



Artonomy

Art Psychotherapy Services

Art Psychotherapy
Eco-Art Psychotherapy

About Art Therapy



When we are struggling, speaking about our feelings can feel like an emotional hurdle but words are not the only tools we have for communication. In order to process complex experiences, emotions and thoughts, a more intuitive, symbolic language is available to us through art-making. A picture paints a thousand words and this visual language can allow words, thoughts and emotions to flow.

Some of the benefits include:

A calming effect and regulation of emotion.

Space to access our natural wisdom and use it to make positive changes in our lives.

Improvement in emotional well-being by developing insight and making sense of difficult life experiences.

Promotion of personal growth in people of all ages and abilities leading to personal autonomy.

Addressing issues of self-esteem, trauma, bereavement and loss, depression, stress, anxiety, addiction, and so forth.

How it works

Sessions can last from 45 minutes to 1 hour. They take place with a trained psychotherapist in a safe and confidential indoor or outdoor space. The art work made is kept safe by the therapist for the duration of therapy.



Often the hands will solve a mystery that the intellect has struggled with in vain

Carl Gustav Jung

There are a whole range of materials provided that include traditional and expected materials and the unexpected, not so traditional. Experience in art-making is not required or necessarily beneficial.

The art work is not judged or analysed by the therapist. The client is assisted in their exploration of the work and what meaning it may have for them.



Art Therapy draws on research and theory from the fields of psychoanalysis, psychotherapy, psychology and neuroscience to provide effective support.

Artonomy Youth

Children

Children often need additional supports in their young lives to give them the best chance of maturing into adolescence and adulthood with as much resilience as possible. This is especially true when they are faced with difficulties that they are often too young to have the skills to cope with.

Art therapy is a uniquely engaging and effective intervention for children. The process allows them to stay within this comfort zone of creative play when processing difficult experiences and feelings.

Adolescents

Adolescence can be a time of what may feel like extreme challenges even in the most stable of circumstances, never mind when additional issues are thrown into the mix. The challenge is to find a way into adolescent lives that fit their strengths and allows them to tap into creative solutions for their problems, especially to alleviate the burden of depression.

Art therapy can be particularly effective with adolescents as they often struggle to engage in therapy in the traditional verbal sense. Through art they can engage on their own terms, allowing for more autonomy. They can explore issues arising during this difficult period of life in the hope that these years can be negotiated in a safe and productive way.

Referrals can be made privately or through schools and health care practitioners. Please contact us for further information.

Adults

Whether experiencing illness, grief, addiction or emotional turbulence of any kind, we need to feel supported and validated during some of the most difficult times in our lives. This requires a safe space to be heard without judgement so that we can access the wisdom that already exists within, helping us to make positive changes.

Art therapy allows for the use of symbolic and instinctive language, accessible to all of us, that goes beyond linguistic and cultural boundaries. Self-exploration through art therapy can allow us an expressive space to reflect on the things truly holding us back from living.

Family

We work systemically in that we can extend our services to the family and work alongside any other education or health care organisation that children/adolescents and their families are involved with. While we prefer to tailor services to individuals and families some of the types of supports we can provide are:

- One-to-one sessions
- Parent support groups
- Parent and child/adolescent sessions
- Family group sessions
- Child/adolescent peer support groups
- Liaising with services on behalf of families
- Liaising with schools on behalf of families

Referrals can be made privately or through schools and health care practitioners. Please contact us for further information.

About Artonomy

Artonomy is an organisation providing art psychotherapy services for: individuals, groups and families. We work indoors and out in nature (eco-art therapy). The organisation was founded by two art psychotherapists, Louise Gartland and Anna Mulvihill. Their approach draws on over thirty years combined experience and study, working with children, adolescents, families and adults in educational, clinical, mental health and forensic settings.

Here, at Artonomy, we believe that art therapy should be accessible to everyone regardless of personal circumstances.

Presently, Artonomy holds clinics in several Dublin and Wicklow areas.



Find us here

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