

Alleviating Art Sessions

Visual Narratives

Create a comic or storybook inspired by your real lived experiences with fictional characters and environments. Clients may choose to focus on a current issue that they are seeking closure to, or a previous event that they would like to re-create or re-imagine. The project does not have to be all about trauma! This is a fun and flexible way to explore personal archetypes, symbols, themes, inspirations, transformation, and outcome possibilities.

Materials:

Construction paper, markers/colored pencils, pencils, colored paper, Waxed thread and large needle (For Books)

Sessions:

6-10 one-hour sessions while also seeing a therapist. Each session of artmaking will end with time reserved for grounding, concerns, and processing if need be.

Making Feelings Felt

Ever wanted to make your own soft comfort object? Using wool and a felting needle, clients will create their own 3-dimensional flora, fauna, or person that represents peace in their life. Needle felting is very cathartic for folks experiencing anger or struggling with aggression, as the needle is required to pierce the felt repeatedly to take form. Poseable armatures are optional, enabling your pieces to bend and hold positions! This process requires repeated fine motor motions and is not recommended for folks with carpal tunnel or arthritis.

Materials:

1 needle felting kit including roving wool, needles, and a foam pad at minimum. Large kits are as cheap as \$15-20 online, and the facilitator can include links to recommended kits for beginners. Armature wire and pliers optional but not necessary!

Sessions:

Available as a 3-hour session or series of 6-10 one-hour sessions while seeing a therapist at Just Be Rooted. *histories of self-harm and physical triggers to be discussed with therapist beforehand to determine if this is the right medium for you. Needle felting needles are sharp, and chances are you *will* prick yourself at least once! Clients taking blood thinners need also consider their safety and keep necessary first aid at hand*

Collaging with Intention

A one-session option for folks wanting to dip their toes into creating without the pressure of drawing. Clients are given structured steps to approach working with various materials to create a visual

representation of their hopes, dreams, struggles and strengths. Intentions are discussed beforehand, and various examples and approaches to collage are introduced. At the end of the session, the image created will be discussed and any lingering thoughts will be addressed.

Materials:

Paper, cardboard, magazines, natural materials such as leaves, flower petals, sticks, etc., glue sticks for paper, liquid glue for other items

Sessions:

One 2-hour session for individuals wanting a personalized experience and one-on-one processing. Also available as a group session for clients who are interested but cannot afford a personalized session.

Crystal Creations (Wire Wrapping 101)

Perfect for clients who wish to adorn or wear their favorite crystals! Learn the basics of wire wrapping and make your own personalized piece of meaningful jewelry. Or use your new knowledge to highlight and uplift a significant natural element on your personal altar.

Materials:

20- and 18-gauge silver wire for wear in case of allergy to nickel or copper. Various gauges optional for decorative adornment of static pieces. Beads encouraged! A pair of wire cutters, flat-nose pliers, and round-nose pliers required. Findings for jewelry also encouraged. Recommendations for materials available by facilitator.

Sessions:

2-hour private or group sessions. Attendance of therapy not required for this medium

Analyzing Your Art

For those who have a creative practice and want to process their work with an empathetic and experienced fellow creative with a background in mental health. A facilitator with over a decade of experience in art making and teaching will help you examine your work with a holistic and creative lens. Technical and compositional critiques are optional, while discussion and introspection are required. This is a perfect option for folks exploring their own personal narrative, trauma, and systemic oppression through art. Participants will share intentions and goals in the development of their work, their creative process, and their choice of medium. Effectiveness of communication and representation in the work will be a primary focal point, with room for client-led objectives!

Materials:

Digital documentation of artwork to be discussed.

Sessions:

Singular 2-hour session, monthly 2-hour sessions, or 2-hour group session(s). Attendance of therapy not required for participation.