

## Art Therapist: Kim Abramowitz, Hons. B.A., DTATI

### ➔ **What is art therapy and why should I consider it for my child?**

Art therapy combines the creative process and psychotherapy. The art therapist offers various art mediums and activities to engage the client, while acting as both facilitator and witness to the client's journey toward self-awareness. Art therapy provides children with a safe space for self-exploration, self-expression, communication, insight, and creativity. The use of art may allow for expression of thoughts and feelings that may otherwise be difficult for the child to communicate. Art therapy sessions cater to the needs of each individual, with the goal of change and resolution. There is always an emphasis on creativity and the therapeutic relationship. The client need not be artistic or creative in order for this approach to be effective.

### ➔ **Why would my child benefit more from art therapy rather than talk therapy?**

Art offers an alternate medium for self-expression. While all clients may benefit from participating in art therapy, children may especially as verbal communication may be difficult and/or undesired. Art therapy may provide a tool to communicate when words are not available or enough, as well as: a safe space for expression of thoughts and feelings, access to unconscious material, opportunities for insight and awareness, documentation of their own progress, opportunities for growth, a chance to be creative, experience feelings of mastery, a sense of accomplishment, and enhanced self-esteem.

### **Biography:**

Kim Abramowitz completed her Honours Bachelor of Arts with a Specialization in Psychology and a Minor in Visual Arts at the University of Western Ontario. Kim went on to complete the Graduate Diploma program at the Toronto Art Therapy Institute. She is currently working as a professionally trained Art Therapist with children, as well as working and volunteering with older adults. Her previous experience includes providing art therapy services at an elementary school, as well as for children with special needs in the community, and older adults living in a senior's residence. In addition, Kim has taught art to children in various facilities across Toronto, as well as at a non-profit overnight summer camp. Kim is also an artist and has extensive experience working with a wide range of mediums, but focuses on creating large-scale acrylic paintings inspired by her rich cultural upbringing.

### **Contact:**

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