

Creative Arts Therapy at MPRPS...

What is Creative Arts Therapy?

Creative Arts Therapy is a therapeutic approach that uses creative and expressive processes such as art-making, storytelling, play, movement, imagination, sensory materials, and creative problem-solving to support children's wellbeing, emotional development, relationships, and self-understanding.

Many children find it easier to express themselves through doing, creating, and playing rather than talking alone. Creative Arts Therapy provides another way for children to communicate, explore feelings, build skills, and make sense of their experiences.

What might happen during a session?

Each session is tailored to the child's needs, interests, strengths, and goals. Activities may include:

- Drawing, painting, collage, or construction
- Storytelling and imaginative play
- Games that build social and emotional skills
- Movement, sensory, or regulation activities
- Exploring emotions through creative expression
- Developing strategies for managing challenges and building connections

There is no expectation that children need to be "good at art" to participate.

Who might benefit from Creative Arts Therapy?

Creative Arts Therapy can support children who may be:

- Experiencing big emotions or worries
- Finding friendships or social situations challenging
- Adjusting to changes or transitions
- Building confidence and self-awareness
- Developing emotional regulation skills
- Benefiting from additional support with engagement, belonging, and wellbeing

Creative Arts Therapy is supportive of all brain types and values each child's unique strengths and ways of learning.

Is Creative Arts Therapy the same as seeing a psychologist?

No. Creative Arts Therapy is a different therapeutic discipline. As a qualified Creative Arts Therapist, I use creative and relational approaches to support children's wellbeing, emotional expression, self-understanding, and connection.

While I am not a psychologist, I often work alongside psychologists and other allied health professionals where appropriate. My role complements the broader supports that may be in place around a child.

How does Creative Arts Therapy fit within the school setting?

Supporting children works best when we work together. I collaborate closely with families, classroom teachers, education support staff, school leadership, and the wellbeing team to ensure children feel safe, connected, and supported across different environments.

Will families be involved?

Yes. Families are important partners in supporting children's wellbeing. Where appropriate, communication and collaboration with parents and caregivers helps us better understand a child's strengths, needs, and goals, and supports consistency between home and school.

What is the overall goal of Creative Arts Therapy?

My aim is to help children develop a greater understanding of themselves, strengthen relationships, build on their unique strengths, learn strategies for managing challenges, and experience a sense of safety, belonging, and connection within their school community so they can participate in learning and thrive.

How can I find out more?

If you would like to learn more about Creative Arts Therapy or discuss whether it may be appropriate for your child, please feel welcome to contact the school wellbeing team.

Additional information about Creative Arts Therapy can be found through the Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA): www.anzacata.org