

Art Therapy (new)

Art therapy programs are a means to express oneself and feel a sense of heightened awareness and aliveness. Often children, and some adolescents and adults, find it very difficult to express their thoughts and feelings in a meaningful and appropriate manner. Through the art process, children, adolescents and adults can find a medium to articulate feelings and emotions that possibly they were not previously able to identify or clarify on their own.

In a setting with a professional art therapist a process of an increased level of consciousness can begin with the client's willingness to be open to the experience. Developmental growth can occur through the process of stopping and thinking during the art activity, and critiquing the final product after completion. In the art process, the client can take healthy risks, experiment symbolically, and try out feelings and ideas that may become a reality for them. Art therapy is a means to explore and master the art materials and feel a sense of competence and self-worth, therefore increasing self-esteem.

People who experience illness, trauma, or challenges in living, or seek personal development benefit from art therapy. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art. Arts therapists work with people of all ages: individuals, couples, facilities, groups, and communities. They provide services, individually and as part of clinical teams, in settings that include mental health, rehabilitation, medical and forensic institutions; community outreach programs, wellness centers; schools; nursing homes; corporate structures; open studios and independent practices.

Art therapists are trained in art and therapy at the graduate level, with knowledge about human development, psychological theories, clinical practice, spiritual, multicultural and artistic traditions, and the healing potential of art.

— American Art Therapy Association Newsletter, Summer 2002

CCTA Clientele

Established in 1990, CCTA is the only non-profit, creative arts therapy agency in Nevada. Contracting with a variety of facilities and private clientele CCTA serves populations experiencing abuse, Alzheimer's/ dementia, autism, behavioral disorders, chronic pain, early childhood development, dual diagnoses, emotional disturbances, head injuries, learning disabilities, medical/surgical conditions, mental health issues, multiple disabilities, neurologic impairments, Parkinson's, physical disabilities, post traumatic stress disorder, stroke, substance abuse, and terminal illness.

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