



CREATING A BRAVE AND EMPOWERING SPACE FOR
EQUALITY THROUGH TRAUMA INFORMED CARE.

INTRODUCING OUR ART THERAPISTS

At Expressive Therapies, we have several incredibly talented art therapists. “Art therapy is a mental health profession that enriches individuals, families, and communities through active art making, creative processes, applied psychological theory, and human experience within a psychotherapeutic relationship” (American Art Therapy Association, 2022). Our art therapists are also Licensed Professional Counselors (LPCs) who are qualified to provide mental health counseling in addition to art therapy. If you are interested in art therapy services, please reach out to our office for additional information!

Art Therapy FAQs

Who can be an art therapist?

Art Therapy is a specialized field that requires specialized study and education. Art therapy can only be practiced by a licensed art therapist who has received this training.

Is art therapy just for kids?

Art therapy is a treatment modality that can benefit both children and adults. It is not limited to children and teens.

Do you have to be good at art to participate?

Art therapy can be beneficial for people regardless of artistic experience or ability.



EXPRESSIVE THERAPIES LLC NEWSLETTER

Shawna
ATR, LPC, CEDS,
Art Therapy Supervisor

Shawna joined Expressive Therapies in December of 2024 as the Art Therapy Supervisor. She graduated from Mount Mary University in Milwaukee with a Master's degree in art therapy in 2013 and became a registered art therapist in 2015. She has a particular passion for eating disorders, earning her certification as an eating disorder specialist from the International Association of Eating Disorder Professionals in 2016.

Why is art therapy important?

"Art therapy provides a back door to our heart to release the suffering we endure. We experience the world and encode it as an image in our brain first and sometimes the executive part of our brain has a difficult time translating those experiences accurately into words, which is why talk therapy can sometimes feel cumbersome or frustrating. Art therapy allows one to tap directly into the images encoded within and bring them out to be better processed so healing can begin."

Sandra
MS, ATR, LPC, C-DBT

Sandra joined our team in July 2021. Sandra achieved her Master's degree in Art Therapy, with an emphasis in Clinical Mental Health Counseling at Mount Mary University in 2021 and earned her Bachelor's degree in Expressive and Therapeutic Arts in 2018 at Marian University.

Why is art therapy important?

"Art therapy is important to me because it has helped me through tough times and now I am able to use and share this with my clients. It is a way for people to create what they do not have the words to say. It can be a good release for grief, sadness, confusion, trauma, and also for the more joyful things in life. Some people are visual learners and by creating what they are learning it is easier for them to access the information later. One of my favorite things to create with clients is an image of their Safe/Calm/Peaceful place."



EXPRESSIVE THERAPIES LLC NEWSLETTER



Ray
ATR-P, LPC-IT

Ray is an Art Therapist who joined Expressive Therapies in June 2024 after graduating from Edgewood College in Madison, WI, with a Master of Science in Art Therapy. She earned a Bachelor of Science in Psychology and a Bachelor of Arts in Art Therapy in 2019.

Why is art therapy important?

"Research suggests that when people face or need to recall difficult or complex thoughts, feelings, and emotions, the language processing center of the brain, known as Broca's Area, may deactivate. This can make it nearly impossible to articulate their experiences. Historically, individuals coped with and healed from adverse experiences through dance, music, and rituals rather than structured one-on-one conversations. Art serves as a bridge where language falls short, tapping into our instinctual creativity and highlighting the skills of self-regulation, self-expression, and self-exploration that exist within all of us, which is what I strive to help my clients find."

Kimberly
ATR, LPC

Kim joined Expressive Therapies in June 2020. Kim has earned her Master's degree in Art Therapy, with an emphasis in Counseling from Mount Mary University in 2020 and earned her Bachelor's degree in Expressive and Therapeutic Arts from Marian University in 2017.

Why is art therapy important?

"In my experience with working with my clients and others, I have noticed that art therapy is a great way to create a way for individuals to express their needs through different art media. I have noticed that a lot of people do not know what to talk about or do not feel comfortable talking about what is on their mind. I have observed art therapy is a way to start feeling comfortable talking about difficult topics or use the art making process as way to communicate what is on their mind."



EXPRESSIVE THERAPIES LLC NEWSLETTER

Lauren
ATR-P, LPC-IT

Lauren is an Art Therapist who joined Expressive Therapies in August 2022. Lauren graduated from Edgewood College with her Bachelor of Science in Art Therapy. Soon thereafter, she attended Mount Mary to pursue, and obtain, her Master of Science in Art Therapy with an emphasis on mental health counseling.

Why is art therapy important?

"It is my belief that art and creativity can be found within almost all aspects of life, if you look hard enough that is. I am convinced that every person can become an artist or be creative and when they do engage in an artistic or creative experience, they can find solutions, hope and healing."

UPDATES

- **April is Autism Acceptance Month**, recognizing "that Autism is more than a diagnosis—it is identity, community, and a lived experience that encompasses both challenges and triumphs" (Autism Society, 2025). To learn more, go to <https://autismsociety.org/autismis/>.
- Keep an eye out for information on our **summer groups** in our upcoming newsletter!

OUR MISSION AT EXPRESSIVE THERAPIES:

Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma informed care: music therapy, art therapy, dance/movement therapy and psychotherapy, to improve health and well-being.

TAKE CARE AND BE WELL!

Connect with us on social media!



Instagram (@expressivetherapiesllc)



Facebook (Expressive Therapies LLC)



Linked In (Expressive Therapies, LLC)



Contact us!

Phone: (920) 903-1009

Email: info@expressivetherapies.net

Website: www.expressivetherapies.net