

Expressive Arts Therapy is a psychotherapeutic process based on the gradual integration of life experiences through the use of various forms of expression such as visual arts, movement, rhythm and music, narratives, or even the experience of silence (e.g. prayer or meditation). In addition to typical therapeutic interventions, EXAT creates new opportunities for effective psychosocial support in any context.

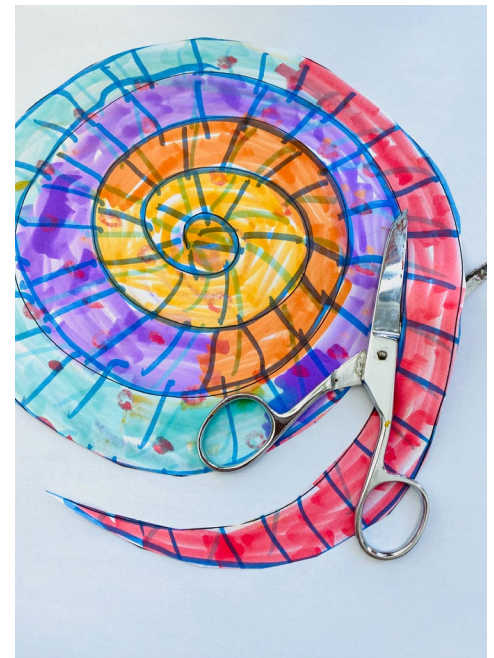


Expressive Arts Therapy (EXAT) was developed in the 1970s by Shaun McNiff, Paolo Knill, and other experts associated at that time with Lesley University Graduate School in Cambridge, MA (USA). However, **expressive arts belong to all human cultures** and they have been successfully used for thousands of years in rites of passage, to celebrate important events, cope with grief and loss, and create narratives including tales and stories.



EXPRESSIVE ARTS THERAPY (EXAT)

Promotes mental, emotional, and physical well-being
Helps to discover new resources
Encourages healthy expression and builds self-awareness
Restores dignity, self-respect, and a sense of belonging
Helps to cope with difficulties and embrace change



In Expressive Arts Therapy, **various forms of art come into play to encourage a deeper connection with the body, emotions, and the outside world.** The universal language of the arts allows people of various ages and backgrounds to experience flow, express themselves more fully, and achieve a natural state of relaxation. As this process continues, a new sense of internal balance has a chance to emerge.



Today, EXAT helps to resolve internal and external conflicts, builds sensitivity, teaches self-compassion, and supports people in shaping a coherent image of the world. It also gives individuals and communities back what is deeply human: **dignity, respect, a sense of belonging, and hope.** By engaging the mind, body, and emotions in actions other than verbal communication, it responds to the natural need of shaping and sharing narratives.

To feel the body, express emotions, and search for new meanings with the help of a rational mind co-creates the space of Expressive Arts Therapy. Sensing what is present supports the process of integrating various life experiences and significant changes occurring in individuals, groups, and entire communities. The **language of the arts becomes a universal tool for building dialogue** that opens up new perspectives.



Expressive Arts Therapy stimulates imagination, encourages creative play (which is a natural way of learning not only in children but also in adults), teaches spontaneity, and awakens natural vitality. Even people, who consider themselves 'not creative' can participate in EXAT sessions and workshops. **Every person, regardless of their origin, education, or experience with art, can participate in and benefit from such activities.**

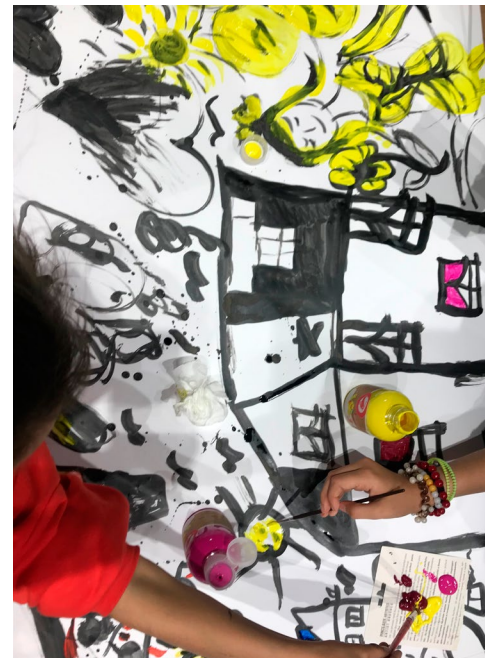


Workshops Training Psychoeducation

EXAT uses simple and easy tools to stimulate the imagination

Teaches compassion and creates space for more understanding between individuals, groups, and communities

Promotes psychoeducation using the universal language of the arts



In EXAT, elements of other therapeutic methods and tools can be successfully integrated.

That can include polyvagal theory, body mapping, visualization, elements of EMDR (Eye-Movement Desensitization and Reprocessing) and BMDR (Bilateral Movement Desensitization and Reprocessing), play therapy, Integrative Attachment Family Therapy (IAFT), or Trauma Treatment through Art Therapy (TT-AT).

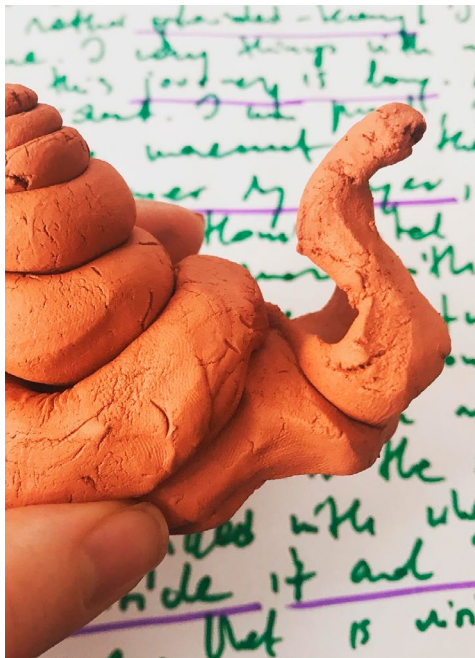


In Expressive Arts Therapy, the **cross-cultural aspect is of great importance**. Working at the intersection of cultures, creating culturally adjusted therapeutic spaces, and working towards inclusion are some of the basic tasks of contemporary art therapy. Thanks to the universal language of arts, it is easier to find points of connection between people and cultures. A **shared authentic experience** can be the key to understanding each other.

Individual sessions, workshops, and training based on the **EXAT methodology can focus on the psychosocial support of any group and topic** (e.g. learning to understand how emotions manifest in the body, effective and healthy communication with children, or the complexity of acculturation processes). Such sessions are culturally adjusted and designed to respond to the needs of individuals, groups, or communities.



I invite you to a discussion about **how Expressive Arts Therapy could support you, the people you work with, or your organization**. Individual sessions, psychoeducational workshops, and community leader and caregiver training are all possible. Intensive "train the trainer" courses provide detailed guidelines and scripts for expressive arts sessions inside organizations, cultural institutions, schools, and similar.



I conduct both virtual and in-person sessions, workshops, and training in locations chosen by my clients. Training materials usually include presentations, session scripts, and detailed facilitation scenarios for specific groups.

The hourly rate is **129€**

**A price for organizations, which may be subjected to negotiation depending on the scope of the cooperation.*



Expressive Arts Therapy is a valuable way of building supportive relationships, understanding, and a sense of comfort in both private and professional contexts.

I invite you to get in touch!

Joanna Wróblewska

*PhD in visual arts
certified expressive arts therapist*

+32 475 38 86 30
contact@artstudiojw.com
artstudiojw.com