareness. The techniques of art therapy can be applied to individuals, couples, families and small groups.

**Children • Adolescents • Adults • Individual • Groups • Consultation**

The art therapist works with children, adolescents and adults to uncover unconscious or emotionally charged feelings that may be impossible to access by verbal means alone. The visual medium of art provides an avenue for symbolic and metaphoric expression that can lead to a deeper understanding of personality, experiences, interests, and other critically important facets of an individual's make-up.



**Phobias/Social Skills • Victimization Issues • Loss/Abandonment  
Substance Abuse • Depression • Family Dysfunction • Stress/Anxiety**

## TESTIMONIALS

"Art therapy is magical. You put pencil to paper and then without the control of your consciousness, your hand creates an image that identifies what lurks deep inside. You process the image and heal. You are able to forgive and love yourself. Art therapy can help you find the inner strength to deal with life's challenges." K.H. (76 year old)

"Art therapy with Dianne has transformed my child into a healthy and mentally stable little boy. Due to several tragic events, my son was experiencing severe anxiety. After a few sessions, my son was healed and restored to normal. Dianne has a God given talent to help children no matter what the situation is. I love her with all my heart and can never repay what she has done for my little boy." P. J. (Parent of 5 year old)

"Group art therapy has given me a safe place to express my feelings through different mediums where words alone wouldn't have worked. It helped me to realize I am not alone." W.R. (32 year old)

## TRAINING AND EXPERIENCE

With degrees in nursing and art, and a master's in art education, Dianne received her graduate training in art therapy from the University of Illinois and the University of Oklahoma. She offers years of clinical experience as an art therapist working with adolescents and adults in Fenwick Hall Hospital, a psychiatric substance abuse hospital in Charleston, SC. She has been in private practice for over ten years. She served as an art therapist for "Expressions of Healing," a cancer support group with Roper Hospital. She has been to Bosnia twice to help train teachers and children in using art as a tool for healing from the traumas of the war. Dianne's medical background is combined with a focus on mental, physical and spiritual concerns for a holistic approach to therapy. She has taught art since 1976 and is a professional artist exhibiting locally. She feels the insight and personal growth gained through the creative process is an absolute necessity for being an effective therapist.

## NO ARTISTIC SKILLS NEEDED

While creating art, clients can express and resolve problems. This creative process helps individuals learn more about themselves and experience emotional and spiritual growth.

## HOW ART THERAPY WORKS

Art therapists actively guide the therapeutic process by helping their client select materials, identify appropriate themes and use the artistic process in a revealing manner. Through this creative visualization, repressed, unconscious or emotionally charged material can be brought to the surface and addressed.



## WOMEN'S ART THERAPY SUPPORT GROUP

Our women's group explores the inner self through art, providing the insight and personal tools needed to create an authentic life. No artistic skills are needed.



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"I don't say everything but I paint everything." *Pablo Picasso*

"Painting is just another way of keeping a diary." *Pablo Picasso*