

Creative Hearts Art Therapy



Individual and Group Art Therapy appointments available
for children, teens, and adults

Catherine Farrell, ATR-BC, LCAT, CDP

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www.creativeheartsarttherapy.com

As a licensed and board certified art therapist, I utilize a person-centered approach to help clients reduce stress and anxiety, cultivate emotional resilience, increase self-esteem, and foster self-awareness.

What is ART THERAPY?

“Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.” ~ American Art Therapy Association

In-Person * Telehealth * Hybrid Appointments