



INDIGO
THERAPY GROUP

Succeeding through creativity

INDIGO

THERAPY GROUP

IS ART THERAPY

IS MUSIC THERAPY

IS DANCE THERAPY

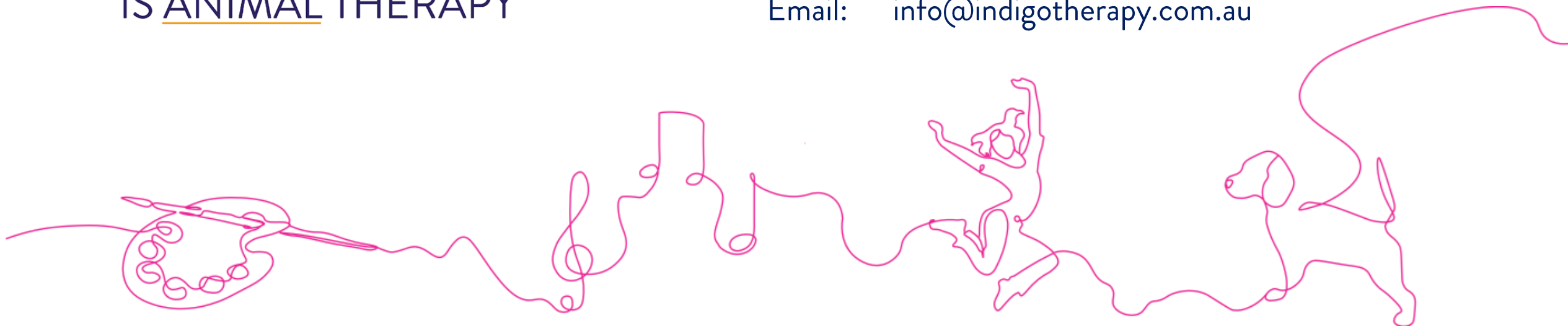
IS ANIMAL THERAPY

NDIS Registered
ABN: 29972308738

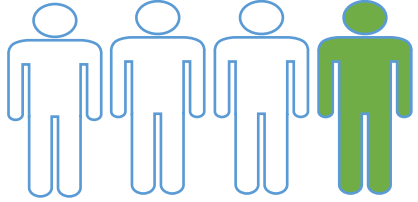
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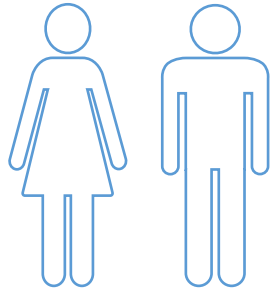


WHY CHOOSE US?

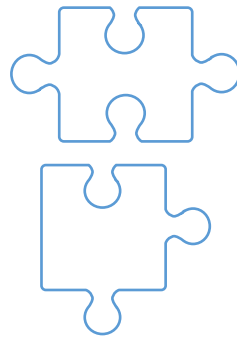


80% do not find the right therapist.

Source: Mental Health: America's State of Mental Health Report 2017



Network of best therapists



Therapy driven by data matching



Feedback between sessions

AT INDIGO - 95% SUCCESS RATE



INTRODUCTION

Indigo Therapy Group provides creative therapies to individuals, groups and communities that aid expression which encourages different ways of thinking, feeling and behaving.

Art, Music and Movement Therapy can help people deal with strong emotions, increase self-awareness and decrease stress and anxiety. Art therapy can involve a variety of creative expressions including drawing, painting, coloring or sculpting, to name a few.



WHO ARE WE?

Indigo Therapy Group was founded by Simona Weinstein to become a central destination for all things 'creative therapy', believing that evidence based modalities such as Art, Music, and Dance therapies, that encourage creative expression, reach people and their issues in different, yet powerful ways. Animal Therapy was added to the suite of therapies because it is complementary.

All our therapists are qualified, well experienced and have a deep passion for making a difference in the lives of our participants.

Our Mission: To make creative therapies accessible to all, so people can smile enough to succeed in creating a meaningful contributing life.

Our Vision: To break all barriers of communication through creativity.

NDIS REGISTERED

SCHOOLS, MENTAL HEALTH ISSUES, RELATIONSHIPS



Simona Weinstein

Principal Art Therapist

B.A.(Psychology), B.Bus (Accounting), Dip. Ar T, Cert IV

TAA



SCHOOL-BASED CREATIVE THERAPIES

The school setting is ideal for using creative therapy:

- with individual students, in small groups, whole classes or with entire school community projects
- encouraging higher levels of concentration and focus
- developing ‘critical consciousness’ and building school-community resilience to re-/engage with studies
- reminding students of their strengths and encouraging emotional-regulation as they build their own language around emotions.

