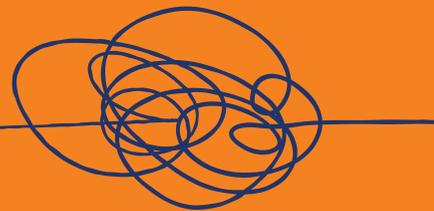




Through creativity, we can find expression  
without the limitations of words.

# Courage Creativity Collaboration



**CATA** CREATIVE  
ART  
THERAPY  
AUSTRALIA



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PBI Endorsed | NFP Registered | NGO Registered | ABN: 51 008 991 194



## Create • Heal • Thrive

Creative Art Therapies that comes to  
your organization, community or home.

### Creative Art Therapy Australia (CATA)

We provide individual Art Therapy sessions with qualified Art Therapists who uphold the values of a person-centred and holistic approach. We create a safe space to explore thoughts and feelings in visual form without judgement or interpretation. Creative Art Therapy is not about being a “great artist”, it’s about the process and the relief, relaxation and meaning it can bring.

*Positively impacting and empowering  
the lives of people affected by trauma.*

We work with people, not patients. People who are stuck in their trauma – whatever it may be – and can’t find their way out or forward. We believe in the power of creativity to positively change mindsets.

CATA adopts a trauma-informed practice. Our programs are customized and apply multiple creative resources, so that individuals use their unique strengths and abilities to nurture self-empowerment.



**Areas of expertise include:**

- Ⓞ PTSD
- Ⓞ Palliative care
- Ⓞ Grief and loss
- Ⓞ Depression
- Ⓞ Learning disabilities
- Ⓞ Physical and intellectual disabilities
- Ⓞ Anxiety
- Ⓞ Trauma – medical/physical/emotional
- Ⓞ Autism spectrum
- Ⓞ ADHD / ADD
- Ⓞ Stress management
- Ⓞ Aged Care
- Ⓞ Corporate and community workshops
- Ⓞ School based programs

“It is difficult for my son to feed himself and he is unable to hold a paint brush. However, CATA’s approach has inspired him to go about making art a different way...using his hands to paint with. It’s such a joy and relief to see him achieve and create unique artwork with a big grin on his face. I would love to see CATA at early childhood centres, schools and youth programs.”

- Mother of child with rare genetic condition: Wolf Hirschhorn Syndrome

We are Australia’s leading Creative Art Therapy organisation with a deep and robust understanding of its history, principles, practice and true potential. We know Creative Art Therapy inside out. We are heartfelt and unwavering in our belief in what we do and our Art Therapists share our passion.

**Benefits of creative art therapy**

- Ⓞ Develops resiliency and coping skills
- Ⓞ Relieves stress and anxiety
- Ⓞ Instils confidence, self-respect and self-esteem
- Ⓞ Improves fine motor skills
- Ⓞ Increases self-awareness
- Ⓞ Develops social skills
- Ⓞ Enhances attention-span and cognitive ability
- Ⓞ Supports authentic self-expression
- Ⓞ Encourages expression of difficult emotions safely
- Ⓞ Builds relationships and connections

