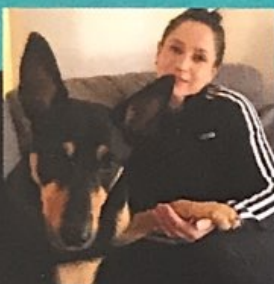


# ART PSYCHOTHERAPY WITH VERONICA PASSMORE AND TIMBER THE THERAPY DOG



[www.facebook.com/Art-and-Therapy-with-Veronica-Passmore](http://www.facebook.com/Art-and-Therapy-with-Veronica-Passmore)

Veronica is an experienced art  
psychotherapist,  
a provisional psychologist and artist.

Art therapy is a dynamic and sensitive form of therapy that speaks straight to the source of our human experience. The arts allow us to access our lived story in a gentle and honest way, externalising our inner worlds within the safety of the marks made. The arts, such as painting, drawing, clay work, story telling and sand tray enable us to reveal, explore, understand and accept our stories with meaningful clarity and creative precision. In turn, promoting a heightened sense of self awareness, wellbeing and optimum opportunity for positive change.

*"NO PREVIOUS EXPERIENCE IN THE ARTS IS  
REQUIRED."*

**Focus areas might include:**

- Hopes and dreams
- Anxiety and stress
- Trauma
- Grief and loss
- Self-esteem
- Well being
- Identity
- Depression
- Emotional development

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