

# Art Therapy Workshop

## What is Art Therapy?

Art Therapy is a combination of art and psychology and is a healing process that uses images, art media and creativity. Not only is it a wonderful tool to reduce stress, anxiety and depression, it provides a new language for the verbally challenged.

## How Does Art Therapy Work?

- Stimulates imagination and creativity
- Develops healthy coping skills and focus
- Increases self-esteem and confidence
- Clarifies issues and concerns
- Increases communication skills
- Enables a safe nurturing environment
- Assists with development of motor skills and physical coordination
- Identifies feelings that block emotional expression and personal growth.

## Who is the trainer?

Mrs. Vijaya Mohan M.A. Art Therapy (Singapore), Dip in SPED (Singapore), is a Singapore-trained art therapist and special educator with 15 years of experience in the field of health, therapy and the arts. She has worked with autistic children in school settings and children affected by the Tsunami in Sri Lanka. Currently she is a volunteer art therapist at the Institute of Mental Health and various rehab centres and old age homes.

## Course Information

Dates: 11 & 12 November 2011 (Friday & Saturday)

Time: 10:00am to 4:00pm

Venue: 299 Thomson Road Singapore 307652  
(near Novena MRT Station, opposite Novena Church)

## Fees

**S\$250** (Early Bird)

**S\$260** (Regular Reg)

**S\$250** (Special Reg)

**S\$500** (Buddy Reg)

## Who should attend

Parents, Educators, Caregivers,  
Professionals in Healthcare  
& Welfare Organizations,  
Counsellors, Special Needs  
Teachers, Social workers,  
Pre-school Teachers

## Contact

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