



# How Art Heals Us

## Art

is a Language  
that goes  
beyond words...  
and tells our  
story for us.



We may instinctively believe that ART  
& CREATIVITY promote wellness.



**But HOW?**

# The ANATOMY of ART as THERAPY

Childhood - our foundation in life is a body experience.  
Motor activity develops the brain.



**Art is a BODY experience**

Art happens **BELOW THE NECK**, where early childhood memories are stored pre-verbally.



# The brain is clever

it can protect itself from overload by  
"cutting off" memories of toxic stress.

The imprints of trauma are organized as  
FRAGMENTS... sensory and emotional  
traces that don't make sense.

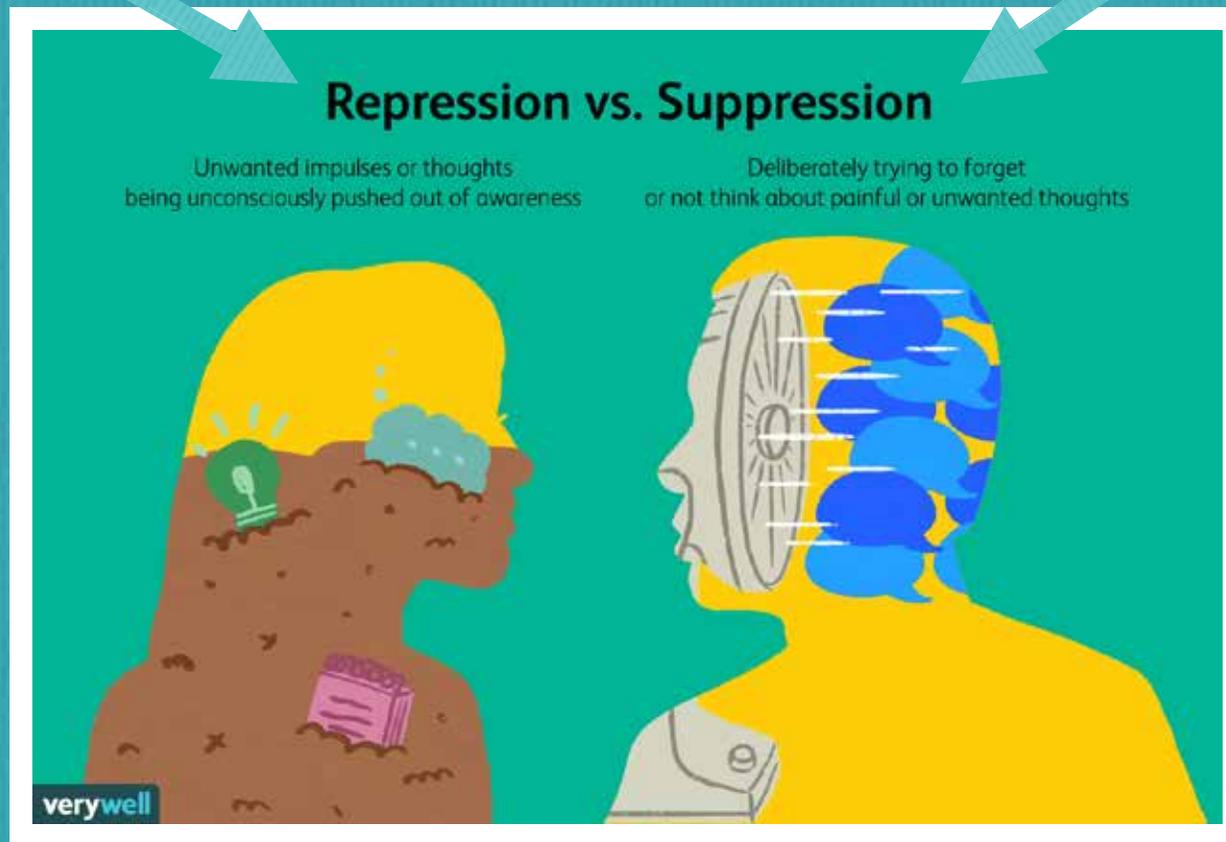


Trauma lives on in your body in the form of physical sensations and behavior patterns.

