

# THE PIETERS FAMILY *life center*

## *Creative Arts Therapy Frequently Asked Questions*

- ❖ *What is creative arts therapy?* The creative arts therapies at the Pieters Family Life Center include art, music, and dance movement therapies. Through one of these creative modalities, individuals and groups are encouraged to express feelings and process life challenges, while working towards increased understanding, self-acceptance, confidence, and social awareness.
- ❖ *What are some of the different services offered within the creative arts therapies?* Individual and group therapies are both available. Services can be on-going or time limited (example, an 8 week group). Generally for individuals and groups, participants choose one modality to work in, but co-treating is an option.
- ❖ *Who can participate in creative arts therapies?* Anyone can participate in creative arts therapies. These therapies offer emotional support to work through life's obstacles such as a significant event, medical diagnosis, and behavioral challenges.
- ❖ *How much does it cost?* Individual art therapy: \$35 half hour, \$60 one hour; individual dance/movement therapy \$35 half hour, \$60 one hour; individual music therapy \$35 half hour, \$60 one hour. Group rates vary; please contact the Pieters Family Life Center at 487-3500 for more information.
- ❖ *What is the process of receiving one of these therapies?* The first step for receiving one of these therapies is submitting a referral. Individual and group referral forms can be found on the website. Following the referral, the therapist will contact the individual to arrange scheduling, assessment and treatment planning.
- ❖ *Do I have to come to the Pieters Family Life Center to get these services?* Though these services are typically done at the PFLC, special arrangements can be made to bring the therapy experience to other sites.
- ❖ *How are creative arts therapies different from traditional rehabilitative therapies?* Creative arts therapies are psychotherapeutically based; focusing on the therapeutic process and relationship. Though someone may receive services because of a physical impairment, the physical impairment is not the focus of the work. Instead, a creative arts therapist provides empathy and interventions to help that person understand the emotional impact of their changed state while also developing the resiliency to move beyond their emotional obstacles.