**Proposal for Art Therapy Group Services**

**By Patricia Cameron, BA, DKATI, Registered Psychotherapist**

* **About the Workshops**These tailored art therapy workshops support emotional resilience, stress reduction, and creative connection. Designed for individuals and teams facing challenges like burnout, caregiving stress, or chronic illness, sessions offer a supportive space to foster self-awareness, encourage creative problem solving, and reconnect with purpose and inspiration. Activities are customized to your group’s goals and needs.

**Structure of Art Therapy Group or Workshop**

**Session Length:** 1.5–2 hours (*For groups larger than 8, 2 hours is recommended)*  
**Format:** In-person or online  
**Participants:** 4–30+ individuals (*10+ participants require a co-facilitator*)

**Location:** Painted Key Art Therapy Room 108 Parish Hall, 40 Campus Drive Kemptville Campus OR we will travel to your location. A suitable space with tables, chairs, outlets, and access to water is required for in-person workshops.

**NOTE:** Painted Key Art Therapy Studio can fit up to 20 participants comfortably.

**Each session follows a consistent, supportive structure:**

1. **Check-In:** Introductions and a metaphorical prompt (e.g., “If you were a weather/animal/plant today, what would you be?”).
2. **Warm-Up Activity:** A fun, accessible exercise to activate creativity.
3. **Main Activity:** Guided by the art therapist, participants explore a planned activity using specific art materials (e.g., clay, watercolor, collage) and following a theme of your choice.
4. **Art Sharing & Reflection:** Participants share their work and engage in guided discussions to uncover insights, fostering connection and emotional expression.
5. **Closing:** Reflection on key takeaways and inspirations from the session, leaving participants with a sense of clarity and purpose.

**Options for Themes**

Each workshop provides unique opportunities for self-expression, emotional support, and team building. Benefits include stress reduction, enhanced creativity, and fostering deeper connections among participants. Suggested themes include:

* **Eco-Art Therapy with Nature Walk** *(requires proximity to nature trails)*  
  *Benefit:* Combines the grounding effect of nature with creative exploration for emotional renewal.
* **Introduction to Art Therapy**  
  *Benefit:* Offers a first-hand experience of art therapy’s therapeutic potential, focusing on self-expression and creativity.
* **Support Groups:**
  + *For People Affected by Illness* – Promotes emotional release and resilience.
  + *Caregivers Support Workshop* – Focuses on stress relief and self-care.
* **Burnout Recovery**  
  *Benefit:* Engages participants in exploring ways to manage stress, foster balance, and recharge.
* **Mandalas and Mindfulness**  
  *Benefit:* Enhances focus and relaxation while encouraging self-reflection.
* **Hamsa Hand Tracing: Letting Go/Reaching Toward**  
  *Benefit:* Symbolically explores what participants wish to release or achieve.
* **Setting Intentions (Intention Sticks)**  
  *Benefit:* Helps participants clarify goals and visualize positive change.
* **Creating a Card Deck (Oracle/Strength Cards)**  
  *Benefit:* Boosts self-confidence by crafting personalized, empowering messages.
* **Vision Board Workshop**  
  *Benefit:* Encourages goal-setting and inspires participants to visualize their future.
* **Grounding Techniques Workshop:** Somatic Drawing & Bi-Lateral Scribbling  
  *Benefit:* Teaches participants how to regulate stress and understand their body’s responses to tension.
* **Amulet/Talisman**

*Benefit:* Building on personal strengths, setting intentions, finding resources. Connecting to spirituality.

* **Connecting to the Elements: Earth, Air, Water, Fire**

*Benefit:* Connecting to spirituality and inspiration, finding clarity, empowering self.

* **Self-Map, where have you come from, where are you going**

*Benefit:* Building an understanding of identity, reflecting on past and moving forward with intention.

* **Inner Tree: What kind of tree are you, where would you grow?**

*Benefit:* Connecting to sense of personal identity, looking at areas in life of strength and those that require nurturing, gaining clarity and understanding of self. Connecting to creativity.

**Workshop Pricing**All workshops are a minimum of 1.5 hours- 2 hours and include prep, setup, cleanup, facilitation, and art materials.

* Up to 10 participants – $300
* 10–20 participants – $350
* 20–30 participants – $400
* Custom workshop lengths and group sizes can be accommodated.

**Why Choose Art Therapy for Your Team?**

Art therapy workshops offer a unique blend of emotional support, creative exploration, and skill-building. Participants will:

* Develop tools for stress reduction and self-regulation.
* Strengthen team cohesion through shared creative experiences.
* Enhance creativity and problem-solving skills applicable in work and life.
* Gain valuable insights into personal and collective strengths.

By investing in art therapy, your organization promotes well-being, creativity, and resilience among team members. I look forward to collaborating with you to design a meaningful and impactful experience!

**Patricia Cameron, BA, DKATI**  
*Professional Art Therapist | Registered Psychotherapist*