Our brains help us survive adverse childhood experiences & other traumas by acting “as if”

As if it never happened

As if it isn't important



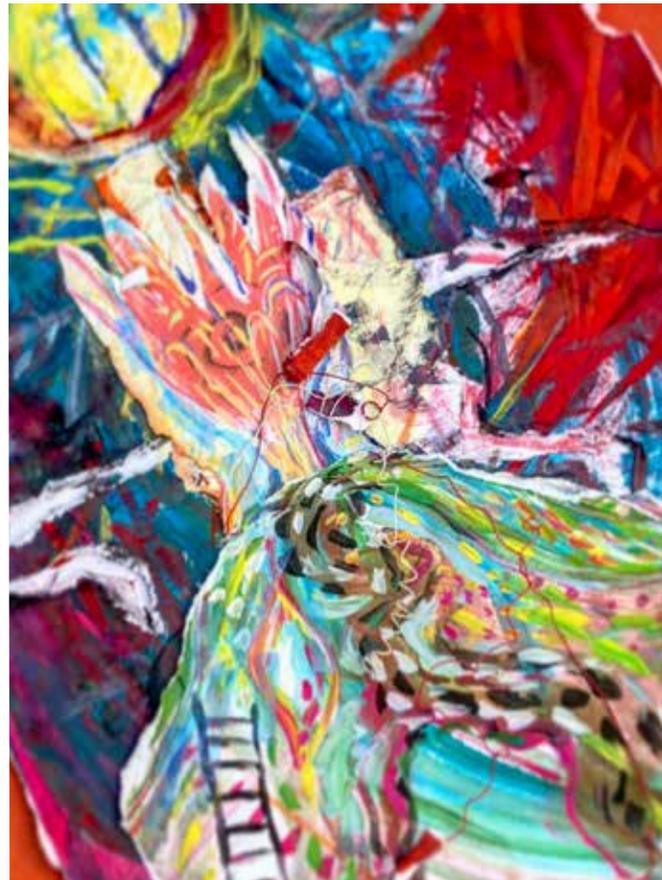
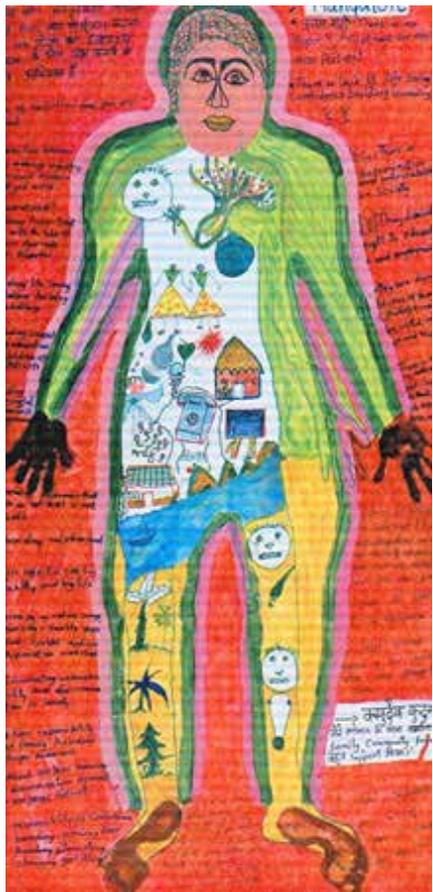
Trauma lives on in your body in the form of physical sensations and behavior patterns.

# but... our body and our nervous system REMEMBER



Trauma lives on in your body in the form of physical sensations and behavior patterns.

Many people brace against their inner sensations and ignore their bodies signals.



The somatic experience of making art offers a “bottom up” approach to accessing emotions...

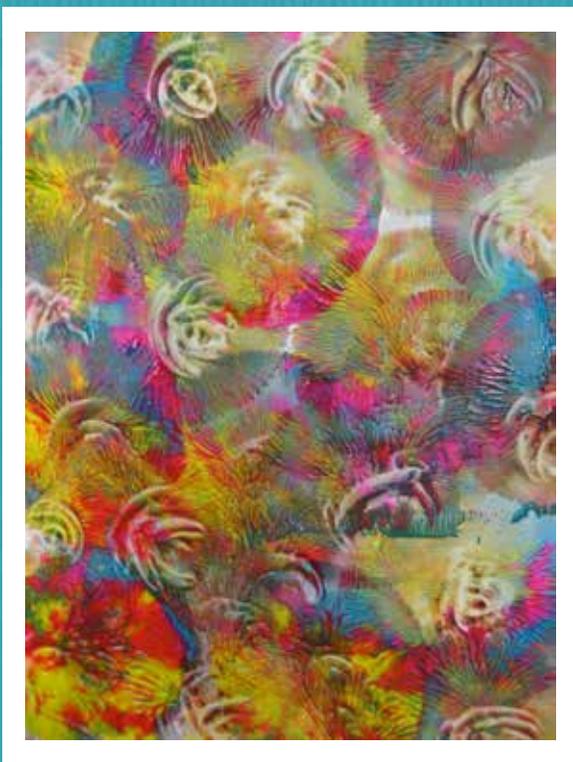
And is often more effective than the “Top Down” approach of traditional talk therapy alone.

By engaging the body in sensory art experiences, we gain access to stored feelings & give them voice.



Healing from trauma = reactivating the brain,  
reconnecting the disconnected parts, and making  
the unconscious, conscious.

