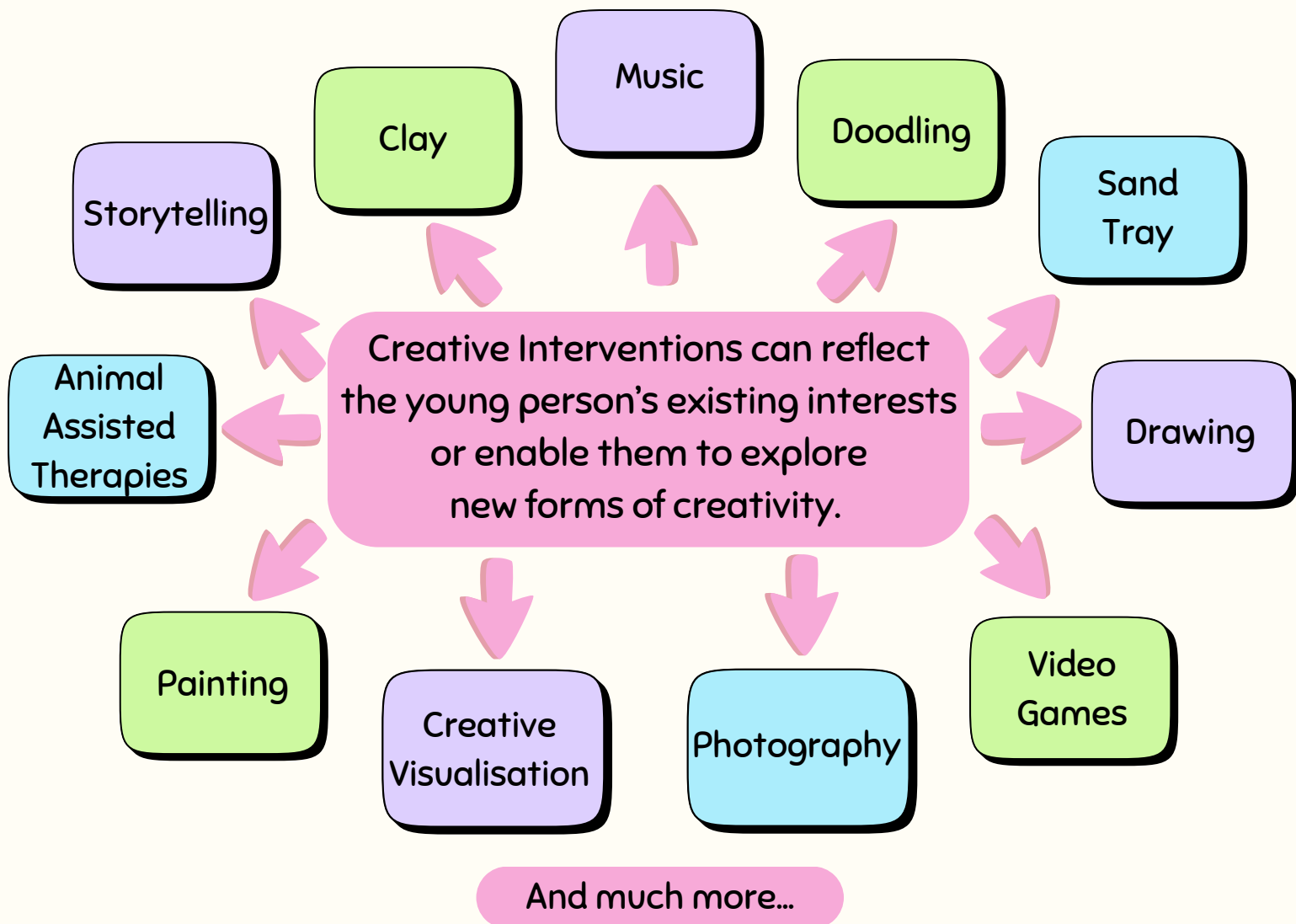


Creative therapies

Creative Counselling combines talking therapies with creative interventions. It enables children and young people to explore their thoughts and feelings in creative ways, without relying on using words to express themselves.

I am a professional member of Creative Counsellors.



Research indicates that

“Creative Interventions can enhance talking therapy by making it more accessible and more effective for many client groups and a vast range of presenting issues”.

They are “most helpful in supporting talking therapy when verbal expression is compromised, for example, when trauma has been experienced or with populations with neurodevelopmental conditions and adolescents.”

A literature review of Creative Counselling | Creative Counsellors – Creating Transformational & Wild Spaces for Clients & Counsellors to Roam Free