

We
see Art
Differently

ART THERAPY

INGRID WINDRAM



About Me

“When
Words
Are
Not
Enough”



Ingrid Windram has been a successful Artist for many years.

It has been her life and passion; however, all this was challenged when a close family member was found to have a substance abuse issue, which became an addiction, and a major problem.

Being confronted with this situation left her very confused, feeling ill equipped to help by not understanding how to deal with the addiction, and her deep-seated emotions.

Needing clarity and insights to help her move forward, she turned to Art, using its wonderful healing properties and felt a fierce desire to delve further into the use of Art as Therapy.

From here she had the opportunity to undertake the Advanced Diploma course in Transpersonal Art Therapy which soon became a journey into discovery of the true power of Art, and the role it was able to play in changing people's lives through assisting in self-discovery, along with many other challenges like Addiction, PTSD, Loss and Grief, to mention just a few.

WHAT IS ART THERAPY

Art Therapy is a holistic approach to promoting one's physical, mental and emotional well-being, by utilizing art materials and the creative process of expression. This is conducted in a safe supportive environment, with no judgement about the person or their art, good or bad is irrelevant, it's about you and your well-being.

The goal of art therapy is to explore self-expression and by doing so, gain insights, to facilitate the development of new coping skills, increase one's self-esteem, and improve clarity, empowering clients to achieve positive outcomes.

NO ART SKILLS REQUIRED

Art Therapy is not about creating beautiful artwork, it's about the process of creating images that express themselves to you, providing a means of communication with your inner feelings, and in doing so, initiate some of the benefits of the art making process.

ART THERAPY CAN BE HELPFUL TO ALL AGES BY ASSISTING IN

- Identifying blocks to emotional expression or growth.
- Interpretation of feelings and reactions where words are failing.
- Gaining insights into blocks that have been blurred but are still impacting on our lives and impeding recovery.
- PTSD (post- traumatic stress disorder).
- Anxiety/ depression.
- Grief and loss.
- Exploring and developing a deeper sense of self



Services and fees

Art Therapy Consults

Individual Sessions

\$120

Group Sessions

\$60

A free introductory session of 30 mins is offered to people who are not familiar with Art Therapy

[The cancellation policy requires 24 hours' notice](#)

Contact Details

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Payment Options

Direct Deposit CBA Bank

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