One ACTIVATING way to do that is through making art.



ART GIVES US ACCESS to our unconscious

# CONNECTION and “The Compassionate Witness”



## Resilience

builds when  
traumas are shared  
with a trusted  
witness.

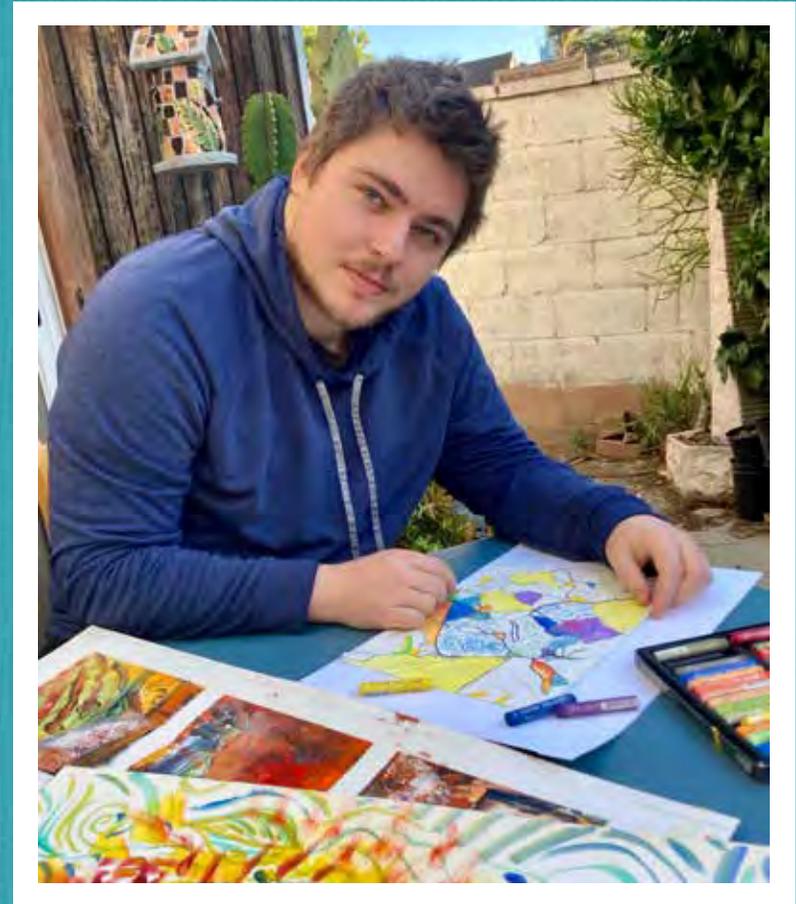
“the therapeutic relationship”

# To Recap: WHY ART?

authentic art experience help us

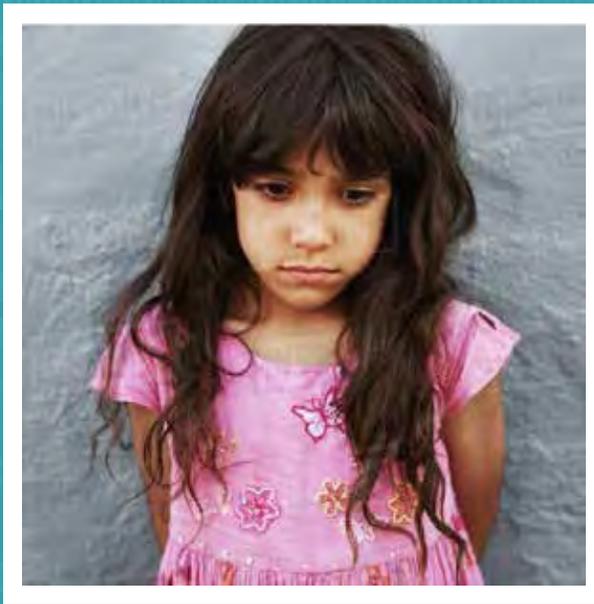
Access & Release  
memories & emotions  
stored in our bodies.

**ACCESS**  
EXPRESS RELEASE



Art is the perfect healing tool when are feeling emotions that are tucked away from memory, too hidden to access...  
much less to express.

Expressive art can help us all reduce stress and channel emotions. And it is especially valuable for children and adults who have experienced trauma...



