

Art Therapy at The Psychology Hub

Creative Support for Children, Teens & Adults

Art Therapy is a form of psychotherapy that uses creative expression alongside a therapeutic relationship to support emotional wellbeing, self-understanding and personal growth.

You do not need to be artistic or "good at art" to benefit from Art Therapy. The focus is not on creating perfect artwork, but on exploring thoughts, feelings and experiences in a safe and supportive environment.



*Sometimes images can
express what words cannot.*



Who Can Benefit From Art Therapy?

Art Therapy may be helpful for people experiencing:

- Anxiety, stress or overwhelm
- Emotional regulation difficulties
- Low self-esteem or confidence concerns
- Grief, loss or major life changes
- Trauma and adverse experiences
- Relationship or family challenges
- School-related difficulties
- Neurodivergence, including ADHD and Autism
- Difficulties expressing thoughts and feelings through words alone

**Art Therapy can support children,
adolescents and adults.**

What Happens During a Session?

Sessions are tailored to each person's individual needs, strengths and interests.

Activities may include:

-  Drawing and painting
-  Collage and mixed media
-  Clay and sculpture
-  Storytelling and creative exploration
-  Mindfulness and grounding activities
-  Discussion and reflection

Some people talk a lot during sessions, while others communicate more through the creative process. There is no right or wrong way to participate.

Why Art Therapy?

Sometimes images can express what words cannot.

Art Therapy offers a safe, creative and non-judgemental space to explore emotions, develop coping skills, build self-awareness and strengthen confidence.

At The Psychology Hub, our goal is to help clients feel understood, supported and empowered while working towards meaningful personal growth.



In-Person at
North Lakes, QLD



Online Across
Australia



Children | Teens | Adults



NDIS
Participants



Private
Clients



In-Person Art Therapy

Art Therapy is available at our North Lakes clinic.

All art materials and supplies are provided, including drawing materials, paints, collage resources, clay and other creative tools.

Clients simply arrive and engage in the process—no preparation is required.



Online Art Therapy

Art Therapy can also be highly effective online. Research and clinical experience show that meaningful therapeutic connections can be developed through telehealth, while still providing opportunities for creative expression and emotional exploration.

Online sessions may involve:

- Simple materials available at home (paper, pencils, pens, markers etc.)
- Digital drawing applications (if preferred)
- Creative exercises guided by the therapist
- Discussion and reflection around artwork created during the session

Many clients appreciate the comfort and convenience of participating from their own home environment.



Session Length

Standard Art Therapy sessions are 60 minutes.

Longer appointments can also be arranged when clinically appropriate or preferred, particularly for:

- NDIS participants
- Complex presentations
- Intensive therapeutic work



Funding Options

NDIS PARTICIPANTS

Art Therapy may be funded through relevant NDIS budgets where appropriate.

PRIVATE CLIENTS

Private-paying clients are welcome without a referral.

Beyond Art: Understanding the Whole Person

Art Therapy is not only about creative expression. It can also support awareness of the connection between thoughts, emotions, physical sensations and behaviour.

Body-Based Awareness

Art Therapy can include somatic (body-based) awareness because emotions and stress are often experienced physically as well as emotionally.

This may involve:

- Noticing body sensations
- Grounding exercises
- Breath awareness
- Gentle movement
- Sensory regulation
- Building awareness of safety, stress and overwhelm

Behaviour as Communication

At The Psychology Hub, behaviour is viewed as communication.

Behaviour often reflects unmet needs, stress, overwhelm, nervous system activation, sensory experiences, relationship patterns, attachment experiences, or emotional states that may be difficult to express through words alone.

Ready to Get Started? 

We're here to help.



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North Lakes, QLD



Online Across Australia

You talk, we listen 

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