

## WHEN WORDS FAIL, ART SPEAKS

"This is the first time I have been able to get through these big trauma emotions in someone else's company and feel supported through that experience. I feel less afraid of these big emotions coming up as I know I can use some Creative Arts Therapy strategies to stay safe through them."

- Rebecca (Aged 52)

"At times, therapy has retraumatised me or further activated my symptoms, but this was certainly not my experience with Creative Arts Therapy. Utilising creativity while working with a therapist who made me feel seen, heard and understood was of great benefit to me and an experience I value very much."

- Karyn (Aged 35)



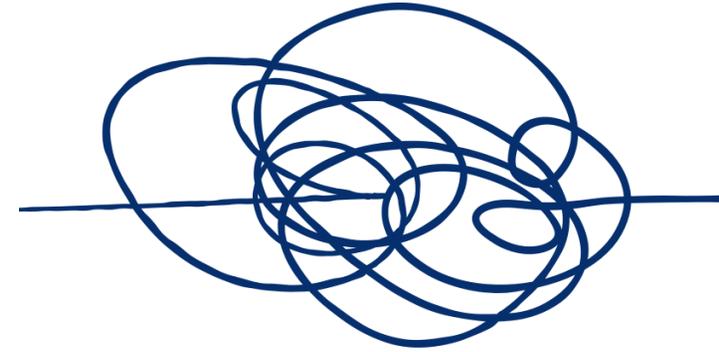
As an NDIS and Mental Health Service Provider we offer fully trained and qualified Creative Arts Therapists and Psychotherapists.

Our service is delivered in a safe and non-judgemental space.



**Creative Arts Therapy is not about being a "great artist", it's about using art as a tool to work through challenging experiences.**

**Donations \$2 or more are tax deductible  
ABN: 51 008 991 194**



**CATA** CREATIVE  
ART  
THERAPY  
AUSTRALIA

**CREATE HEAL THRIVE**

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# Who is Creative Art Therapy Australia?

We are Australia's leading Creative Arts Therapy organisation with a deep and robust understanding of its history, principles, practice and true potential. We are heartfelt and unwavering in our belief in what we do for humankind.

**COURAGE**  
**CREATIVITY**  
**COLLABORATION**

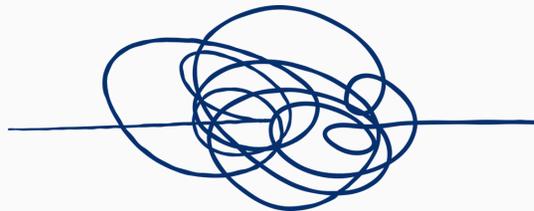
We work with people, not patients. People who are stuck and can't find their way out or forward. We believe in and use the power of creativity to positively change mindsets. CATA adopts a trauma-informed, person centered and holistic practice.



## CATA SERVICES

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- One-on-one or group face-to-face sessions onsite
- One-on-one or group face-to-face sessions at your home, hospital or affiliated organisation
- All sessions by appointment
- GP referrals accepted
- Telehealth services
- NDIS service provider
- All age groups welcome
- Supervision for all qualified Australian Creative Arts Therapists
- Inclusive of all people



## CREATIVE ARTS THERAPY CAN

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- Develop resiliency and coping skills
- Relieve stress and anxiety
- Instil confidence, self-respect and self-esteem
- Improve fine and gross motor skills
- Develop social skills and awareness
- Enhance cognitive ability
- Support authentic self-expression
- Encourage safe expression of difficult emotions



## CREATIVE ARTS THERAPY CAN ASSIST WITH

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- PTSD
- Palliative Care
- Grief and Loss
- Depression
- Learning Difficulties
- Physical and Intellectual Disabilities
- Anxiety
- Trauma - medical/physical/emotional
- Autism Spectrum
- ADHD/ADD
- Stress Management
- Aged Care
- LGBTQIA+
- Mental Health challenges