

Expressive Therapy






Expressive Therapy uses a range of self-discovery processes to bypass the logical mind and tap into that world we know exists but cannot seem to comprehend consciously (unconscious mind). This experiential and holistic way of working involves more than 'just talking about the problem', and provides the opportunity for real and lasting change. It is based on the belief that each person has their own inner wisdom, and that the expert on who we are as an individual and what we need is actually inside us.

This allows a client to not just express in words a particular issue, but to then feel the energy of their inner experience. When we connect with and really feel this energy we become open to new ways of understanding the problem. This method allows a feeling of release, insight, increased energy and a sense of well being and resolution.

The outcomes of clients were: (Australian Research Study – Queensland University of Technology)

- ♥ less troubled by incidences
- ♥ more in control of feelings
- ♥ less depressed
- ♥ less defensive
- ♥ more open to change
- ♥ participated more fully in sessions
- ♥ had improved self-esteem
- ♥ accepted reality more easily

The Modalities

BODY FOCUS AND BIOENERGETICS	EMOTIONAL RELEASE PROCESSING
<p>Focusing on the body allows awareness and release of the emotional hurt held in the body. Bioenergetics are specific exercises that awaken the flow of emotions and energy within the body.</p> 	<p>Emotional processing can release both conscious and unconscious emotions. Process work provides a safe, structured way of encountering our issues and supports the deep healing of anger, grief, loss, rage and resentment.</p> 
ART WORK	SYMBOL WORK
<p>Free visual expression of the inner process, assists with expression and integration. It also supports relaxation and closure after emotional release work.</p> 	<p>Representing an issue symbolically allows the client, in their own time, to project feelings, gain visual clarity and discuss issues in depth.</p> 
SELF DISCOVERY WORKSHEETS & JOURNAL WRITING	MUSIC/ DANCE
<p>Worksheets and writing processes can support the healing of memories from the past, clarification of current issues, identification of future directions, whilst reclaiming our creativity.</p> 	<p>Utilize music to improve a client's sense of emotional, physical and spiritual health. Free dance can be spontaneous, planned by the client, accompanied by music, drums of imagined music.</p> 