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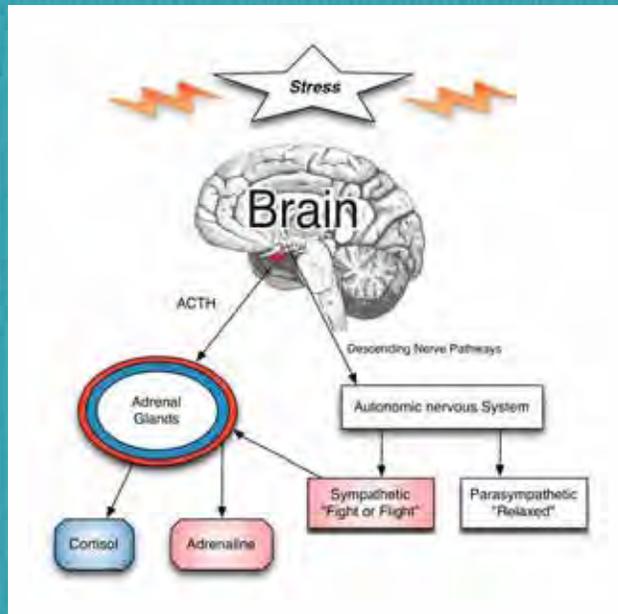
altered brain development  
lack of focus  
impaired decision making  
high risk behaviors

As well as teachers and caregivers who may deal with both primary and secondary trauma themselves



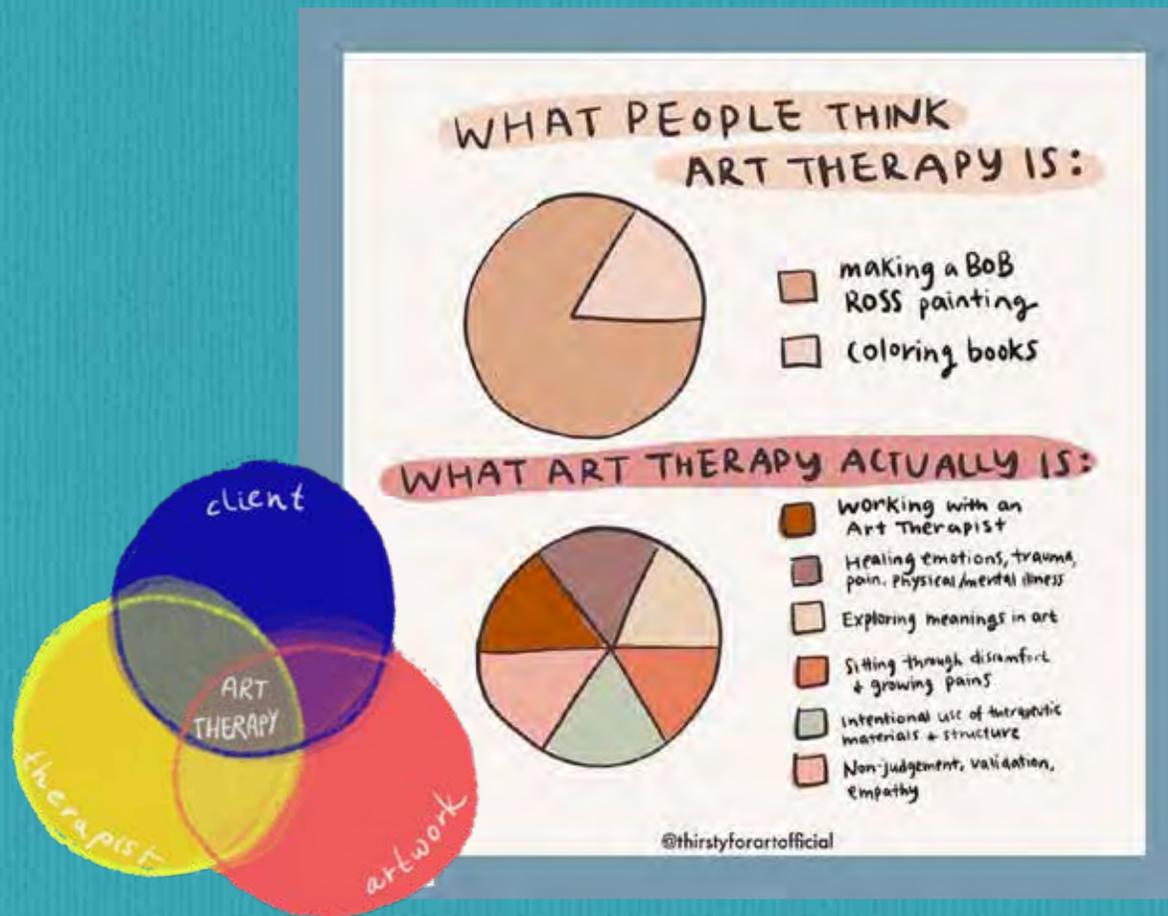
# Expressive Art benefits children and adults alike

Art making is a mind-body experience that calms our body's stress response, offers access to hidden memories, and provides **AUTHENTIC SELF EXPRESSION**



The freedom of choice, thought & feeling

# Thank you for your interest in How Art Heals US !



# Please feel free to contact me anytime !



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